

Nicola Ducharme, ND, a Naturopathic Physician with Restor Medicine

Get to know Naturopathic Physician Dr. Nicola Ducharme, who serves patients in San Diego, California.



New York City, New York Apr 4, 2022 ([Issuewire.com](https://www.issuewire.com)) - A licensed naturopathic physician, Dr. Ducharme is the Founder and Medical Director of Restor Medicine in San Diego, California. She practices holistic medicine specializing in Lyme disease, hormone balancing, autistic-spectrum disorders, preconception health care, and digestive disorders.

An Aussie girl at heart with an unshakable passion for health and wellness, it has become her life's work to help people live their happiest and healthiest lives. Through her private practice, four books, Dr. Nicola's Wellness Community, and integrative health courses, she is proud to have created a health-driven business and community that has impacted thousands.

Brought up by an obsessively healthy mum, her days were spent eating my veggies and being dragged from one hike to the next. Her first job was in the fitness industry, teaching aerobics and designing weight training programs, and she was instantly hooked on helping people get healthy.

After a while, Dr. Ducharme wanted to do more than help people with their fitness and outer appearance because she knew they also needed to get healthy on the inside. This led her to pursue more education in nutrition and eventually natural medicine. She earned her Bachelor of Health Sciences degree in Naturopathy at the University of New England in Australia before moving to the United States in her mid-20s.

During an internship in medical research as a Mountbatten Scholar at the Columbia University College of Physicians and Surgeons, she saw a bigger vision for her life and moved to Seattle, where she obtained her Doctor of Naturopathic Medicine degree from Bastyr University. In search of a drier climate, she moved to San Diego in 2003, where she started her private practice soon after.

In her professional experience, Dr. Ducharme started her career working with children with autism. She also developed a preconception health care program and worked with adults in areas of hormone balancing, detoxification, digestive issues, and fertility. Before long she started seeing Lyme patients and is now recognized as a Lyme expert internationally.

The doctor has authored several books on the subject, including the best-selling *The Lyme Diet*, *The Beginners Guide To Lyme Disease*, *Lyme Disease in Australia*, and *Lyme Brain*. She has also been a chapter contributor in two of Connie Strasheim's books, *Insights Into Lyme Disease Treatment: 13 Lyme-Literate Health Care Practitioners Share Their Healing Strategies*, and *New Paradigms in Lyme Disease Treatment: 10 Top Doctors Reveal Healing Strategies That Work*.

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.

On a more personal note, Dr. Ducharme lives in San Diego with her husband, Dave, and their daughter, Valentina. They have two dogs, four rabbits, and a horse. When she is not helping others get healthy, she enjoys spending time with her family, at the barn, or hopping on a plane to visit one of their favorite cities.

Learn More about Dr. Nicola Ducharme:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/420776-Nicola-Ducharme-Naturopath>, through Restor Medicine, <https://restormedicine.com/our-team/san-diego-naturopath/> or through Nicola Ducharme, ND, <https://drnicoladucharme.com/nicola/>

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