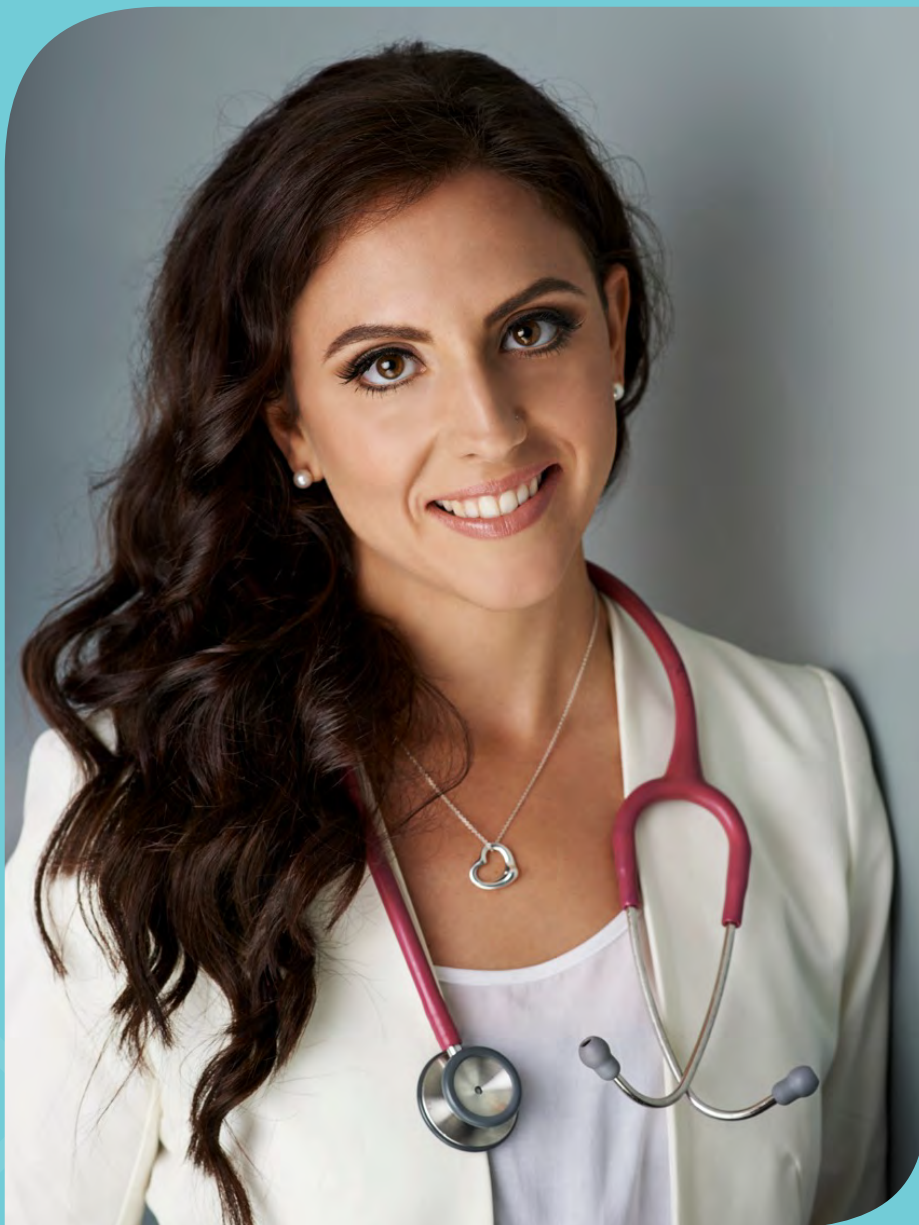


MEDIA KIT

Dr. Allana Polo, Naturopathic Doctor

Polo Health + Longevity Centre, New Westminster BC



Dr. Allana Polo, Naturopathic Doctor

Dr. Allana Polo, Naturopathic Doctor, is a holistic wellness expert and advocate. She is dedicated to transforming the lives of her patients through individualized approaches to better health, including stress, weight, and hormone management.

