

Natasha S. Rudd, ND, LAc, a Naturopathic Physician with Sage Health Center

Get to know Naturopathic Physician Dr. Natasha S. Rudd, who serves patients in Bend, Oregon.



New York City, New York Jan 4, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Rudd, a fourth-generation doctor, is dedicated to illness prevention within the primary health care setting. As the Owner of Sage Health Center in Bend, Oregon, she brings her expertise as a naturopathic physician and licensed acupuncturist to provide natural and holistic healthcare to the community.

Sage Health Center has been offering natural and holistic healthcare since 1993. Sage Health Center specializes in acupuncture, naturopathic healthcare, homeopathic, and botanical medicines. Focused on delivering gentle, proven, and personalized healthcare tailored to each patient's unique needs, the practice prioritizes the overall well-being of individuals.

Having mentored under the founder of Sage Health Center for several years before assuming ownership in 2014, Dr. Rudd utilizes unique therapies and natural medicines in conjunction with nutritional and lifestyle changes to address the whole person. Her approach emphasizes the establishment of lifelong relationships, viewing individualized preventative health care as the optimal means to attain the highest wellness for each patient.

Dr. Rudd's academic journey began in 1998 with a pursuit of a Bachelor of Fine Arts Degree in Cinematography and Film/Video Production at the University of Colorado Boulder. Continuing her education from 2005 to 2006, she earned a Bachelor of Science Degree in General Science at the University of Oregon.

Subsequently, from 2007 to 2013, Dr. Rudd attended the National College of Natural Medicine in Portland Oregon, concurrently pursuing a Doctorate of Naturopathic Medicine and a Master of Acupuncture Degree. Her dedication is further reflected in the completion of advanced coursework in botanical medicine and acupuncture in critical care.

With a commitment to advancing naturopathic medicine in her state, Dr. Rudd is an engaged member of the Oregon Association of Naturopathic Physicians.

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.

Residing in Oregon since 2005, Dr. Rudd is thrilled to practice medicine in a region that values the benefits of leading a healthy and active lifestyle, aligning with her passion as an avid outdoor enthusiast.

Learn More about Dr. Natasha S. Rudd:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3527952-Natasha-Rudd-Naturopath> or through Sage Health Center, <http://sagehealthcenter.com/about-us/about-dr-rudd/>

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