



## INDICATIONS

- ✓ Acute and chronic pain
- ✓ Diabetes
- ✓ Digestive disorders
- ✓ Flatulence - Gastro-oesophageal reflux or heartburn
- ✓ Sensitivities and allergies
- ✓ Tiredness and lack of energy
- ✓ Weak immune function
- ✓ Food intolerances
- ✓ Headaches
- ✓ Hypertension
- ✓ Insomnia, Stress, Anxiety, Poor mood
- ✓ Menstrual problems, Menopause
- ✓ Thyroid/hormonal concerns

## TREATMENTS

- ✓ Nutritional and Lifestyle Counseling
- ✓ Botanical medicine, Supplements
- ✓ Detox
- ✓ Comprehensive lab tests
- ✓ Physical examination
- ✓ Cognitive Behavioural Therapy

## Heidi Breiter

Bachelor of Sciences BSc  
(Hons),  
Naturopathic Doctor ND  
(Ontario, Canada)

Private Health Consultant

**Languages:** English,  
German, French

### **Motto**

«Health begins from within.  
Utilise the healing power of  
nature.»

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**SEEGARTEN KLINIK**  
ÄRZTEZENTRUM

*Your Care-Clinic*

# Heidi Breiter

Bachelor of Sciences BSc (Hons)

Naturopathic Doctor ND (Ontario, Canada)

## CV Education / Professional Experience

University of Toronto with a Bachelor of Life Sciences (Hons) major in Human Biology with minors in Physiology and German 2009-2013

Postgraduate degree in Naturopathy from the Canadian College of Naturopathic Medicine

2013-2018 Doctor of Naturopathic Medicine

2017 Robert Schad Naturopathic Clinic Toronto

2021 HealthOne Medical Centre and Natural Balance  
Naturopathic and Integrative Family Healthcare  
Naturopathic Doctor

2022 Lemon Water Wellness Clinic -Naturopathic Doctor

2023 Swiss Mountain Clinic

2024 Seergarten Klinik

## Memberships

Canadian Association of Naturopathic Doctors

Ontario Association of Naturopathic Doctors

Swiss Society for Antiaging and Prevention

## Statement

Naturopathic medicine is the art and science of diagnosis, treatment, and prevention of disease using natural methods. Naturopathic doctors focus on optimizing health and wellness through individualized patient care and health education. Naturopathic medicine is appropriate for any individual of any age who is interested in being involved and proactive in their healthcare. Naturopathic Doctors are the most highly trained practitioners in the broadest scope of natural medical modalities.

My passion is to help people who have received a medical diagnosis or are not feeling well and want to find answers to the root cause in order to heal. My interests are all general concerns, mental health including anxiety and mood regulation and stress reduction, weight management and also gastrointestinal issues, bloating and unexplained fatigue, immune system support and symptom relief. I recognise that digestion, starting with the mouth, is a fundamental step in any health transformation. It is also important to identify the root cause so that symptoms are alleviated and not masked. My goal is to heal the whole person through individualised treatment. I believe that we can work with the healing power of nature by working with the body's self-healing systems to create the conditions for healing.