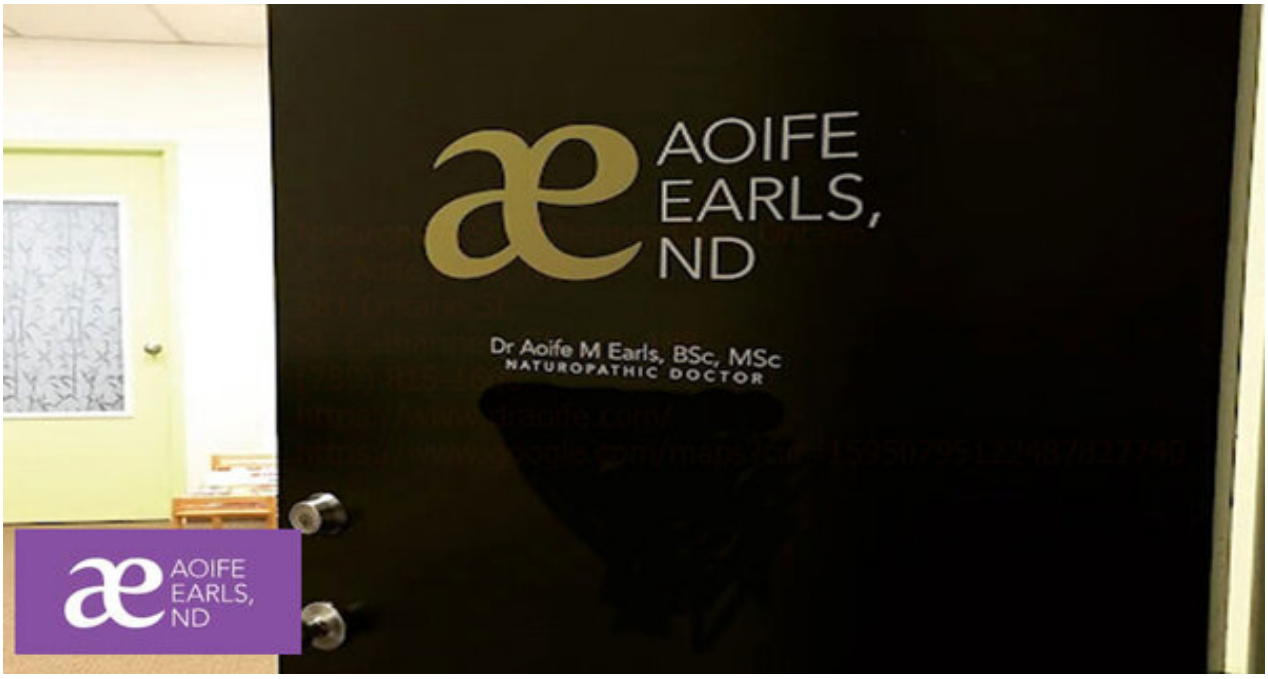


Dr. Aoife Earls, ND Announces Naturopathic Medicine Services with Focus on Mind-Body Integration

August 30, 2025

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A growing number of patients are seeking health care that acknowledges both the physical and emotional aspects of wellness. Dr. Aoife Earls, ND, a licensed naturopathic doctor in St. Catharines, is offering naturopathic medicine services that integrate mind-body connections with evidence-informed care. Her practice draws on the field of Psychoneuroimmunology (PNI), which explores how psychological processes interact with the nervous and immune systems.

From the first appointment, Dr. Earls ND?s approach emphasizes uncovering the root causes of health concerns. Rather than viewing physical symptoms in isolation, she considers whether challenges stem from physical conditions, emotional stressors, nervous system imbalances, or a combination of factors. Her methodology combines clinical assessment with attention to both physical and emotional factors, providing care that addresses the whole person.

Dr. Aoife Earls, ND supports individuals with a wide range of health concerns. Her work in digestive health

includes support for conditions such as Irritable Bowel Syndrome (IBS), Crohn?s disease, Ulcerative Colitis, and Small Intestinal Bacterial Overgrowth (SIBO). She also provides care for those experiencing hormonal challenges, including PMS, fatigue, menopause-related symptoms, and irregular cycles, with an emphasis on understanding the complexities of the body?s hormonal systems.

For patients living with chronic pain, including headaches, arthritis, and joint discomfort, Dr. Earls? approach looks beyond surface symptoms to explore contributing factors and develop management strategies that can improve overall mobility. She also works with individuals managing autoimmune conditions such as Lupus, Celiac disease, Rheumatoid arthritis, Psoriasis, and Sjogren?s, tailoring care plans to reflect the unique challenges of each condition.

She also provides naturopathic care for skin health, including concerns such as eczema, acne, and psoriasis, with attention to potential underlying causes. Emotional well-being is another area of focus, where Dr. Earls provides naturopathic support for anxiety, depression, grief, ADHD, OCD, PMDD, and post-partum depression, guided by the principle that emotional health is deeply connected to physical wellness.

Dr. Earls, ND values an integrated model of health care. When appropriate, she refers patients to family doctors, osteopathic doctors, chiropractors, or other professionals to ensure individuals receive comprehensive support.

Dr. Aoife Earls, ND is a licensed Naturopathic Doctor based in St. Catharines, Ontario, serving patients locally and across the province through in-person and virtual consultations. Her work focuses on integrating mind and body, offering care that addresses the interconnected nature of health.

For more information, please visit her website at www.draoife.com.

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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

