

Krystal L. Richardson, ND, a Naturopathic Physician with Naturopathic Family Medicine & Natural Healthcare NW

Get to know Naturopathic Physician Dr. Krystal L. Richardson, who serves patients in Washington.



New York City, Nov 15, 2019 (Issuewire.com) - Dr. Richardson is a licensed naturopathic physician and primary care physician in the State of Washington. She is the owner of both Naturopathic Family Medicine, located in Fremont, Washington and Natural Healthcare NW, located in Seattle, Washington. At both practices, she provides holistic health care focusing on the whole person. She strives to promote

optimal health and wellness by honoring each patient's individuality and promoting their natural healing abilities as much as possible. What's more, she customizes treatment plans using therapies such as nutrition, lifestyle counseling, herbal medicine, physical medicine, and pharmaceuticals.

As an expert in integrative medicine, Dr. Richardson enjoys working with patients of all ages and especially loves working with families. She is passionate about understanding the cause of illness and educating her patients to help them make the most informed, least invasive decisions regarding their health and the health of their families. The relationships she cultivates with her patients is extremely important to her and essential to helping her understand each of them as individuals.

After earning her Doctor of Naturopathic Medicine Degree from Bastyr University, she went on to complete her residency in family medicine with a focus on pediatrics under her mentor, Dr. Tamara Cullen Evans. She also holds a bachelor's degree in plant biology from Michigan State University, where she graduated with honors.

With years of experience in her field, her areas of interest include newborn care, acne treatment, biofeedback, anxiety and depression, allergies and food sensitivities, hormonal concerns, hormone replacement therapy, high cholesterol, pre-diabetes management, and GI concerns including constipation, IBS, and SIBO.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic doctors are educated and trained in accredited naturopathic medical colleges. They diagnose, prevent, and treat acute and chronic illness to restore and establish optimal health.

On a more personal note, Dr. Richardson lives in Seattle with her two golden retrievers. In her spare time, she enjoys reading, painting, cooking, horseback riding, and going to the theater.

Learn More about Dr. Krystal L. Richardson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2081752-KRYSTAL-RICHARDSON-Naturopathic-Physician>, through Naturopathic Family Medicine, <https://naturopathicfamilymedicine.com/dr-krystal-richardson/>

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