

Emily Wolbers, a Naturopathic Physician with QC Natural Health

Get to know Naturopathic Physician, Dr. Emily Wolbers, who serves patients in Portland, Oregon and Davenport, Iowa.



New York City, New York Aug 23, 2023 ([IssueWire.com](https://www.issuewire.com)) - Inspired by all things health, Dr. Wolbers is a Naturopathic Physician and owner of QC Natural Health, serving both the Quad City and greater Portland communities. Her practice focuses on gastrointestinal health through the power of nutrition and food as medicine.

Her primary areas of focus include digestive disorders (bloating, SIBO, ulcerative colitis, Crohn's disease, IBS, abdominal pain, celiac disease), gut-brain connection (stress, anxiety, microbiome health, mind-body medicine), and endocrine disorders (fatigue, adrenal, and thyroid dysfunction).

Originally from Moline, Illinois, Dr. Wolbers obtained her Bachelor's Degree in Dietetics from Bradley University. She then relocated to Oregon, earning her Medical Degree from the National University of Natural Medicine.

Her training includes clinical nutrition, botanical medicine, homeopathy, psychology, and counseling.

With her background in nutrition, Dr. Wolbers utilizes food as medicine as a main modality for health. She treats the whole person and finds the root cause of the disease through natural, non-invasive means.

The practice of naturopathic medicine includes modern 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 manage and seek to prevent acute and chronic illnesses to restore and establish optimal health.

A positive, empathetic leader who supports self-care and compassion, Dr. Wolbers sparks healthy motivation and empowerment to help people achieve health goals. She holds E-RYT 200 & RYT 500 yoga teacher certifications and is currently teaching weekly vinyasa classes at The People's Yoga in Portland.

In her free time, she enjoys being outdoors, hand standing, teaching yoga, and volunteering for Living Yoga and Portland Parks and Recreation.

Learn More about Dr. Emily Wolbers:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81785173-Emily-Wolbers-Dietitian-Nutritionist?zipcode=52807> or through QC Natural Health, <https://www.qcnaturalhealth.com/about-dr-wolbers>

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