

## Theresa Ramsey, NMD, a Naturopathic Physician in Paradise Valley, Arizona

Get to know Naturopathic Physician Dr. Theresa Ramsey, who serves patients in Paradise Valley, Arizona.



**New York City, Mar 3, 2020 ([Issuewire.com](http://Issuewire.com))** - As one of America's leading experts in the wellness and anti-aging revolution, Dr. Ramsey is a licensed naturopathic physician specializing in proactive prevention and treatment. She serves as the Medical Director of Revitalize Functional Medicine and Hyperbaric Center of Paradise Valley in Arizona, where she combines holistic healing methods with

traditional solutions to medical illness.

“Our Mission is to be a source for the natural healing of mind, body, and spirit. We strive to be a center that offers hands-on knowledge, exceptional physicians, and multiple modalities to help your every need” as stated on their website.

With over two decades of experience as a naturopathic physician, Dr. Ramsey is known as an expert in lifestyle enhancement and focuses her current practice in preventive aging and is a certified expert on bioidentical hormone replacement therapy (BHRT). She provides clinical internships for students of any form of medicine and has a training program for physicians on the placement of hormone pellets. She also provides educational workshops on the history of BHRT and invites physicians and patients to come learn more about what their patients are experiencing as they age vitally.

Prior to becoming a naturopathic physician, Dr. Ramsey spent 10 years as a registered nurse. She worked in the cardiac unit, the intensive care unit, and the emergency room. However, she wanted to become more involved in her patients' care, which is why she decided to go back to school to become a naturopathic physician, earning her Doctor of Naturopathic Medicine degree from the Southwest College of Naturopathic Medicine & Health Science in Tempe, Arizona in 1996.

In addition to being a practicing physician, a nationally-recognized speaker, and lifestyle expert, Dr. Ramsey is the author of the best selling book, *Healing 101: A Guide to Creating the Foundation for Complete Wellness*. She is currently writing her second book, which will be about HRT Research and Education. It will be released in the fall/winter of 2020.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic physicians diagnose, prevent, and treat acute and chronic illnesses to restore and establish optimal health.

Voted as one of Phoenix Magazine's Top Docs by her peers and selected as an eHow.com health expert, Dr. Ramsey attributes her success to loving what she does and the rewarding feeling she gets from helping others. She consistently provides inspiring expert medical and lifestyle advice, bridging the gap between allopathic & naturopathic medicine.

### **Learn More about Dr. Theresa Ramsey:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3405946-Theresa-Ramsey-Naturopathic-Physician> or through Revitalize Functional Medicine and Hyperbaric Center of Paradise Valley, <https://revitalizeparadisevalley.com/dr-theresa-ramsey-nmd/>

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