

Teresa Richter, ND, a Naturopathic Physician in Private Practice

Get to know Naturopathic Physician, Dr. Teresa Richter, who serves patients in Kirkland, Washington.



New York City, Nov 3, 2020 ([Issuewire.com](https://www.issuewire.com)) - Treating the whole person and not just a set of symptoms, Dr. Richter is a naturopathic physician who guides those seeking optimal health and holistic approaches to health concerns through patient-centered care. With empathy, unconditional positive regard, innovative personalized treatment plans and cutting-edge naturopathic methods, she partners

with patients to help them look and feel their best.

At her private practice in Kirkland, Washington, Dr. Richter utilizes naturopathic treatment modalities such as botanical medicine, supplements, craniosacral therapy, homeopathic remedies, hydrotherapy, and pharmaceutical prescribing when appropriate. Providing both individual and family care, the most common ailments she treats are allergies, chronic pain, digestive issues, obesity, heart disease, fertility, menopause, cancer, and chronic fatigue syndrome.

Academically, Dr. Richter holds a Doctor of Naturopathic Medicine degree and a Bachelor of Science degree in Herbal Sciences from Bastyr University, the leading institution in natural medicine. Her clinical rotations included primary care, physical medicine, homeopathy, IV therapy, counseling, HIV/immune wellness, women's health, and off-site at the Carolyn Downs Clinic, providing care to an underserved population. In addition to the required coursework, she did elective study in craniosacral therapy, homeopathy, ayurvedic medicine, aromatherapy, pain management, and IV therapy.

Currently serving as the Vice President of the Washington Association of Naturopathic Physicians, Dr. Richter sits as the Chair of the Education Committee. She is also an active member of the American Association of Naturopathic Physicians and a volunteer doctor for Girl Scouts of America. Since 2015, she has been serving on the Affiliate Clinic Faculty of the School of Naturopathic Medicine at Bastyr University.

Placing a strong emphasis on natural remedies, her determination with her own health issues inspires her to help others and helps her to better understand her patients. She constantly works to improve her own skills as a doctor so that she can help her patients enjoy better health.

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.

Learn More about Dr. Teresa Richter:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81711082-Teresa-Richter-Naturopathic-Physician> or through her private practice, <https://www.drteresarichter.com/about-dr-richter.html>

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