

Jacquilen Tomas Ali, ND, a Naturopathic Physician with Earthly Essence at Black Lotus Wellness Collective

Get to know Naturopathic Physician Dr. Jacquilen Tomas Ali, who serves patients in Philadelphia, Pennsylvania.



New York City, New York Jan 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Ali is a Doctor of Naturopathy, Certified BodyTalk Trainer and Practitioner, Certified Nutritional Counselor & Master Herbalist. She is the Owner & Operator of Earthly Essence at Black Lotus Wellness Collective in Philadelphia, Pennsylvania.

As a naturopath, Dr. Ali collaborates with her clients to identify the causes of their health challenges and teaches them how to support the body in its healing process. She lives her life as a naturopath with the understanding that the body can heal itself of just about anything if cleared of toxins and if given proper nutrients, rest, a healthy mental outlook, and natural support.

Providing both individual and family care, she utilizes an energy and consciousness-based system called The BodyTalk System. She places a strong emphasis on the understanding that the body knows how to heal itself, however, at times it needs help. The BodyTalk System allows Dr. Ali to connect with the energy of a person using kinesiology and to ask the body what is causing the health challenge and what is needed to assist in healing.

Raised in an environment where health and preventing illness were paramount to a successful life, Dr. Ali's parents insisted on the family eating wholesome organic foods long before it was fashionable to do so.

After graduating with her Doctor of Naturopathy degree from the Trinity School of Natural Health in 2007, her studies also included herbology, homeopathy, kinesiology, and reflexology.

Studying with the International BodyTalk Association, Dr. Ali is a Certified BodyTalk Access Trainer and a Board Member of the BodyTalk MidAtlantic Association.

Specializing in proactive prevention and care, she combines holistic healing methods with traditional solutions addressing health challenges. Dr. Ali is an expert in tailoring balanced nutritional plans that emphasize the circadian rhythms of the body, focus on digestion and food combination, and include herbal recommendations as needed.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct primary healthcare 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.

Learn More about Dr. Jacquilen Tomas Ali:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85017888-Jacquilen-Ali-Naturopath>, or through Earthly Essence at Black Lotus Wellness Collective, <https://dralind.com/>

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