

Tamara Dawn Trebilcock, ND, a Naturopathic Physician with Integrative Health Institutes

Get to know Naturopathic Physician Dr. Tamara Dawn Trebilcock, who serves patients in Claremont, California.



New York City, Feb 5, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Trebilcock, a licensed naturopathic physician, specializes in treating digestive concerns (bloating, constipation, diarrhea, IBS), low energy, hormonal imbalances, thyroid imbalances, PMS, acne, pregnancy preparation, infertility, anxiety, and depression. She is the Medical Director of Integrative Health Institutes, a leading institute of integrative medicine

located in Claremont, California.

Highlighted on a PBS mini-series, Integrative Health Institutes is dedicated to providing individualized wellness programs so that each patient can meet their health goals. The mission of the practice is to support sustainable health in a safe, caring, and effective manner.

Throughout her academic career, Dr. Trebilcock earned her Doctor of Naturopathy (ND) degree from Bastyr University in Kenmore, Washington in 2005. “I was on the conventional route to medical school. I was very interested in cardiothoracic surgery, and I had my portfolio all ready to go to conventional schools. Then, Bastyr came to visit my school. I talked to advisors, visited the campus, and realized this was exactly how I wanted to study medicine. The focus on getting to the cause of the illness was a big appeal. And I was still able to work in the gross anatomy lab at Bastyr for four years, so I could satisfy my special interest in anatomy” she stated. Fast forward to today, she strives to educate, honor, and listen to all of her patients for the purpose of discovering the individual obstacles that prevent optimal wellness.

The doctor serves as a frequent consultant and lecturer, providing expertise in the field of integrative medicine. She has also participated on an Advisory Council for the creation of integrative clinics across the country in an internationally recognized natural food store, as well as has taught and supervised the core curriculum for doctoral-level students.

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 physicians diagnose, prevent, and treat acute and chronic illnesses to restore and establish optimal health.

Among her many achievements, Dr. Trebilcock was awarded the “TOP 10 Licensed Holistic Doctors” in the entire state of California in March of 2017, and SmartND “Above and Beyond” Naturopathic Doctor in January of 2017 (recognized nationally as the only doctor in the nation receiving this award for 2016-2017). She was also instrumental in bringing a Naturopathic Medical School to California by creating the committee and serving as the Chair of the Education Committee of the California Naturopathic Doctors Association.

Learn More about Dr. Tamara Dawn Trebilcock:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1026063-Tamara-Trebilcock-naturopathic-physician> or through Integrative Health Institutes, <https://www.integrativehi.com/our-doctors>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Tamara Dawn Trebilcock, ND

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