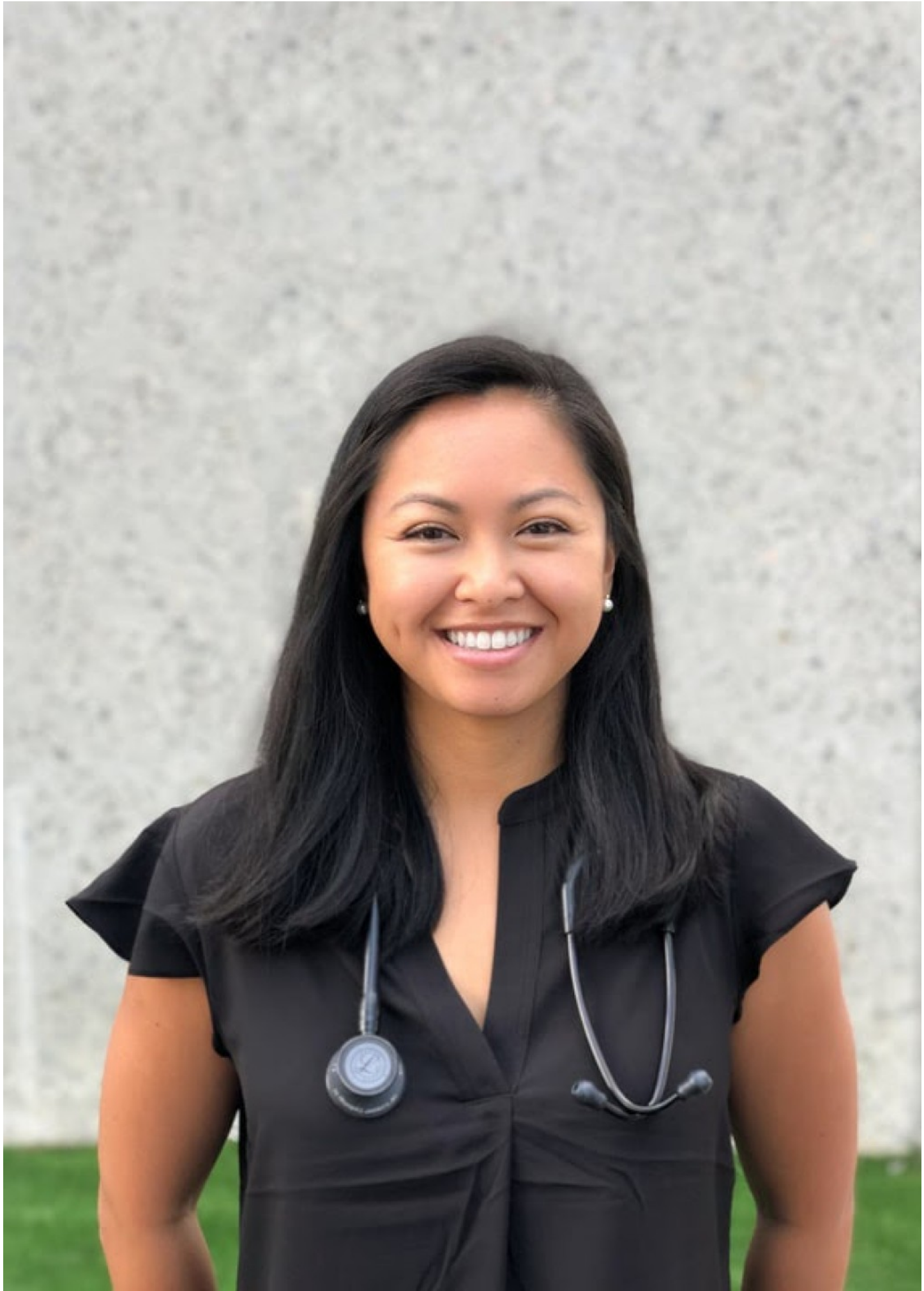


Elaine Marquez McHugh, ND, a Naturopathic Physician with Olympus Movement Performance

Get to know Naturopathic Physician Dr. Elaine Marquez McHugh, who serves patients in Vista, California.



New York, New York City, Jun 17, 2021 ([Issuewire.com](https://www.issuewire.com)) - A passionate naturopathic physician, Dr. McHugh sees patients at Olympus Movement Performance in Vista, California. Her passions in medicine include regenerative and anti-aging medicine, sports and performance medicine, mind-body medicine, integrative medicine, and functional medicine.

She specializes in prolotherapy, PRP joint injections, PRP facial rejuvenation, IV drip therapy, vitamin shots, and biofeedback. She also treats a wide range of ailments seen in primary care to more complex chronic diseases and stealth infections such as mold infections and Lyme disease, as well as mental health, stress, anxiety, and adrenal fatigue.

Living a naturopathic lifestyle without even knowing naturopathic medicine existed, Dr. McHugh avoided antibiotics and other medication until truly needed and found more natural treatments first. She always believed the human body possessed the innate ability to heal itself and that everyone should be treated as an individual. Since having her own health issues which resulted in prescriptions for medications at a young age that are typically prescribed for older adults, she has always searched for and finds value in treating the root cause and treating the whole person.

Olympus Movement Performance is an integrated health and wellness facility, focused on naturopathic and functional medicine, along with physical therapy, fitness, and sports performance. The Integrated Wellness team helps active adults perform 'life' at an optimal level by addressing the root/ underlying causes of symptoms such as fatigue, brain fog, difficulty losing weight, and sleep issues, to name a few. The Performance Sports Rehab and Physical Therapy AND Fitness Programs offer teens, teams, and adults alike everything they need to perform at the highest levels day in and day out.

Regarding her educational background, Dr. McHugh received her Bachelor of Arts degree with a double major in Integrative Biology and Art Practice from the University of California, Berkeley. She then went on to graduate with Honors from Bastyr University California, an accredited four-year naturopathic medical school, in 2020.

Prior to attending medical school, she was a Certified Nursing Assistant, a CPR and First Aid Instructor for the American Red Cross, and a stay-at-home mother while her husband pursued his career as a Navy Diver.

As an athlete herself, a Cal Dance Team Alumni at UC Berkeley, surfer, and weekend warrior, Dr. McHugh hopes to achieve optimal performance in athletes and her patients at Olympus with her knowledge of naturopathic medicine and the human body, mind, and spirit.

Among her professional affiliations, she is an active member of the California Naturopathic Doctors Association, the American Association of Naturopathic Physicians, the Academy of Integrative Health & Medicine, and the Institute for Functional Medicine.

The practice of naturopathy includes modern and traditional, scientific, and empirical methods. Naturopathy is a distinct health care profession, emphasizing prevention, management, and optimal health through the use of natural therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic doctors focus on prevention and root cause identification of acute and chronic imbalances to understand, restore, and establish optimal health.

A San Diego native, Dr. McHugh was born and raised in Oceanside. She is a mother of two and enjoys spending time with her family, especially at the beach. In her spare time (which comes rarely these days), she enjoys dancing, surfing, reading, baking cupcakes, and lifting weights with her husband.

Learn More about Dr. Elaine Marquez McHugh:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82739171-Elaine-McHugh-Naturopathic-Physician> or through Olympus Movement Performance, <https://www.olympusmovement.com/naturopathic-medicine-about.html>

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Source : Elaine Marquez McHugh, ND

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