

Rhonda Jane Steinke, ND, a Naturopathic Physician with Health Through Nature

Get to know Naturopathic Physician Dr. Rhonda Jane Steinke, who serves patients in Tempe, Arizona.



New York City, Sep 5, 2020 ([IssueWire.com](https://www.IssueWire.com)) - Supporting the body's healing process, Dr. Steinke is a well-respected naturopathic physician who provides the utmost in professional and personal care. She is the Co-Founder of Health Through Nature in Tempe, Arizona, working alongside Dr. Jeffrey Potts, NMD since 2008.

“We educate our patients on how to live simple and choose healthier diets and lifestyles. What sets us aside from others is our eclectic variety of tools and that we spend the time to teach people to trust our bodies work as a whole and heal on its own. We teach people how to use cost-effective, safe, and natural tools and to have them at their disposal when they are suffering. We specialize in blood sugar imbalances such as pre-diabetes, diabetes, PCOS, hypoglycemia, metabolic syndrome, endocrine disruption, subclinical infections, and symptoms of any kind that do not match a conventional diagnosis or are not responding well to conventional treatment” as stated by Dr. Steinke.

She gathers all of the patient’s information (past medical history, family history, current health, and general constitution) and draws a roadmap for their treatment sheet. She will then get them on that map and keep them moving forward toward better health.

Back in the early days of her academic career, Dr. Steinke completed her Bachelor of Science degree in Biomedical Sciences at Marquette University in Milwaukee, Wisconsin. She then went on to graduate with her Doctor of Naturopathic Medicine degree from the Southwest College of Naturopathic Medicine in 2007.

With a passion for helping women of all ages, Dr. Steinke believes nurturing the nurturer and giving people tools to heal on their own will better themselves and the society. She has first-hand experience of food as medicine, being raised on a farm and plant nursery. She practices what she preaches by having an active meditation practice.

Recognized for her compassionate nature, her patients have excellent things to say about her, one stating “I feel very fortunate to have had the opportunity to work with Dr. Rhonda Steinke in my healing process. Her combination of understanding, compassion, technical expertise, and creative solutions has made an enormous difference in my life. It has been a pleasure to get to know her and to work with someone whose approach to health is simultaneously so gentle and so powerful.”

The practice of naturopathy includes modern and traditional, scientific, and empirical methods. Naturopathy is a distinct health care profession, emphasizing prevention, management, and optimal health through the use of natural therapeutic methods and substances that encourage individuals’ inherent self-healing process. Naturopathic physicians focus on prevention and root cause identification of acute and chronic imbalances to understand, restore, and establish optimal health.

On a more personal note, Dr. Steinke is the mother of two young children. She enjoys hunting wild, medicinal, and edible plants and mushrooms. She also frequently travels to give lectures on natural medicine.

Learn More about Dr. Rhonda Jane Steinke:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1624633-Rhonda-Steinke-Naturopathic-Physician> or through Health Through Nature, <https://www.healththroughnature.com/practitioners>

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Source : Rhonda Jane Steinke, ND

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