Dr. Aoife Earls, ND: Personalized Naturopathic Medicine in St. Catharines

April 29, 2025

St Catharines, ON - April 29, 2025 -
Dr. Aoife Earls, ND, a licensed Naturopathic Doctor with a background in psychology, neuroscience, and naturopathic medicine, is now offering personalized care to residents of St. Catharines and across Ontario. With over a decade of experience helping individuals achieve optimal health, Dr. Aoife focuses on addressing the root causes of chronic health conditions through a mind-body approach.

As a naturopathic doctor, Dr. Aoife provides comprehensive care for a wide range of health concerns. She is dedicated to empowering her patients to reclaim their health by addressing both physical and emotional imbalances.

?My practice strengths are mind-body integration; grief, anxiety, depression, fatigue, and chronic illness arising from life stressors and immune system changes that come with those states,? says Dr. Aoife. ?With my background in psychoneuroimmunology (PNI), I?m very comfortable exploring if it is a physical issue we?re addressing, an emotional issue affecting the body, a nervous system or immune imbalance, or all at

the same time.?

At her clinic, Dr. Aoife combines evidence-based naturopathic practices with compassionate care, offering a wide range of services tailored to meet the unique needs of her patients. She provides digestive health support by managing conditions such as irritable bowel syndrome (IBS), Crohn?s disease, ulcerative colitis, SIBO, constipation, and food intolerances. Her practice also includes hormonal balancing, addressing concerns like PMS, menopause symptoms (hot flashes, irregular bleeding, chronic bladder infections), exhaustion, fatigue, and hormone irregularities involving estrogen, progesterone, and testosterone.

For patients dealing with chronic conditions, Dr. Aoife helps manage chronic illness, autoimmune disorders such as lupus, celiac disease, rheumatoid arthritis, psoriasis, and Sjogren?s syndrome. She also provides skin health support, helping individuals manage issues like eczema, acne, psoriasis, and fungal infections. Additionally, her care extends to immune system support, addressing allergies, mold infections, and chronic infections such as mono and PANDAS.

Emphasizing a holistic approach, Dr. Aoife integrates emotional health and mind-body techniques into her practice, supporting mental health challenges such as anxiety, depression, grief, ADHD, OCD, PMDD, and postpartum depression. Through her personalized and integrative approach, Dr. Aoife is committed to helping her patients achieve balance and long-term wellness.

Dr. Aoife?s strategies include the use of acupuncture, herbal medicine, and mindfulness techniques, among other modalities.

Dr. Aoife?s journey into naturopathic medicine began with her own health challenges?eczema caused by celiac disease?that inspired her to explore alternative healthcare solutions.

Dr. Aoife Earls brings a strong academic foundation to her naturopathic practice, combining psychology, neuroscience, and holistic medicine. She earned her Bachelor of Science in Psychology and Biology from McMaster University in 2002, followed by a Master of Science in Behavioural Neuroscience in 2004, where she explored the connections between the brain, immune system, and hormones.

In 2008, she graduated from the Canadian College of Naturopathic Medicine with a Diploma of Naturopathy, further expanding her knowledge of integrative healthcare. To complement her naturopathic care, Dr. Aoife obtained a Certificate in Pharmaceutical Prescribing in 2015 from the College of Naturopaths of Ontario and is currently enhancing her skills with training in Applied Mindfulness Methods at the University of Toronto.

Dr. Aoife is currently accepting new patients and offers both in-person and virtual consultations to suit your needs. For additional information or inquiries, feel free to reach out via her website www.draoife.com, email at info@draoife.com, or through phone at (289) 815-1668. She is open from Mondays, Tuesdays and Thursdays from 9am to 5pm, Wednesdays from 10am to 6pm, and Fridays from 9am to 3pm.

###

For more information about Dr. Aoife Earls, ND, contact the company here:Dr. Aoife Earls, NDDr. Aoife Earls, ND(289) 815-1668info@draoife.com581 Ontario St,St Catharines, ON L2N 4N8

Dr. Aoife Earls, ND

Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.

Website: https://www.draoife.com/

Email: info@draoife.com

Phone: (289) 815-1668

