

Dona Garofano, ND, CNC, MH, a Naturopathic Physician with Food For Thought

Get to know Naturopathic Physician Dr. Dona Garofano, who serves clients in Ringwood, New Jersey.



New York, New York City, Jul 20, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Garofano is a licensed Traditional Naturopathic Doctor, licensed NJ Health Officer, a certified Master Herbalist, and a certified Nutritional Consultant currently serving her clients at Food For Thought located in Ringwood, New Jersey.

She provides valuable services and education to those seeking alternative solutions for their health and well-being. With a mission to help improve quality of life, her natural, holistic care includes dried blood cell analysis, nutritional counseling, cleansing, and diet and lifestyle changes to help the body maintain wellness. There are many other therapies such as massage therapy, allergy testing, reiki, and footbaths that are also offered at Food For Thought, so check out their website. www.foodforthought-healthstore.com

A graduate of The College of New Jersey, with a B.S. in health education, her experience assisting in the area of natural healing has developed and grown tremendously as the owner of Food For Thought since 1981. She is always researching new, effective, and innovative means to keep the body well and has become a valuable provider of these and other services to her clients, customers, and the community.

Women's issues of hormonal, thyroid imbalances, and adrenal stress that create symptoms such as depression, mood swings, weight gain, irritability and more, are some of Dr. Garofano's specialties. Using various assessment modalities, natural remedies, and nutritional adjustments, she has had great success with her clients in these and other areas for the past 20 years.

When it comes to human health, Dr. Garofano is beyond passionate about it. She worked in government before opening Food For Thought, and still maintains a license as a Health Officer in New Jersey. She has also authored her own book "Advanced Dried Blood Cell Analysis: Unlocking the Mysteries of Hormonal and Nutritional Imbalances Through Blood Type Influences".

Along with internal cleansing, her patented products "Fungus Wacker 5000" antifungal cream and powder have proven successful with conditions of heat rash, jock itch, athlete's foot, and unsightly toenails and fingernail fungus. Both Fungus Wacker 5000 products are non-toxic, unlike most others in the marketplace, and require no monitoring of liver or kidney functions.

Attributing her success to her dedication to helping others, Dr. Garofano maintains a professional membership with the American Association of Nutritional Consultants.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic doctors do NOT diagnose, prevent, or treat acute and chronic illnesses.

Learn More about Dr. Dona Garofano:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82739419-Dona-Garofano-Naturopathic-Doctor> or through Food For Thought, <https://www.foodforthought-healthstore.com/aboutc72d1b10>

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Source : Dona Garofano, ND, CNC, MH

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