



## Dr. Allana Polo: Today's Notable Young Entrepreneur

By: Notable Posted in: Entrepreneurs - Nationwide || December 16, 2014, 6:00 am

Today's Notable Young Entrepreneur is naturopathic doctor and healthy lifestyle advocate Dr. Allana Polo, who opened her own clinic to offer patients holistic care based on preventative and longevity medicine...

### **Elevator Pitch: Describe your job in a nutshell.**

I am a naturopathic doctor and in my practice I place an emphasis on treating patients with preventative and longevity medicine. I aim to teach patients how to make lasting lifestyle modifications. Two areas particularly interested me, which are thriving areas of my practice: weight loss and digestive health.

### **Why did you start working at your company? What was the inspiration for this career route?**

I started an integrated medical clinic because I believe there is a gap in the current medical system. There is a lack of collaboration between all areas of medicine, and by creating a multi-disciplinary medical model, I've brought various medical practitioners together under one roof in the spirit of collaboration. This helps the patient to truly benefit from holistic care.

### **What is the best part of what you do on a day-to-day basis? The most challenging part?**

I love inspiring people to take control of their health and to beat chronic illnesses and diseases by making necessary changes. The most challenging part is that even motivated people can lack the will to follow through. I feel for people when I see them struggle.

### **What is one sign that you've seen over the years to suggest that your work/life balance is off?**

When I am checking emails while I am out for dinner or having a night with my husband – I'll go to the bathroom to check my phone...

### **Where do you see yourself in five years?**

Right here! I want to start writing books and reach the public through various other outlets, essentially finding more ways to educate people.

### **What is one major challenge that you've had to overcome in your career? How did you overcome it?**

My ultimate goal is never to be in someone else's clinic. I needed to be honest with myself early on and realized that what I had in mind was much bigger. It was a hard choice to walk away from what was a sure thing and safe. I took that giant leap of faith and the fear of the unknown, which resulted in opening my own clinic.

### **What does success look like to you? Does Money = Happiness?**

No. Success to me is truly loving your job and going to work every day not necessarily because you have to but because you want to. Knowing you have an impact on people and that you are actually helping them is happiness.

### **What is the most memorable milestone in your career?**

On December 1st I opened the doors to Polo Health + Longevity Centre. I felt so much pride when I saw the sign above my very own clinic – just welcoming that first client was a huge milestone for me!

### **Do you have any advice for other young professionals?**

Don't be scared. It is obviously going to be scary to start your own business, but always keep the end goal in mind. Don't let fear stop you from getting there. Believe in yourself.

### **Where is your favourite place to wine/ dine in your city and why?**

I live in Kitsilano and when I am not working in New Westminster, I like to stay close to home. I am so fortunate to live and work in two very vibrant communities. Dining out can be healthy – like I want – because each neighbourhood has so much to offer health nuts like me. There's too many to choose just one.

### **When you're not working how do you love to spend your "Me" time?**

I love being at the beach and feeling that connection with the water. It brings me back down to earth. I also love going for walks and hikes – staying active with family and friends. My "me" time is usually family time; it is so important to me.

### **Where is your favourite place to travel? Why?**

I crave the sandy beaches of Mexico because you can relax and truly unwind there. I also visited Spain and really loved it – I can't wait to go back! Anywhere that you can shut down. And enjoy yummy cocktails.

### **If you had to choose a theme song, what would it be?**

Colbie Callait – Try. I love that song I think it has a very powerful message.

### **If you weren't doing what you're doing, what would you be doing?**

I would have been a medical doctor or dentist. In the end, naturopathy was what spoke to me because of its emphasis on prevention, on being as healthy and natural as possible.

### **Do you support any charities? If so, which one(s) and why is that important to you?**

I support numerous charities because I think it is good to give back. I have been fortunate in my life and I want to share with others as best I can.

### **What to you is notable?**

Being a strong and independent person, working hard, being grateful and humble for what you have. Notable to be is enriching the lives of others.

### **Your favourite device? iPhone, Blackberry, Android or Other?**

iPhone.