



REGINA BRUGH, ND, FDN

OWNER

Regina is an experienced and accomplished Naturopathic Practitioner specializing in FSM and ONDAMED therapies, FDA-cleared modalities and personalized nutrition and hydration protocols. She teaches and practices functional medicine, a personalized approach to health care that recognizes the biological uniqueness of each patient.

In contrast to conventional care, which is almost entirely focused on suppressing symptoms, functional medicine eliminates symptoms by addressing the underlying cause of a problem. It is an evidence-based field of health care that views the body as an interconnected whole, and recognizes the importance of these connections in health and disease.

Clinical Wellness Practitioner

- 15 years experience in partnering with Medical Practitioners to build a Functional Medicine Practice and manage patient towards wellness and disease prevention as well as root cause chronic disease analysis and targeted solutions.
- Integrates energy medicine modalities around personalized protocols aimed at delivering light, electromagnetic energy and to improve health physiological and spiritual balance.
- Continuous training in Precision Nutrition, Nutraceutical and Energy Medicine Sciences

Areas of Focus

Regina's areas of focus include functional and personalized medicine and nutrition to optimize genetic expression and overall health by assessing metabolic, infectious, gastrointestinal, neuropsychological, endocrine, immune, allergic, nutritional, toxicological and genomic risk factors. Using a broad spectrum of testing and experience, she has been able to create a system which aims to find the root cause of a health condition or genetic predisposition and effectively target the deficiency, thereby allowing the body to heal itself. Regina has developed personalized nutritional protocols using supplementation and lifestyle modification that yield marked positive responses. These protocols have been developed using the experience she has gained through practice and published research-proven techniques.

Education

- Naturopath Doctorate from the Trinity School of Natural Health
- Bachelor Degree in Exercise & Health Science 1992 from Tbilisi Georgia University
- Wellness Professional Degree from American College of Healthcare Sciences
- Functional Diagnostic Nutritionist and Certified Wellness Health Coach
- Academy of Functional Medicine and Genomics and Functional Medicine University
- Certified ONDAMED (biofeedback) Practitioner
- Certified FSM (Frequency Specific Microcurrent) Practitioner
- Certified Qest Bioenergetic Practitioner