

Kelsey Asplin, ND, a Naturopathic Physician with Denver Naturopathic Clinic

Get to know Naturopathic Physician Dr. Kelsey Asplin, who serves patients in Denver, Colorado.



New York City, New York Jul 14, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Asplin, a qualified naturopathic physician, has maintained a private practice since 2015 and now manages the Denver Naturopathic Clinic in south Denver, which has served patients for over 30 years. She is an effective practitioner because of her open-mindedness, dedication, and attraction to helping others, along with a keen ability

to simply “get” people.

Practicing as a naturopathic primary care doctor with a focus on high-performing professionals, she is able to support all of her patients in a variety of health concerns, including gut health, fatigue and stress, and mitochondrial dysfunction.

Her passion for functional medicine, as well as the naturopathic determinants of health, inspires her to approach every treatment plan first with nutrition and lifestyle recommendations. Her goal is to bring the body into harmony by assisting patients with inflammation, sleep improvement, and immune wellness. Dr. Asplin partners with patients starting at 8 years of age, is very comfortable working with adolescents, and sees many adults and seniors, but her focus at this time is on high-performing professionals, such as entrepreneurs, CEOs, athletes, and celebrities.

The connection of the body to the mind and spirit is essential to wellness and is, therefore, an integral part of the patient-doctor relationship. Dr. Asplin strives to create a safe and welcoming environment in her office, holding space for those that need it, and offering a counseling aspect to her appointments.

A Colorado native, Dr. Asplin graduated from MSU Denver with her Bachelor of Science degree in Integrative Therapeutic Practices (now the Integrative Healthcare program) in 2011 before going on to obtain her Doctor of Naturopathic Medicine degree from Bastyr University in Seattle, Washington. In order to expand the toolkit with which she could help her patients, she also earned her Massage Practitioner license and became a Certified Kinesio Taping Practitioner™ while completing her graduate coursework.

One of her greatest passions is sharing her knowledge about health and increasing public awareness of naturopathic modalities that can be effectively used to support the body’s innate healing abilities and enhance the effectiveness of conventional treatments. She is also the Vice President of the Colorado Association of Naturopathic Doctors, and a member of the American Association of Naturopathic Physicians.

A passionate mentor for people embarking on their health journey, Dr. Asplin believes strongly that having healthy lifestyle foundations is pivotal to healing, longevity, and wellness. That is why she uses functional medicine theory to empower her patients to lead lifestyles grounded in good nutrition, physical activity, optimal digestion, enhanced sleep, and reduced stress. With this framework in place, patients can feel better faster and take charge of their own health.

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.

Amazing at what she does, Dr. Asplin attributes her success to coaching and mentorship, as well as having a strong sense of internal grit. She is the recipient of various awards and honors, including the Women in Medicine (2022) and the 10 Under 10 Award by the Metropolitan State University of Denver (2019).

When she isn’t seeing patients, Dr. Asplin lectures in the Integrative Health Care program at MSU Denver trains in kickboxing and weight lifting and enjoys the outdoors with her significant other and their dog, Rudy. She also enjoys horseback riding, hiking, country line dancing, stand-up paddle boarding,

traveling, as well as dreaming up her next hair-do (which changes often). Her favorite professional publication is Townsend.

Learn More about Dr. Kelsey Asplin:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1696258-Kelsey-Asplin-Naturopath>, or through Denver Naturopathic Clinic, <https://denvernaturopathic.com/dr-kelsey-asplin/>

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