

Kat Peterson, ND, a Naturopathic Physician with All Around Health

Get to know Naturopathic Physician Dr. Kat Peterson, who serves patients in Wheat Ridge, Colorado.



New York City, New York Mar 24, 2022 ([IssueWire.com](https://www.issuewire.com)) - Dr. Peterson is a licensed naturopathic physician and Founder of All Around Health in Wheat Ridge, Colorado. She is focused on providing high-quality service and customer satisfaction, and will do everything she can to meet patients' expectations.

In regards to her educational background, she is a 2009 graduate of the National University of Natural Medicine located in Portland, Oregon, and completed a year internship in women's health and pediatrics in Montpelier, Vermont. She is excited to increase the awareness and understanding of naturopathic medicine in her home state of Colorado.

Passionate about the foundation of nutrition, Dr. Peterson helps individuals understand the importance of how they relate to their food and eating healthy and balanced. She does group cooking classes and group shopping adventures incorporating food label reading and shopping healthy.

An avid fitness enthusiast, she loves to help individuals with their goals in weight loss, weight gain, and muscle building. She has several different nutritional plan options guaranteed to work with anyone's budget and lifestyle.

A devout yoga practitioner, Dr. Peterson loves to share her passion for yoga with anyone that would like to incorporate that on their healing journey, which is especially beneficial to individuals wanting weight loss or those working on anxiety or addiction concerns.

As for her academic appointment, she is a Professor at the Nutrition Therapy Institute (NTI) of Anatomy & Physiology and Biochemistry. She is also an accomplished speaker and available to speak on several different subjects at corporate events, wellness fairs, and schools.

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 manage and seek to prevent acute and chronic illnesses to restore and establish optimal health.

Learn More about Dr. Kat Peterson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2671448-Katherine-Peterson-Naturopathic-Physician> or through All-Around Health, <https://allaroundhealth.us/all-around-health>

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Source : Kat Peterson, ND

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