

Kristina Olson-Kuyper, ND, a Naturopathic Physician with Sweet Pea Family Medicine

Get to know Naturopathic Physician Dr. Kristina Olson-Kuyper, who serves patients in Seattle, Washington.



New York City, New York Jun 22, 2023 ([Issuewire.com](https://www.issuewire.com)) - A dedicated naturopathic physician, Dr. Olson-Kuyper sees patients at Sweet Pea Family Medicine in Seattle, Washington. With a genuine love

for witnessing families thrive, she has built her practice around helping parents and children achieve their vision of optimal health. She recognizes that parenthood can be challenging, especially when one feels exhausted and drained. Therefore, she strives to support mothers and fathers during pregnancy and postpartum, ensuring they have the strength and energy to care for their growing families.

Having completed her clinical training at the esteemed National University of Natural Medicine in Portland, Oregon, she supplemented her education with over 1200 hours of clinical training in primary care, midwifery, and pediatrics at Vibrant Family Medicine in Gresham, Oregon. This experience allowed her to develop her skills as a family doctor and gain invaluable expertise in providing comprehensive care to patients of all ages.

Additionally, Dr. Olson-Kuyper pursued a year-long clinical mentorship in women's health with Dr. Kimberly Suriano, an obstetrician-gynecologist, further enhancing her knowledge and proficiency in women's health and obstetrics.

One of her unique offerings is her training in placenta encapsulation, an adjunctive therapy that can greatly benefit new mothers. By combining her conventional medical training with alternative and natural approaches, she adopts a holistic approach to diagnose, treat, and manage illnesses. Her treatment plans incorporate various modalities such as homeopathy, herbal medicine, pharmaceuticals, and utilizing food as medicine.

What sets Dr. Olson-Kuyper apart is her commitment to educating her patients about their concerns and the range of treatment options available to them. Each office visit with her is characterized by compassionate care, where she meets her patients where they are in their health journey and provides unwavering support towards their vision of optimal 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 manage and seek to prevent acute and chronic illnesses to restore and establish optimal health.

Beyond her professional endeavors, Dr. Olson-Kuyper finds solace and joy in spending time with her two young boys. Whether it's enjoying the serenity of Alki Beach or embarking on adventures in the mountains, she understands the importance of maintaining a balanced lifestyle and cherishing precious moments with loved ones.

Learn More about Dr. Kristina Olson-Kuyper:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2627173-Kristina-Olson-Kuyper-Naturopath> or through Sweet Pea Family Medicine, <https://www.sweetpeafm.com/the-practice>

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