

Ayurvedic and Integrative Medicine Expert Dr. Nancy Lonsdorf to be Featured on CUTV News Radio

Dr. Nancy Lonsdorf joins CUTV News Radio to offer real solutions to our health care challenges beyond who and how we pay for it.

FAIRFIELD, IOWA, UNITED STATES, April 28, 2017 /EINPresswire.com/ -- For decades, conventional and alternative medicine have been at odds, but Dr. Lonsdorf has found a way to seamlessly balance the disciplines.

“They call what I do ‘alternative medicine,’ but I prefer to think of it as ‘integrative,’” says Dr. Lonsdorf. “My patients seek me out for a solution without a lot of side effects, and they feel confident entrusting me with their health since I’m also trained in western medicine.”

Trained at both John Hopkins and Stanford, Dr. Lonsdorf is the former medical director of the Ayurveda Medical Center of Washington DC, where she served a wide spectrum of patients, including government officials and prominent leaders committed to feeling and looking their best, without drugs and their side-effects.



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According to Dr. Lonsdorf, to solve our healthcare crisis, we need a totally new approach that puts healing the patient in the forefront. A pioneering integrative physician, Dr. Lonsdorf walks her talk, and has offered a personalized approach to creating real health from within using Ayurveda, the traditional health knowledge of India, since 1986.

“When we’re healthy, all parts of the body work together in harmony,” explains Dr. Lonsdorf. “Conventionally, doctors treat symptoms by trying to suppress them with drugs. I say, let’s find out what went wrong with your body’s natural ability to keep itself healthy. What in your diet, your lifestyle, your mind and emotions, your stressors, your relationships, your sleep habits and environment are contributing to your symptoms, and how can we turn that around to start creating health, rather than hurting it?”

Ayurveda, Functional Medicine and other evidence-based and time-tested therapies help the body heal itself. In addition to these integrative approaches, Dr. Lonsdorf's practice also offers in-depth personal coaching to help patients achieve timely, lasting and deep resolution regarding underlying issues in relationships, career, family matters and other life stressors that contribute to many chronic health conditions.

Says Dr. Lonsdorf: "This highly personalized approach creates complete inner restoration, the real basis of healing."

CUTV News Radio will feature Dr. Nancy Lonsdorf in an interview with Jim Masters on May 2nd at 1pm EDT and with Doug Llewelyn on May 9th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Nancy Lonsdorf, visit <http://www.DrNancyHealth.com>

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