As a frequently-sought contributor to news media, Dr. Allana wishes to reach as many people as possible with her simplified approach to conquering health challenges, including substantial weight loss. By speaking up for the importance of better living, she wants to actively enable people to make the choices that create the change.

WELLNESS PHILOSOPHY

I provide the instructions and tools needed to help others build healthy and vibrant lives. I am not changing lives, I am empowering change in others by connecting them to what is important:



WHY change matters, and **HOW** it is possible to turn everything around through intuitive and smart strategies. This comes from listening to the body; I give people what they need in order to listen to themselves.

My mission is to help as many people as possible remove stress from their lives, find the weight that makes them happy and healthy, and bring balance to their internal systems. My writing, speaking, brand partnerships and media appearances enable me to reach more and more people with my message: how to live your happiest life.

MEDIA APPEARANCES

Have You Seen Dr. Allana Polo?

Some past media credits include:

- *CTV* - "How To Eat Produce On A Budget"
- *Global TV* - "Are Energy Drinks Good For You?"
- *CKNW Jill Bennett Show* - "Is Your Food Giving You Inflammatory Problems?"
- *Mind Body Green* - "Stop Seasonal Affective Disorder Before It Starts With These 4 Holistic Remedies"
- *HuffPost Living Canada* - "How to Take a Holistic Approach to Mental Health"
- *Mind Body Green* - "7 Doctor-Approved Tips To Maintain Your Ideal Weight"
- *CKNW Dave Sheldon Show* - Naturopathic Medicine Week
- *Green Med Info* - "Iodine Deficiency and Weight Loss: Is it the Next Big Thing?"

For a complete list go to: www.polohealth.com/about/media



HUFFPOST LIVING

THE VANCOUVER SUN



NOTABLE 

Dr Polo has been incredibly helpful in my quest toward better health.
She's been a healer, teacher and tireless cheerleader.

Erin Davis
Broadcaster, 103.5 QMFM

PARTNERSHIPS + BRAND AMBASSADORSHIPS

Dr. Allana Polo is a sought-after expert in the media, known for her weight loss programs and their astounding success, recently mentioned by Global TV's Steve Darling in TV Weekly.

She has helped hundreds of patients shed large amounts of weight, and keep it off with her down-to-earth approach to healthy lifestyle modifications. Her philosophy is to empower through education, so that each patient becomes invested in the outcomes they wish to see. Her articles, media appearances and brand partnerships enable her to get more information out there, to reach more and more people with smart strategies for building a happy life.

Media

Allana is a regular contributor to Mind Body Green, HuffPost Canada and a featured guest on CKNW's The Jill Bennett Show. Other media credits include GreenMedInfo.com, Alive Magazine, Global BC, CTV Morning and Breakfast Television (Vancouver).

Brand Ambassadorships

Dr. Allana enjoys partnering with brands that share her interest in health empowerment, specifically in the areas of weight loss, nutrition, women's health and stress.

She is brand-loyal to local producers and companies with a community-focus to their outreach programs and enjoys standing behind brands that share her values and beliefs, including a patient-centred approach to care, value above all else and the need for strong communities of support.

Requests for articles, media appearances and brand partnerships can be sent to media@polohealth.com

Dr. Allana Polo truly cares about the success of her patients
and goes above and beyond to ensure success.

Sherri Wise, Dentist

Getting in touch with Dr. Polo and getting on her program not only helped me shed some unwanted weight, but it also helped me understand what I should be eating to make my life easier.

I now am more active and am thankful for the advice that Dr. Polo has given to me.

Dave Sheldon
Vancouver Sports Broadcaster

CORPORATE WELLNESS PROGRAM DEVELOPMENT

Do you want to increase productivity in the workplace and decrease the number of sick days your employees take?

A wellness program empowers your employees to create healthy habits that keep them emotionally and physically well, and which improve mood, concentration and creativity when they are at work.

