

Bozena Celnik, MD, ND, a Naturopathic Physician and Family Practitioner with Health For Life Clinic

Get to know Naturopathic Physician and Family Practitioner Dr. Bozena Celnik, who serves patients in Lake Oswego, Oregon.



New York City, May 6, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Celnik is a licensed naturopathic physician & family practitioner who emphasizes preventive medicine. She uses natural approaches to prevent premature aging and to maintain good health and correct weight, treating patients at Health For Life Clinic in Lake Oswego, Oregon since 1984. Her practice areas include weight management, pain management, skincare/dermatology, men's health, and women's health.

Trained in all the naturopathic medical modalities, the doctor blends modern diagnostic and therapeutic procedures with traditional methods including therapeutic nutrition, botanical medicine, and homeopathy. Her goal is to change the view of medicine—to one of good health based on balancing modern science, tradition, and Mother Nature. She works from the perspective of understanding patients as people in order to understand the individual and how natural therapies will benefit their diagnoses from the cellular-level up.

From pediatrics to geriatrics, Dr. Celnik treats all aspects of family health and wellness. She will tailor therapies to meet the individual needs, taking into account the physical, social, emotional, and spiritual traditions of each patient. Her practice is complementary with other medical professionals and she can refer patients to conventional medical doctors, surgeons, and other specialists whenever appropriate.

Providing valuable insight into the prevention of disease and the promotion of good health for each patient, she remains a member of several professional organizations in order to stay up to date in her field, including the American Naturopathic Medical Association, the Multiple Sclerosis Society, the Naturopathic Academy of Therapeutic Injection, and the Oregon Association of Naturopathic Physicians.

In regards to her educational background, Dr. Celnik earned her Bachelor of Science (BS) degree in Medical Technology from the City University of New York, her Doctor of Medicine (MD) degree from St. Lucia Health Science University, and her Doctor of Naturopathic Medicine (ND) degree from the National College of Naturopathic Medicine. After graduating from the City University of New York, she worked as a supervisor for a microbiology, immunology, and fertility clinic.

Wanting to further her training, she practiced as a general practitioner at the Warm Springs Indian Reservation. She then conducted research in experimental medicine at the Oregon Health Sciences University and the VA Medical Center in Portland, Oregon in the field of neuroimmunology with specialization in multiple sclerosis.

Bringing a social consciousness to her work and personal life, Dr. Celnik practices and lectures frequently in the following areas: preventive medicine, weight management, hormonal imbalance and hormone treatment, women's health, men's health, public health concerns, full truck driver exams, dermatology, holistic approaches to health, blood tests, and specialty tests. She is also the host of a regular Russian speaking radio show on Russian Radio 7 (1010AM, KOOR Portland, Oregon) where she shares her wisdom relating to natural remedies and answers listeners' questions live.

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.

On a more personal note, Dr. Celnik is fluent in English, Russian, Polish, and Spanish.

Learn More about Dr. Bozena Celnik:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2706770-Bozena-Celnik-Naturopathic-Physician> or through Health For Life Clinic, <https://www.ultimatehealth4life.com/dr-bo-celnik.html>

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