

David Palacios, ND, a Naturopathic Physician with Regenerate PDX

Get to know Naturopathic Physician, Dr. David Palacios, who serves patients in Oregon.



New York, New York City, Mar 26, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Palacios is a licensed naturopathic physician specializing in acute and chronic pain resolution with natural therapies. He also has a passion for taking care of families in a holistic primary care setting.

As the owner & operator of Regenerate PDX in Lake Oswego, Oregon, he takes a detailed, patient-centered, natural, and holistic approach to bring about optimal wellness and function to the individual. He believes natural therapies should be the first-line defense in treating illness and disease and should be exhausted before pharmaceutical intervention is ever considered. If patients are currently taking pharmaceutical medication, his goal is to work these patients off of pharmaceutical intervention by treating the root cause issues leading to his patient's illnesses.

In order to best establish optimal health and wellness in his patients, Dr. Palacios utilizes a variety of conventional and naturopathic treatment modalities. Some of these modalities include: neural therapy, ozone and prolozone therapy, botanical/herbal medicine, homeopathy, dry needle therapy, naturopathic manipulation techniques, and nutritional counseling.

A foundational piece of his success in treating and healing is found in the six naturopathic principles as follows:

- First Do No Harm - Utilize the most natural, least invasive, and least toxic therapies.
- The Healing Power of Nature - Trust in the body's inherent wisdom to heal itself.
- Identify and Treat the Causes - Look beyond the symptoms to the underlying cause.
- Doctor as Teacher - educate patients on the steps to achieve and maintain health.
- Treat the Whole Person - View the body as an integrated whole in all its physical and spiritual dimensions.
- Prevention - focus on overall health, wellness, and disease prevention.

After earning his Bachelor of Science degree in Biology with a minor in Music from Pacific University, Dr. Palacios completed his four-year medical training at The National College of Natural Medicine, earning his Naturopathic Doctorat. He also completed an extended residency, which centered on acute and chronic pain resolution, hormone balance, pediatrics, and general primary care.

Passionate about resolving the cause of the condition rather than only treating the symptoms, Dr. Palacios seeks to provide optimal health by treating many health challenges on a regular basis. Some of these conditions/issues include: back pain, knee pain, shoulder pain, rotator cuff injuries, gout, plantar fasciitis, neuralgia, neuropathy, ulcers, food intolerance, allergies, chronic nausea, hepatitis, high blood pressure, high cholesterol, pneumonia, asthma, stroke, multiple sclerosis, lupus, cystitis, kidney stones, diabetes, migraines, anxiety, depression, male hormone imbalance, adrenal fatigue, and more.

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. David Palacios:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1402866-David-Palacios-Naturopathic-Physician> or through Regenerate PDX, <https://www.drdauidpdx.com/about-dr-david-palacios-nd/>

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