

Naturopath Toronto Doctor Reveals 3 Health Tips Most People Don't Know About

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Dr. Amauri Wellness Centre, a wellness clinic headed by Dr. Amauri Caversan BSc., N.D., and based in Toronto, Ontario, Canada, has announced the recent publication of a post on the clinic's blog. The post, entitled "Revealed: 3 Health Tips You Can Follow To Fight Disease And Illnesses", is aimed at people who want to take practical steps to improve their health.

In the post, Dr. Amauri says that starting and maintaining a healthy lifestyle is a choice, and it should not be expensive. He says that in many cases, people tend to think that being healthy has to mean a person is spending money in order to get healthier. He offers three simple tips for people to help kick-start a healthier lifestyle that will not break the budget.

One of the tips Dr. Amauri provides has to do with the use of probiotics. Probiotics are described by the World Health Organization as live microorganisms that, "when administered in adequate amounts, confer a health benefit on the host." Probiotics can be found mostly in fermented foods such as pickled vegetables,

sauerkraut, yogurt, soy sauce, and others. Foods containing probiotics are eaten to help improve the microflora of the intestinal tract and are used to ease symptoms in the stomach and bowels, according to research.

Dr. Amauri also suggests starting detoxification as soon as possible. He notes that many environmental toxins and harmful chemicals cause harm to the body and result into health issues such as allergies and hormonal imbalances. By eliminating certain foods that contain dairy, corn, soy, and sugar, as well as ceasing the drinking of alcohol, the body can begin to detox. He writes that eating leafy greens and vegetables, eating healthy fats, and drinking plenty of water will help the body detox.

Finally, Dr. Amauri says that silver, as a natural mineral, may be helpful to the immune system. He quotes a recent Huffington Post article that quotes nutrition experts on the use of silver as a supplement. The experts say that colloidal silver in modern supplements is made with pure metallic silver in water and that it is thought to interfere with the enzymes that can cause bacteria and viruses to utilize oxygen, effectively "suffocating" them and disrupting their spread in the body. The article also delves into silver being used as an antibiotic.

Naturopathy is a form of medicine that is also known as "natural medicine". It is used by many people as a form of primary health care that is meant to meld modern medical techniques with traditional and natural forms of medicine. "Naturopath Toronto Doctors are practitioners of holistic healing; they are trained to optimize your health using natural solutions, such as changing your diet and suggesting new supplements. With the help of naturopathy, you could significantly transform your life in the long run," says Dr. Amauri. Those who want to improve their health and would like to know more practical tips can see this post for more info.

Dr. Amauri's practice has garnered a number of rave reviews, and a 5-star rating on Google. Andrea M. on Google Maps says, "I have been seeing Dr. Amauri for over 3 years. He has greatly helped the inflammation and pain in my lower back due to a slipped disk. Before seeing him I tried many different treatments, with no relief. Since attending his clinic I have had nothing but positive interactions and results, Dr. Amauri has had a huge influence in my life and health. I value all of the information provided by Dr. Amauri and appreciate that it is tailored to fit my comfort level and lifestyle. Dr. Amauri is caring, kind, extremely knowledgeable and his professionalism reigns. I would strongly recommend Dr. Amauri to anyone looking for a naturopath, cold laser and acupuncture treatment."

Dr. Amauri graduated from the Canadian College of Naturopathic Medicine with a Bachelor of Science degree and is considered to be an expert in the field of naturopathic medicine. He is a board-certified Naturopathic Doctor who is licensed to practice naturopathic medicine and parenteral (IV) therapy in Ontario. He is also a member of the Canadian Association of Naturopathic Doctors as well as the Ontario Association of Naturopathic Doctors. Dr. Amauri believes in practicing naturopathic medicine that is back by

evidence-based science.

More information on Dr. Amauri Caversan Naturopath Toronto can be found on his practice's website. While there, visitors can learn more about the clinic's practices, book an appointment, and read the most recent posts on the clinic's blog.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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