

NOW is the time to focus on your Immune System and improve any underlying chronic health conditions which, leave you more prone to adverse events from an infection*.

Dr. Heidi McGill and Dr. Kaitlyn Zorn, are Licensed Registered Naturopathic Doctors who have extensive training, expertise and experience in improving a person's immune system, no matter their age, stage or personal health history.

By employing the power of natural medicines and lifestyle behaviours you can defend a broad spectrum of respiratory viruses and/or recover safely and more easily if infected.

Seven Steps to Better Immunity & Reduced Fear.

**Contact Us to Start Your Personalized
Powered-Up Immunity Plan!**

**There is no evidence that naturopathic medicines prevent infection or protect against adverse complications from the current Covid-19 pandemic.*

**Your ND's aim is to teach you about your extra-ordinary, intelligent immune system and how it is related to your nervous system (fear) and intestinal system (gut health), while equipping you with practical, personalized ways of taking care of your body and mind during this unprecedented time.*

**No big claims or magic bullets.
Just good things you can feel great about!
*First Do No Harm.***

Treat the Whole Person.

Empower & Educate.

Prevent Disease & Promote Optimal Health.

Treat the Root Cause.

Harness The Healing Power of Nature.

***Employ Safe, Effective, Natural Medicines to Help
The Body Heal Itself.***

Medically trained & Naturally focused.

Sincerely Yours in BIG HEALTH,

***Heidi McGill, ND.
Clinic Owner***