

Karen Clickner, N.D. has been a practicing naturopathic physician for almost 30 years and has treated more than 10,000 patients. She is the owner and director of ISIS Holistic Clinic in Brookline, MA and maintains private practices in the U.S. and Europe. As a certified medical herbalist, Dr. Clickner compounds individual natural formulas in her herbal apothecary lab in Brookline, MA. She is also a certified Myofascial Release Therapist and developed an intra-oral treatment for TMJ.



Her articles and podcasts have been featured in numerous magazines, publications and websites including *Well Being Journal*, *The American Massage Therapy Journal*, *The Herbal Advisor* and *Hale Journal of London*. She was named Best Natural Advisor by *Platinum Magazine*.

Her therapies, formulas and body detoxification methods have been featured on **WBZ TV** and **Healthcast** with Janet Wu, in the *Improper Bostonian* and *Boston Magazine*. She was the host of **The Herbal Advisor** health program on BBC Radio Geneva.



*For information & appointments please call
ISIS Clinic reception at 617.734.4708 or
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*Evaluations are available with Dr. Clickner at:
ISIS Holistic Clinic in Brookline Village, MA
Nantucket Holistic Health on Nantucket Island, MA
All Access Fitness Academy in Shrewsbury, MA*

Ask The Natural Doctor ...

The health of every cell in your body at this moment is the determining factor of how you will age and whether you will develop a life-threatening illness later in life...

It is not normal for anyone to have uncomfortable or debilitating symptoms every day, every week or every month. Not all imbalances are detectable by conventional testing, and not all issues can be resolved with pharmaceutical drugs or surgery. If you have tried conventional treatment with no success or you are trying to live with your symptoms, then step into the world of Natural Medicine.

Natural Medicine brings together methods from traditional medical systems around the world creating a much more comprehensive and interrelated picture of your body. In this way your diet, lifestyle, biochemical balance, immunity, your body's toxic load and your health history can all be explored for clues to every symptom and condition that your body expresses. Natural medicine can work alongside any medication or conventional medical treatment for everything from migraines to cancer, often reducing the need for medication and minimizing potential side effects.

You will discover that the answer lies within your own body.

What is a Naturopathic Doctor?

Using evaluation techniques such as Galvanic Skin Response Testing, or Applied Kinesiology and Contact Reflex Analysis muscle testing, a naturopathic doctor can determine the energetic strength or weakness of each body system, organ and gland. In this way patterns of dysfunction can be identified and specific remedies can be selected to bring the body into balance and improve any condition. Natural therapies, herbs, foods, vitamins, minerals, homeopathic remedies and cleanse formulas are used to bring vitality back to organs and tissues that have been in distress. This increases energy, reduces stress, improves metabolism and reduces symptoms, often completely resolving the original complaint. A successful outcome highlights the habitual ways in which your body processes illness and handles any challenge. The natural process will alter these habitual pathways in favor of healthier responses that maintain the essential energy and vitality that you have achieved and prevent further symptoms.

What can Naturopathic Medicine improve?

- Acute conditions such as headaches, sore throats, ear infections, intestinal issues, colds and flus.
- Chronic conditions such as Crohn's Disease, high blood pressure, migraines, arthritis, heart disease, diabetes, lupus, hypothyroid, acne, psoriasis or PMS.
- Inherent tendencies that may be from your work, your family history or repetitive illness.
- Mental and emotional conditions and patterns of anger, depression, anxiety or addiction.
- Physical trauma including TMJ, Carpal Tunnel syndrome, sprains, strains and Fibromyalgia.
- General functional weaknesses such as menopausal issues, insomnia, fatigue, weight issues, asthma, lack of endurance and immuno-deficiency conditions.



Initial Appointments are up to an hour in length and are designed to provide you with a complete personalized 30 day plan to provide all the missing pieces to restore your body systems. You will leave with ideas for your diet, herbal or nutritional options, a therapy plan and e-mail support throughout your program. Appointments can be used to design detoxification cleanse programs, focus on preventing disease or address specific illness issues.