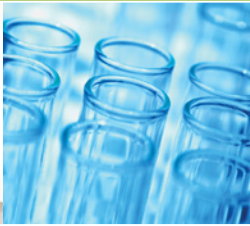




Nardella

Naturopathic, Functional & Anti-Aging Medicine



Patient Services

Creating  
*Healthier*  
Lives

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# The Nardella Clinic

## Dr. Jennifer Nardella

Dr. Jennifer Nardella operates an independent naturopathic medical practice and medical spa in Calgary, Alberta. She has developed successful approaches to naturally treating a wide range of health issues. Her success in treating medical aesthetic related concerns lead to developing treatments that address skin disorders and aging skin. The Nardella Clinic employs nine professionals and support staff. Dr. Nardella is a graduate of the National College of Naturopathic Medicine, Portland, Oregon, a licensed member of the Alberta Association of Naturopathic Practitioners, and board certified with the Canadian Association of Naturopathic Doctors. She is also a member of the Institute for Functional Medicine and the American Academy of Anti-Aging Medicine.

## Patient Care Management Team

Distinguishing The Nardella Clinic is the professionalism, commitment and success of our Patient Care Managers. Our Patient Care Managers have backgrounds in nursing, psychology, kinesiology, medical aesthetics, diet and lifestyle counseling. Most of the active care you receive at the Nardella Clinic is in the skilled hands of this team. They provide access to the services you need to maintain a preventative approach to your managing your health.

## The Nardella Clinic

The Nardella Clinic practices in three broadening avenues of health care—Naturopathic, Functional and Anti-Aging Medicine. We believe that combining these perspectives on health care results in a comprehensive approach to supporting patients in achieving their highest and best states of health.

The clinic is a general practice. We have experience treating a variety of health issues. This ranges from managing healthy lifestyle changes to facilitating complementary health care for patients with rare conditions. It is important to emphasize that we work within all systems of health care. We have extensive experience and knowledge of the care options that exist for patients. Recommendations always include how to get the health care that our patients need.

The specific services and treatments offered at the clinic are extensive and comprehensive in supporting patients to create healthier lives. Each and every patient is assessed with a view to obtaining positive patient outcomes that are the best and highest priorities for that individual. To accomplish this **we dedicate significant time and attention to each patient.**





# Patient Assessment



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The clinic offers the patient **naturopathic, functional and anti-aging medicine** to treat a wide range of health issues. Typically, patients come to the clinic for one of the following reasons:

- As a primary source for medical care and advice;
- To seek alternatives to treatments that have failed, or that are associated with unwanted health risks;
- An undiagnosed cause of illness and suffering;
- Complementary support of other medical treatments; and
- Regularly participating in clinic services as a preventative approach to managing one's health.

We have **Four integrated areas of care** available to the patient. Patients may schedule assessments in any of the areas that are of concern to them.

- Naturopathic, Functional and Anti-Aging Medicine
- Lifestyle and Nutrition Management
- Counseling
- Medical Aesthetics



# Diagnostic Services



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Patients have access to **world leading** and conventional laboratory testing. The Nardella Clinic is well regarded for its capabilities in utilizing the latest in functional medicine testing to comprehensively evaluate specific body processes and their impact on patient health. Examples of functional laboratory testing include, but are not limited to, the following:

### Allergies | Food Sensitivities | Celiac | Immunology Testing

Health issues may be the result of allergic reactions to food or substances in our environment. The cumulative effects of undiagnosed allergies may have a negative impact on how our body systems function. We have significant experience in determining the tests that may be required and successfully treating the issues. Gastrointestinal, dermatological, neurological and immunological issues are examples of health issues that may be resolved.

### Cardiovascular Health | Liver Function | Metabolic Testing

Identifying dysfunction in major body systems has helped many patients enjoy better health by naturally supporting body processes that are struggling to perform as expected. Here we are looking at major body systems to determine the patient's cardiovascular health, how well the patient's liver performs in removing harmful substances from the body and the potential for damage to cells, tissues and organs from elevated free radicals.

## Endocrinology | Hormone Testing

The proper balance of hormones is crucial to good health. These chemicals regulate our body systems. Hormones are highly interrelated and their functioning in the body is complex. Comprehensive diagnostic testing is required to make any assessment and treatment plan fulfilling of the patient's goals. The need for bio-identical hormone therapy may be determined.

