

## **Lisa Trofa, ND, a Naturopathic Physician with Coastal Naturopathic & Acupuncture**

Get to know Naturopathic Physician, Dr. Lisa Trofa, who serves patients in Wilton, Connecticut.



**New York City, Nov 3, 2020 (IssueWire.com)** - Devoted to bringing patients back to equilibrium, Dr. Trofa is a naturopathic physician serving as the Founder of Coastal Naturopathic & Acupuncture in Wilton, Connecticut. She has been a resident in Fairfield County for the past 30+ years.

Augmenting physical and emotional health, her specialties include physical pain, chronic diseases, fertility, neurological issues, stress/anxiety/depression, and autoimmune diseases. Above all, she strives to support all her patients through their journey to recovery.

“I want my patients to be partners in their own healing. I want them to understand how powerful their minds and bodies are. That each organ and symptom is part of a larger macro system. Healing chronic, intractable ailments takes a certain level of sensitivity, and I have honored to treat stubborn conditions with gentle methods” expressed Dr. Trofa.

Having studied extensively in naturopathy and acupuncture, her global experiences have taken her to some of the world’s best training institutes. She earned her Bachelor of Science degree in Nutrition at Cornell University. She then went on to obtain her Doctor of Naturopathic Medicine degree and her Master of Science degree in Acupuncture from the University of Bridgeport. There, she achieved an Award for Excellence in Homeopathy.

Relocating to China, Dr. Trofa studied acupuncture with scholars at the Liaoning University of Traditional Chinese Medicine in Shenyang. Here, she received high honors for her studies in acupuncture, clinical training, and moxibustion.

Striving to bring the gap together between the eastern and western medical thoughts, she can gain information on how a patient is progressing by the tongue and pulse, and thus adjust treatments to bring healing. In addition, based on a comprehensive medical intake and the patient’s medical history, she uses herbal and nutritional supplements, as well as diet therapies.

When necessary, Dr. Trofa uses naturopathic manipulation because, without proper alignment, obstructions can occur causing pain. What’s more, she may order additional laboratory testing, some of which may be specialty lab testing, not used by most western doctors.

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.

### **Learn More about Dr. Lisa Trofa:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737852-Lisa-R-Trofa-Naturopathic-Physician> or through Coastal Naturopathic & Acupuncture, <https://coastalnaturopathic.com/pages/meet-the-doctor>

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Source : Lisa Trofa, ND

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