

Catherine M. Gurski, ND, MSOM, LAc.
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Catherine M. Gurski is a naturopathic physician and licensed acupuncturist practicing in Portland, OR. In clinic, she specializes in stress management, lifestyle counseling, sports injury treatment, women's health concerns, children and adolescent specialty health. In addition, she supports general health including emotional and spiritual wellbeing.

Dr. Gurski addresses all aspects of a person as a means to whole health and wellness. An individualized treatment plan is created for each patient, in order to address unique concerns with the goal of guiding people toward their best possible health. A visit may include nutritional counseling, exercise and lifestyle management, acupuncture, homeopathy and Bach flower remedies. Dr. Gurski sees patients on an on-going basis, through changes and transitions that occur in all people's lives, in order to support her patients through their growth and healing process. "We are always changing, but change is hard. I create a peaceful, tranquil and safe space so that change and transformation can occur gently and peaceably. It is through this safe space and the process of reaching health goals that patients will foster their passions, explore their emotions and transform and mature as human beings." Dr. Gurski places great emphasis on patients being addressed as integrated human beings with a spirit and soul—not as symptoms or diseases.

An intimate understanding of plants, animals and minerals is used to treat illness and aids Dr. Gurski in applying this knowledge in treatment. She would like patients to recognize herbs as pharmaceuticals with all the benefits and dangers of

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manufactured drugs and to understand how and when to apply them. Her hope, furthermore, is that patients enjoy taking charge of their health and feeling better. Knowledge can be obtained through the doctor—patient experience and in this process, Dr. Gurski hopes that the learning will be both enjoyable and foster enthusiasm and joy in taking care of one's own health.