## Digestive Health | Gastrointestinal Testing

Healthy gastrointestinal function is central to overall well being. Effective processing and delivery of nutrients makes a critical difference in our long-term health. Autoimmune diseases, food allergies, toxic stress and other serious conditions such as Crohn's disease and ulcerative colitis are linked to gastrointestinal dysfunction. Diagnosing and treating gastrointestinal issues is a hallmark of our clinical expertise.

## Health Risk Profiles | Genomic Testing

We can help determine an individual's potential to develop certain categories of disease: cardiovascular, osteoporosis, endocrine (hormone regulation) disorders, autoimmune disorders, neurological and behavioural disorders. These tests are also used to help elicit information regarding genetic influences on current health conditions. Genomic testing works by evaluating a selected group of genetic variants. If a patient has genetic variations that may promote disease, these are identified with strategies to keep a disease promoting state turned off.

## Nutritional and Environmental Impact Testing

Nutritional medicine is the cornerstone of Naturopathic medical practice. We have intimate knowledge regarding how to use nutrition individually tailored to each patient's needs to promote health and reverse the impacts of disease. Today it is possible to evaluate a person's ability to utilize and produce nutrients and other substances required by the body. Also, the presence and levels of toxins can be determined. The resulting information is used to assess the presence and severity of current health issues and/or forecast the development of future health issues.



# Treatment



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### **Improving Detoxification (Biotransformation)**

Toxins impede one's biochemical health and organ function. An impaired ability to detoxify may be implicated in autoimmune disorders such as lupus and rheumatoid arthritis. When working with patients with auto-immune issues, the clinic combines supporting the patient's detoxification system with natural anti-inflammatory treatments.

### **Intravenous Therapies**

High doses of antioxidants are safely provided to the patient as an intravenous treatment. The aim is to curb oxidative stress as a source of inflammation that may be contributing to an auto-immune condition.

### **Gastrointestinal Treatments**

Impaired gastrointestinal function can contribute to the presence of allergies and immunological disorders. An immune system response that is triggered in the gut may contribute to local and then more generalized inflammation. This is termed an inflammatory cascade. A more sensitive or hyper-responsive immune system may result.

## Cardiovascular Health

### **Diet and Lifestyle Management**

Manageable diet and lifestyle changes are used to promote and restore cardiovascular health. Developing manageable plans based on scientific diagnostics and supportive counseling facilitates a life long approach to health.

### **Chelation Therapy**

Chelation therapy is an intravenous therapy that causes excessive minerals and metals to be flushed out of the body by cleansing blood vessels, organs and improving metabolic and circulatory functions.

## Endocrinology | Thyroid Disorders | Diabetes

Environmental, diet and lifestyle issues are having a significant impact on the development of endocrine-based diseases across all age groups. Examples of endocrine-based diseases include: breast cancer; prostate cancer; inflammatory diseases (endometriosis); infertility; and Polycystic Ovarian Syndrome.

Creating hormonal health requires tailoring the patient's environmental and lifestyle factors to restore and create sufficient hormonal balance. Specific hormone therapy in addition to environmental and lifestyle modifications may be necessary to achieve desired outcomes.

## Gastrointestinal Health

Autoimmune diseases, food allergies, toxic stress and other serious conditions such as Crohn's disease and ulcerative colitis are linked to gastrointestinal dysfunction. Diagnosing and treating gastrointestinal issues is a hallmark of our clinical expertise.

### **Colonic Hydrotherapy**

Colonic Hydrotherapy uses water to gently cleanse the colon, eliminating accumulations of toxins and promoting healthy bowel function.

### **Diet and Lifestyle Management**

Many gastrointestinal issues are related to poor dietary habits and/or stress. Diet and lifestyle also contribute to the intensification of more inherent gastrointestinal disorders—e.g. Celiac and Chron's diseases. Through the modification of a patient's diet and lifestyle many of these issues can be resolved.

### **Internal Hemorrhoid Treatment (Keseey Treatment)**

Keseey is the application of negative galvanic electricity to shrink hemorrhoid tissue therefore eliminating the hemorrhoid and its symptoms. It is a successful non-surgical technique.

## Pain Management | Sports Medicine

Central to our pain management practice is the reversing of inflammation and its long-term prevention.

### **Intravenous Therapy**

The clinic treats arthritic conditions and fibromyalgia with certain combinations of vitamins and minerals administered intravenously. The aim is to curb oxidative stress as a source of inflammation that may be contributing to tissue destruction.