Dr. Allana partners with companies big and small to create programs that have lasting impact. Your employees can learn how to:

- Overcome the 3pm slump: Build lasting energy through proper sleep and nutrition habits;
- Manage stress: Tips for dealing with common stressors, at home and work, and creating a life and schedule where stress management is a priority;
- Healthy lunches: Nutrition tips for creating healthy, delicious lunches you prepare at home.
- And more! Dr. Allana will create a custom program just for you.

Not once have I ever felt nothing less than empowered and applauded for even the tiniest of losses. She explains every little detail to me as I am on this weight loss journey. To date I have lost 30 pounds and I still have a long way to go. But it is ok. It is not a race and I know that now, thanks to Dr. Polo.

Cori Lynn Germiquet
CEO New Westminster Chamber of Commerce

Dr. Polo and all the staff at the clinic, and her guidance, positive words and weekly accountability visits were the key to my success.

I have such confidence and trust with her and her practices that I have now taken my adult daughter to her for consultations. Dr Polo has given her more advice in a 20 minute appointment, than 3 MDs have in 5 years.

M.S.

SPEAKING ENGAGEMENTS

Speaking – Keynote

Dr. Allana Polo is on a mission to educate and empower as many people as possible: a vibrant, healthy life is within reach. Her kind and patient approach to weight loss, hormone health and general wellness includes providing individuals with the knowledge they need to become invested in the outcomes they desire. By understanding the reasoning behind it, people become more committed and excited about the changes they CAN make, and make easily with the support of an encouraging health team.

She can motivate your group towards creating a life map that embraces healthy living.

Dr. Polo has a particular interest in speaking about the following topics: Stress, women's health, weight loss, nutrition, anti-aging and digestion.

Speaking topics include:

- Stress in the workplace - how to create a happy, healthy work environment
- Your stress detox - a holistic and comprehensive approach to minimizing stress obstacles on your path to better health
- Weight loss roadblocks - what are the common challenges people face when losing weight, how to overcome these challenges
- Women's hormone concerns - pre and post-menopause coping and treatment strategies for healthy hormones at this new stage of life
- Healthy living for young professionals - how to make fitness and healthy eating a part of your new routine
- Becoming a health expert - advice for new health practitioners on how to set up and promote a busy practice

I thought I knew quite a bit about nutrition before, but Dr. Polo has taught me so much. I think about food in a different way now.

Steve Darling, Global News Anchor



ABOUT POLO HEALTH + LONGEVITY CENTRE

Dr. Allana Polo is a certified naturopathic physician and wellness advocate whose work in developing signature weight loss programs has transformed the lives of thousands of patients.

Owner of Polo Health + Longevity Centre, an integrated health clinic in New Westminster, British Columbia, Dr. Allana is a sought-after expert in healthy weight loss, nutrition, hormone imbalance and the effects of stress on the body, in particular the connection between stress and weight gain.

She has been a featured expert for numerous news outlets including Global Television BC, CTV Morning, Breakfast Television (Vancouver) and CKNW's The Jill Bennett Show.

Her writing has appeared in Mind Body Green, Alive, The Huffington Post and Green Med Info.

She is a sought-after speaker and is currently developing a corporate wellness program to bring her message of stress and health management into offices around the greater Vancouver area.

Patients from all over the Lower Mainland, British Columbia seek the advice and support of Dr. Allana as they face the difficult challenge of losing pounds and maintaining a healthy body weight; for many her signature program is a last attempt to find their wellness again.

When not in the office working with patients and her health team, Dr. Allana enjoys spending time with friends and family, browsing farmer's markets around the greater Vancouver area and experiencing some of the best of outdoor living on the West Coast.

