

Shayna L. Keller, ND, a Naturopathic Physician with West Elks Wellness

Get to know Naturopathic Physician Dr. Shayna L. Keller, who serves patients in Hotchkiss, Colorado.



New York, New York City, Jul 9, 2021 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Keller is a registered naturopathic physician & telehealth coach serving as the Owner & Operator of West Elks Wellness in Hotchkiss, Colorado. She practices primary care for all ages but really loves working with children and has a special interest in gastrointestinal or gut complaints and skin issues.

Her treatments are specifically tailored to the needs of each patient to make sure they receive the approach that works best for them. She loves helping patients get to see the incredible healing power of nature.

“In a typical first visit, I will ask you about family history, personal history, history of your chief complaint, past and present environmental exposures, and a complete review of all your body systems to get a more holistic view of your health. We will discuss food, hydration, sleep, movement, relationships, and spiritual practices. Naturopathic medicine works best when we (you and I) work together to create a plan that may include body-work to help you begin feeling better immediately, creating new health habits, botanical medicine, homeopathy, hydrotherapy, supplementation, and a good attitude. This medicine takes a bit of work on your end to help you begin experiencing your life free from the burden of health issues” expressed Dr. Keller.

Based in the North Fork Valley of Colorado, West Elks Wellness offers a natural, holistic alternative to modern pharmaceuticals. Some of the conditions that she treats include musculoskeletal complaints, respiratory issues, endocrine, and autoimmune disorders, female reproductive complaints, skin issues, mental health, and neurological disorders, kidney and prostate complaints, gut health, cardiovascular issues, as well as ear, nose, and throat problems.

Majoring in pre-medicine, Dr. Keller received her bachelor’s degree from Western Colorado University in Gunnison, Colorado in 2014. Since 2016, she has studied with several older naturopathic doctors through the Naturopathic Medicine Institute.

“At a young age, I noticed the difficulties my younger brother had in the medical system. He was unable to speak until preschool and was diagnosed with autism. I was curious and wanted to learn more to be able to help him. When I was 8, I was inspired by the 1998 movie Patch Adams to become a doctor. This was my goal from grade school to high school. I completed a summer internship with Colorado AHEC Pre-Health Scholars during my junior year of college geared towards conventional medicine” noted Dr. Keller.

In 2020, she graduated from Bastyr University in Kenmore, Washington. During her final year of school, she completed a year-long internship at Emerald City Naturopathic Clinic in Seattle, Washington with Molly Niedermeyer, ND.

“I ended up pivoting from a conventional medicine track to naturopathic medicine one because of my own health issues. I spent my last year of high school in and out of emergency rooms with undiagnosed stomach ulcers and severe GERD. I was told I was too young and the doctors automatically ruled out the possibility. Chronic stress is a powerful force on the body! I had such severe heartburn as a teen that I kept a bottle of Maalox or Tums in my school bag, locker, and bedside table. I ate those tablets like they were my lifeline. I could barely eat without worry that the tomato or the meat or whatever other food would trigger a heartburn attack. My tongue was yellowish-orange and I was becoming fed up with the pill fix. After being told that the next step was exploratory surgery to determine the cause of the severe heartburn, I knew there had to be another way. That's when I saw my first naturopathic doctor at the Main Street Clinic in Gunnison, CO. She changed my life three days after the first appointment. She empowered me and helped me heal my gut” stated Dr. Keller.

In good standing with a number of professional organizations, she is an active member of the Naturopathic Medicine Institute, the Colorado Association of Naturopathic Doctors, the American Herbalists Guild, and the Homeopathic Academy of Naturopathic Physicians.

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.

As a child, Dr. Keller moved around quite a bit, and though not originally from Colorado, she finished high school in Trinidad. When she moved to the Western Slope for college, she fell in love with the mountains. She and her husband moved back to the North Fork Valley to be closer to family and friends and escape the city life.

In her spare time, she loves to cook and bake, fish, hike, snowboard, and garden.

Learn More about Dr. Shayna L. Keller:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82739451-Shayna-Keller-Naturopathic-Physician> or through West Elks Wellness, <https://www.westelkswellness.com/about>

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