### **Improving Biotransformation (Detoxification)**

General support of all body systems is critical to reverse the impacts of conditions such as arthritis and fibromyalgia. Central to this strategy is a properly functioning detoxification system. This facilitates decreasing immune system sensitivity and the inflammation that results from immune system responses to illegitimate triggers.

### **Neural Therapy**

A standard anesthetic is injected into specific muscles or nervous tissue. The anesthetic breaks a chronic pain cycle by restoring proper nerve function and enabling cells to eliminate toxic wastes.

## Pediatric Care

### **Pre-natal Nutrition**

The right nutrition can support women and their babies through a healthy pregnancy and a great start at life after birth.

### **Nutrition Management (Newborns, childhood and adolescence)**

Good nutrition is all about making our genes express themselves in the healthiest manner possible. Young people should aspire to a life without chronic disease.

### **Allergies and Asthma**

The clinic has extensive experience in meeting the needs of parents trying to eliminate the effects of potential allergies. Issues such as eczema, psoriasis, attention problems, digestive pain and constipation can be substantially resolved.

### **Eczema and Psoriasis**

Through the elimination of allergens, fortifying the digestive system and topical skin treatments the clinic has had significant success in reversing eczema and psoriasis.

## Women's Health

### **Fertility and Pre-conception Care**

The Clinic can assist women looking to become pregnant by determining any issues that may limit the chances of becoming pregnant and having a successful pregnancy.

### **Menstrual Disorders**

Natural therapies alone or combined with conventional medical treatment offer women good success in establishing regular and healthy menstrual periods. The clinic has addressed several issues including the following: premenstrual syndrome (both emotional and physical issues); bloating; menorrhagia (excessive bleeding); endometriosis; and irregular menstrual cycle.

### **Thyroid Disorders**

A thyroid disorder can have a significant negative impact on how healthy someone feels. Fatigue, weight gain, hair loss and skin issues are examples of symptoms. The clinic has experience in facilitating natural and combination hormone supplementation to treat thyroid disorders.

### **Polycystic Ovarian Syndrome (PCOS)**

We have experience managing all aspects of the health issues associated with PCOS. These include: insulin resistance; infertility; irregular menstrual

cycle; increased risk of type-2 diabetes and cardiovascular disease; difficulty maintaining a healthy body composition; energy and mood fluctuations; and skin health issues (e.g. acne).

### **Hormone Therapy**

Direct supplementation with certain hormones may be the best course of treatment for certain conditions. Examples of conditions treated include: fertility; PMS; Polycystic Ovarian Syndrome; hypothyroidism; and menopausal symptoms.

### **Menopause**

The clinic provides services that minimize the effect of negative menopausal symptoms and decreases longer term health risks. These include: body temperature fluctuations; mood fluctuations; cognitive issues; heart disease; cancer; and osteoporosis.

### **Osteoporosis**

With the results of genetic testing and/or hormonal assessments the patient is provided with a comprehensive support program to prevent, delay and reduce the symptoms associated with osteoporosis.



# Natural Edge™

## Body Composition Management

Achieving a healthy body composition is one of the most important things that we can contribute to our body's ability to promote health and wellness. Body composition refers to the amount of lean muscle compared to fat.

Examples of the ways lean muscle works to promote health are as follows:

- Insulin and hormonal regulation
- Higher level of proteins in the body that promote overall vitality by:
  1. Increasing anti-body production and strengthening the immune system
  2. Increasing white blood cell production and decreasing free radical damage
- Higher metabolic rate and the ability to burn more calories

Increased lean muscle mass is a simple and effective way to get a Natural Edge™ in promoting your long term health.

We offer a 12 week body composition program. Here is how Natural Edge™ works.

- Initial patient assessment, establish objectives and individual program development
- 11 weekly sessions that will accomplish the following:
  - Dietary changes
  - Establish manageable and regular exercise
  - Cope with and overcome challenges
  - Measure progress with bio-impedance analysis (BIA)\*
  - Create a successful transition toward a healthier life through improved body composition
- Medical Food designed to promote and support healthy body composition

**Check your benefit plan.** As Natural Edge™ is delivered in a licensed naturopathic medical facility, you likely have coverage for a significant portion of the program.

