

Mark H Nolting, ND, Naturopathic Physician with Edmonds Wellness Clinic & Senior Medical Director at TivityHea

Get to know Naturopathic Physician Dr. Mark H Nolting, who serves patients in Edmonds, Washington.



New York City, May 2, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Nolting, an internationally known naturopathic physician and acupuncturist, is the Founder & Medical Director of Edmonds Wellness Clinic in Washington. He brings together a highly-trained and energetic group of providers focused on providing the highest quality natural health care and wellness.

Serving Edmonds and the greater Seattle and Puget Sound region since 2001, Edmonds Wellness Clinic uses integrated medical and natural approaches to treating, managing, and preventing illness. The provider staff specialize in a variety of fields, including acupuncture and Asian medicine, naturopathic age management, bioidentical hormone replacement, and physical medicine including chiropractic care, massage, bodywork, and acoustic wave therapy. Edmonds Wellness Clinic provides full-service wellness care for pain management needs, fertility issues, injury recovery, neurological and mental health disorders, chronic disease and prevention.

Throughout his academic career, Dr. Nolting completed his undergraduate studies at Virginia Tech, where he studied pre-medicine with a major in Geology. After transferring to Bastyr University in Seattle, he completed his bachelor's degree in Natural Health Medicine. He also attended the Northwest Institute of Acupuncture & Oriental Medicine, where he completed his acupuncture and Asian medicine training.

He was then one of the first 30 acupuncturists licensed in Washington State. Dr. Nolting culminated his studies at Bastyr University by earning his Doctor of Naturopathic Medicine (ND) degree in 1984. He was licensed as an ND in the State of Washington in 1985. He completed an extensive externship in Traditional Chinese Medicine that same year at the Chongqing Institute of Traditional Chinese Medicine in China. He also served for several years on the Washington State Department of Health's Acupuncture Board.

The doctor maintains his national board certification as a Diplomate of the National Certification Commission for Acupuncture and Oriental Medicine, which is a non-profit organization in the United States that aims to "establish, assess, and promote recognized standards of competence and safety in acupuncture and Oriental medicine for the protection and benefit of the public." He is also trained as a BioTE® Certified Provider, delivering advanced hormone replacement procedures and education to hundreds of male and female patients since 2015.

With over three decades of patient care delivered to thousands of patients from Seattle to China, Dr. Nolting continues to work one-on-one with each patient seeking to guide them towards optimal health. He has developed a telemedicine program in Naturopathic Age Management that he delivers to his patients in China and the USA. Prior to the Covid-19 pandemic, he regularly traveled to China to teach his Naturopathic Age Management Program at the Shanghai Family Medicine Clinic.

Most recently, he completed an advanced extensive training program, the Living Younger Clinical Mentorship Program, mentored by Dr. Gregory Petersburg and highlighting a telemedicine approach to age management medicine.

In order to advance his professional knowledge base and skill level, the doctor remains an active member of the American Association of Naturopathic Physicians, the Washington Association of Naturopathic Medicine, the East Asian Medicine Program, the American Anti-Aging Medical Association (A4M) and the Age Management Medical Group (AMMG), where he is currently completing the AMMG Certified Provider's program.

Well known in the natural health community, Dr. Nolting chaired the acupuncture program at Bastyr University, served on various local and national acupuncture organization boards, and has mentored many students along the way. He has worked the past 18 years, and continues today, as a Senior Medical Director for a leading national well-being company (TivityHealth).

The practice of naturopathic medicine blends 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. This definition and view of Contemporary Naturopathic Medicine leave no room for junk, unproven or quack medicine.

Dr. Nolting attributes his success to his unique blending of humor, persistence, supportive upbringing, spiritual pursuits and exposure to different cultures, and science education. And most importantly, striving to walk the talk; eating fresh, organic, whole foods; getting plenty of exercises; doing tai chi; getting fresh air; enjoying friends, family, and the community; gardening; and staying active mentally with his studies and teaching.

He has authored chapters on Acupuncture and Chinese Prepared Medicines in the past 4 editions of the Textbook of Natural Medicine (2-Volume Set) and the new 5th edition published by Elsevier.

Outside of his clinic and home office, he enjoys gardening, spending time with family, photography, exercising, practicing Tai chi, and hiking.

Learn More about Dr. Mark H Nolting:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/8134761-Mark-Nolting-Naturopathic-Physician> or through Edmonds Wellness Clinic, <https://www.edmondswellness.com/staff/mark-nolting-nd-eamp.html>

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