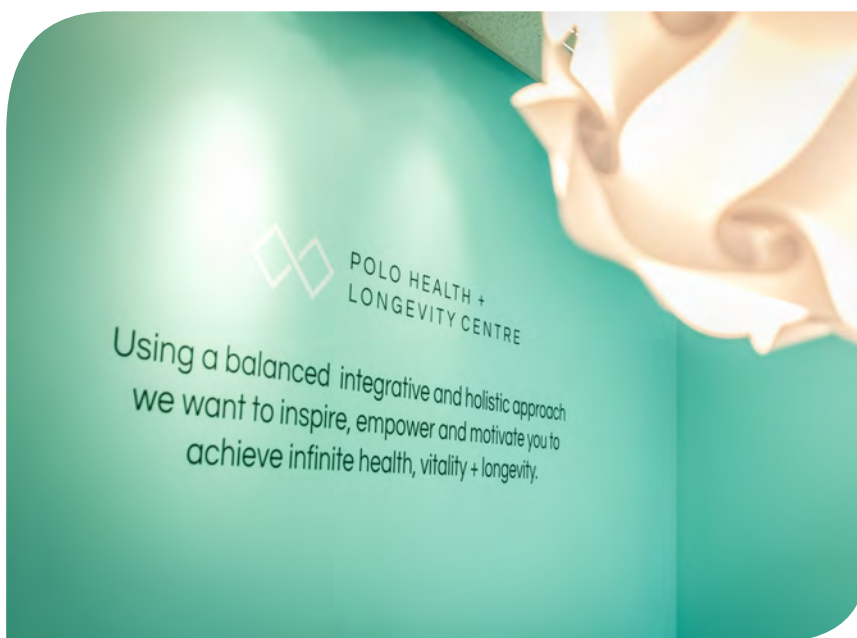
Dr. Allana Polo's Polo Health + Longevity Centre takes a patient-centred approach to delivering the best in holistic wellness care to patients around the greater Vancouver area.

The clinic's vision is to bring professional practitioners together under one roof to teach balanced, integrative and preventative approaches to wellness. We believe the most effective health care system is one that supports patients in making lifestyle changes for treatment and prevention. We see our role as educators, providing patients with the knowledge and tools they need to get well.

Our aim is to empower people to take charge of their own healing so they can live their best life.

WE OFFER SERVICES IN:

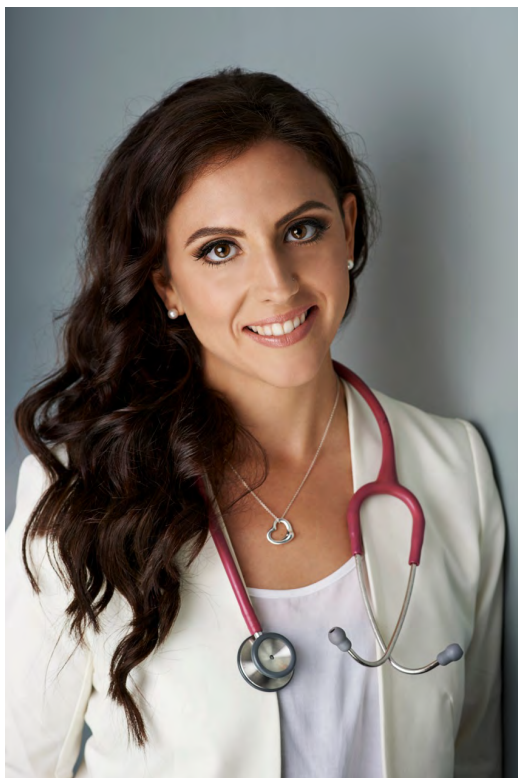
- Weight Loss
- Women's Health
- Fertility
- Pre and Postnatal
- Menopause
- Hormonal Imbalances
- Men's Health
- Counselling
- Pain Management
- Children's Health
- Autism
- ADHD
- Other Behavioural Concerns
- Integrated Cancer Care
- Aesthetic Medicine
- Fillers
- Botox
- IPL Laser
- PRP
- Colon Hydrotherapy
- Nutrition
- IV Vitamin and Mineral Therapy
- General Naturopathy
- Private Medical Services





POLO

HEALTH + LONGEVITY
CENTRE



www.polohealth.com

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