\*Bio-electrical impedance analysis (BIA) is the measurement of the resistance of our body tissue to an electric current. There is a high resistance (impedance) in fat tissue and low resistance in lean muscle tissue. Sophisticated body composition analysers use the technology to pin-point a number of health measures, such as percentage of body fat, body mass index and expected resting caloric intake.

# Counseling Services

Rachela Buonincontri is a certified counselor and a professional art therapist. She has experience working with children, adolescents, and adults. Her experience extends in the areas of depression, anxiety, stress, grief and loss, anger, self-esteem, motivation, and positive health and well-being. She combines a deep sense of compassion and empathy for clients. Her counseling services provide a supportive and positive environment for exploring emotions, behaviours, and thoughts that are limiting one's life potential.

## Individual Counseling

Counseling serves as a therapeutic approach to assist clients to move towards their goals. Through exploration of a person's strengths, resources, problems and concerns, one is able to gain self-awareness and raise consciousness. This promotes the deliberate inclusion of more aspects of positive living than limiting unconscious processes. As a person's self-awareness increases so does the potential to live more authentically and in-sync with life goals and aspirations.



“ *Your vision will become clear only when you look into your heart. Who looks outside dreams. Who looks inside awakens.* ”

Carl Jung

## Art Therapy

Art therapy includes the utilization of images, symbols, and creativity to communicate through visual means with the use of diverse art materials and media. The creative expression helps the patient to increase self-awareness and autonomy, problem-solve, regulate emotions, expand interpersonal skills, and reduce stress. The intentional use of art as a therapeutic intervention enhances the patient’s well-being on a physical, emotional, spiritual, and mental level.

The premise of art therapy is authentic expression. It provides an excellent alternative to verbal therapy.





# Medical Aesthetics



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The Nardella Clinic is proud of its reputation in employing non-invasive and minimally invasive procedures to dramatically improve skin health and appearance. All medical aesthetic programs begin with a **complementary consultation** and treatment plan development.

Our medical aesthetic programs focus on our depth of expertise in the following areas:

- Acne
- Aging Skin
  - Pigmentation (age / sun spots)
  - Wrinkles and fine lines
  - Skin laxity
- Eczema
- Psoriasis
- Body contouring – the reduction of spot fat accumulation
- Cellulite – improving the smoothness of the skin and reducing the appearance of cellulite
- Bio-compatible hyaluronic acid based dermal fillers to provide the following benefits:
  - Augmentation of lips
  - Filling of fine lines and wrinkles
  - Intense skin hydration and firming
- Hair removal services

## GlyMed Plus DermaSound Skin Treatments

At The Nardella Clinic we use GlyMed Plus and the clinically proven DermaSound to provide some of the best treatments available in addressing condition-specific skin care challenges. The DermaSound is a skin care treatment machine that uses low frequency ultrasound to provide intense exfoliation, customized penetration of antioxidants and treatment serums, and an ultra hydrating sonic massage.

## GlyMed Plus Clinical Peeling Program

Clinical peeling is a safe and proven method of advanced skin rejuvenation. GlyMed Plus peels are available in a variety of professional percentages, pH levels and ingredient blends to give you more options in the fight against aging, sun exposure, acne, inflammation and environmental damage.

## FotoFacial

FotoFacial is skin rejuvenation using intense pulsed light and radio-frequency energies to quickly and effectively treat skin irregularities. Examples of skin irregularities include pigmented lesions (age spots, sun damage, and freckles) and vascular lesions (rosacea, telangiectasias, angiomas and spider veins).

## Skin Tightening and Lifting - ReFirme™

The ReFirme™ procedure combines safe and effective levels of infrared light and bipolar radio-frequency to stimulate new collagen growth. Collagen and elastin depletion in the dermis results in loss of dermal volume, presenting as

lines, wrinkles, laxity and sagging in the skin. ReFirme™ can improve skin laxity and sagginess of the face, neck and some body areas such as the abdomen or upper arms.

## Cellulite and Body Contouring

The Nardella Clinic maintains a very successful non-invasive body contouring practice. Dr. Jennifer Nardella is a leader in providing natural approaches to body contouring and the treatment of cellulite. As the first doctor to introduce Mesotherapy to Calgary, she has gained a broad range of experience in reducing spot fat accumulation and achieving successful body contouring.

Dr. Nardella designs **individual treatment plans** for each patient. These treatments use fat dissolving injections and VelaShape™ technology.

Patients may choose to have a **trial treatment at no cost** prior to starting a body contouring or cellulite treatment plan.



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