

Young Naturopathic Center for Wellness Launches Residency Program

October 26, 2026

LOS GATOS, CA - October 26, 2026 -

Young Naturopathic Center for Wellness (YNC), a naturopathic and functional medicine clinic serving Los Gatos, Saratoga, Campbell, Monte Sereno, San Jose and the greater Silicon Valley, has launched a naturopathic residency program. Intern Dr. Adrianna Watson, ND, and resident Dr. Alexandra Currell, ND, now train under founder Dr. Renee Young, NMD, and Dr. Sana Chrystal, NMD, DC.

The clinic has treated more than 18,000 patients since 2004 and sees 1,200 to 1,500 patient visits a month. That volume gives doctors in training a level of hands-on clinical experience few naturopathic graduates get in their first year. Interns and residents handle treatment and follow-up visits across YNC's services, including IV nutrient therapy, hyperbaric oxygen therapy, hormone care, medical weight management and diagnostics. This gives the clinic's two senior doctors more time for initial consultations and complex cases, and both still collaborate on and review every diagnosis and treatment plan.

Training covers IV nutrient therapy, hyperbaric oxygen therapy (HBOT), hormone prescribing, pellet procedures, prolozone pain injections and medical weight management. It also covers functional lab interpretation and diagnostic testing, including VO2 max, Styku and DEXA body composition, and genetic testing.

Dr. Adrianna Watson, ND, works alongside the clinic's founder each day. Originally from Arizona, she is training in procedural and regenerative therapies. She is developing a focus on women's and men's reproductive health, fertility and hormone health, with a particular interest in working with younger adults.

Dr. Alexandra Currell, ND, has joined YNC as a resident. Her academic background is in biological sciences and cognitive neuroscience from the University of Denver. She has trained in botanical medicine, cranial therapeutics, neurofeedback and IV therapeutics, and her clinical interests include preventive medicine, neurological aging, mental health and metabolic disorders.

Dr. Renee Young, NMD, founded YNC in 2004 and was one of the first Naturopathic Doctors licensed in

California. She trained at the University of Bridgeport College of Naturopathic Medicine, where the first two years were taught alongside Yale faculty. She completed clinical rotations at Griffin Hospital, Yale's integrative medicine center, and studied epidemiology under Dr. David Katz. She then completed her residency at the Weight Loss & Natural Medicine Clinic in Cheshire, Connecticut.

She is a certified Safety Director in hyperbaric oxygen therapy and holds certifications in IV therapy, peptide therapy and hormone pellet implantation. She performs the clinic's prolozone treatments herself. She has prescribed GLP-1 medications since 2014 and peptide therapy since 2004. She has treated complex cases, including autoimmune conditions and infections such as Lyme disease, and has a special interest in endocrinology and hormone conditions in men and women.

A member of the California Naturopathic Doctors Association, she has spoken at the American Association of Naturopathic Physicians national conference, at Pinnacle Women in Medicine conferences and for Boston Heart Diagnostics physician education.

Dr. Sana Chrystal, NMD, DC, has practiced at YNC since 2010 and is licensed in California as both a Naturopathic Doctor and a Doctor of Chiropractic. She leads the clinic's medical aesthetics division and has more than a decade of experience leading IV therapy. Her specialties include hair restoration, environmental medicine, and adjunctive naturopathic care for patients during and after cancer treatment.

Explaining the program, Dr. Renee Young, NMD, founder of Young Naturopathic Center for Wellness, said: "Having trained through a residency myself, I know firsthand it is where a doctor truly learns how to practice. After 22 years of running this clinic, training the next generation of Naturopathic Doctors is both an honor and the highest expression of "doctor as teacher." Because my own time is a finite resource, the most impactful thing we can do with the platform we've built is to scale our expertise.

"Bringing in Dr. Watson and Dr. Currell allows us to introduce specialized focuses that reinforce Young Naturopathic Center's (YNC) core pillars, including fertility and neurological aging. For our patients, this means a deeper roster of licensed doctors who understand our exact methodology. It also frees up my time, alongside Dr. Chrystal's, to act as lead strategists for our most complex cases, while ensuring that every patient care plan still comes across our desks."

YNC is doctor-owned and operated and LegitScript certified. The clinic shares news about its doctors and services on Instagram.

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For more information about Young Naturopathic Center for Wellness, contact the company here:[Young](#)

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Young Naturopathic Center for Wellness

Young Naturopathic Center for Wellness is a doctor-owned naturopathic and functional medicine clinic in Los Gatos, California, founded in 2004 by Dr. Renee Young, NMD.

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