

# Dr. Allana Polo, ND

Dr. Allana Polo is passionate about utilizing naturopathic therapies to treat the patient rather than the condition.

Winner of the Naturopathic Doctor in the Record's 2011 and 2012 Reader's Choice Awards as well as the A list from The Leader, Dr. Polo has a strong interest in helping patients with weight loss, hormonal imbalances and food intolerances.

"My business is about education, motivation and empowering my patients to lead a healthy and optimal life," she says, adding she has been helping local residents achieve optimum health for three years. "Getting to the root cause and addressing underlying reasons for health concerns is key. Not simply giving a band aid solution to cover a symptom. I want to ask why, how, when things happened so we can discover the true reason for a symptom and then hopefully address it and resolve the problem."

What sets Dr. Polo apart from the rest is her ability to connect with her patients and develop a strong relationship with them that's built on trust and support.

She is passionate about her work and believes she's in a unique position to be able to help people. She doesn't take that responsibility lightly.

Dr. Polo comes with a wealth of education and experience.

After receiving an undergraduate degree from the University of Alberta, majoring in biological sciences, with a minor in psychology, Dr. Polo went on to receive her four-year Doctorate of Naturopathic Medicine from the Canadian College of Naturopathic Medicine in Toronto, Ontario.

She is trained and certified in Bio Identical hormones from the Anti Aging Medicine Association as well as for the HCG medically supervised weight loss program. In addition, she is a member of the International Association for Physicians in aesthetic medicine and a certified Acupuncturist. Dr. Polo also trained in Intravenous vitamin and mineral injections and Mesotherapy for cellulite and anti aging procedures.

"I have taken patients off various medications and helped them achieve an amazing lifestyle that truly allows them to make the most out of life," she adds.

Dr. Polo credits a deep commitment to her patients, as well as a wonderful synergy with her staff, her patients and the community, as keys to her success.

In addition, to stay current on any changes or updates in her profession, Dr. Polo attends courses and seminars.

Columbia Integrated Health Center is conveniently located at 756 Columbia Street. For more information or to book a consultation, call 778-397-3979 or visit [www.drallanapolo.com](http://www.drallanapolo.com).

