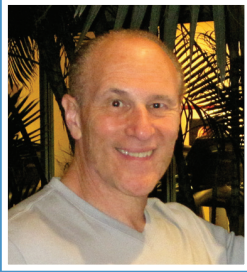


# Your Path to Naturopathic Wellness



Rather than focusing on the suppression of symptoms and illness, Dr. Glenn Gero uses a holistic approach to health and wellness.

He considers each individual's unique interconnectedness of the body, mind and emotion in relation to their environment in determining the cause of imbalance. Dr. Gero personalizes his therapeutic program based on an individual's physiological factors and their personal threshold.

## ***Holistic Naturopathic Center*** *an integrative approach to wellness* *including:*

- Holistic Health Assessment
- Nutritional Counseling
- Custom Herbal Formulations
- Medical and Corrective Exercise
- Fitness Evaluations
- Exercise Instruction
- Holistic Life Coaching
- Biofeedback Training
- Affirmative Thought Therapy
- Stress Management



## ***Holistic Naturopathic Center***

### **Dr. Glenn B. Gero**

**N.D., D.Sc., M.H., M.E.S., C.L.C.**

Licensed & Board-certified Doctor of Naturopathy

Registered Nutrition Counselor

Biofeedback Therapist

Professional Member American Herbalist Guild

Certified Medical Exercise Specialist

Certified Holistic Life Coach

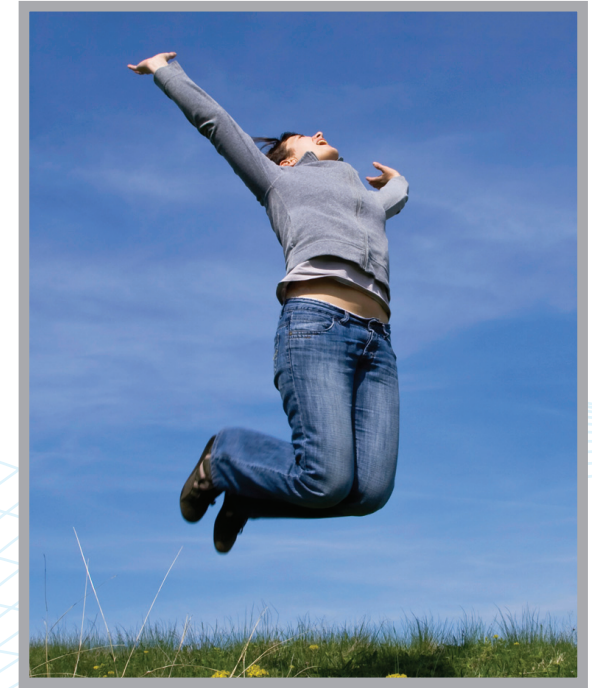


**[www.holisticnaturopath.com](http://www.holisticnaturopath.com)**

*Call today to schedule your initial consultation.*

**973-471-5758**

# Are You Ready to Revitalize Your Life?



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## You Can Achieve Better Health in 7 Days

Most illnesses can be linked to an imbalance in the body. Symptoms such as anxiety, depression, fatigue, allergies, pain and frequent sickness are indications of a physiological inefficiency. In today's stress-filled, toxic environment, you need to be aware of the specific foods, nutrients and lifestyle factors that will help you slow the degenerative process and regain vitality.

Dr. Glenn Gero will assess your present blood chemistry, symptoms, diet and lifestyle. He will administer and/or recommend the appropriate noninvasive tests designed to evaluate areas of imbalance or stress in the body and provide a corrective plan.

### **Potential Naturopathic Benefits:**

- Increased Energy
- Weight Loss
- Reduced Pain
- Improved Concentration
- Greater Mobility
- Enhanced Endurance
- More Restful Sleep
- Less Stress & Anxiety
- Greater Optimism
- Balanced Metabolism
- Heightened Immunity
- Optimal Digestive Health
- Renewed Enthusiasm
- Improved Lab Reports

## Naturopathic Wellness

Naturopathy is a method of employing natural therapies such as appropriate supplementation, healthy food selection, physical exercise and affirmative thinking to achieve optimal health.

You must be fully invested in your new health transformation. Holistic medicine is a partnership between patient and practitioner. Together we can create a plan to reclaim your health and vitality.

### ***The Naturopathic Philosophy:***

- Only utilize non-toxic, safe therapies
- Recognize the healing power of nature
- Identify and treat the cause, not the symptoms
- Treat the whole person: body, mind and spirit
- Good health is an educational process
- Establish a state of health and wellness
- Encourage disease prevention and the promotion of self-reliance

**“Wellness is NOT a part-time job”**

## Conditions That Have Been Helped Through Naturopathic Care

- Depression, Anxiety, Panic
- Fatigue, Insomnia
- ADD/ADHD
- Migraines, Headaches
- Cognitive Decline
- Cardiovascular
- Blood Sugar Imbalances
- Obesity
- Thyroid Conditions
- Adrenal Stress
- Hormone Imbalances
- Allergies
- Psoriasis and Eczema
- Autoimmune Diseases
- Heavy Metal Toxicity
- Pain
- Arthritis
- Sinusitis
- Osteoporosis
- Candidiasis/Yeast
- Indigestion
- Constipation and Diarrhea
- Ulcerative Colitis
- Irritable Bowel Syndrome
- Gas and Bloating
- Surgical Preparation
- Nutritional Cancer Support

Sources: *Naturopathy Digest*  
*Naturopathic News & Reviews*  
*American Association of Naturopathic Physicians*