



Dr. Lisa
Watson ND



fb.com/drlisawatsonnd



@drlisawatsonnd

Dr. Lisa Watson, ND is a naturopathic doctor, writer, and women's health champion dedicated to changing the world of wellness for women.

WWW.DRLISAWATSON.COM



FROM BURNT OUT, TO FIRED UP

I'm on a mission to change health care for women. It's not normal to feel mood, sore, frustrated and fatigue. It's not normal to feel MEH.

Having abundant energy, a calm and stable mood, and balanced and healthy hormones is possible, even for the imperfect woman.

It is time for women to demand more from their health, and from their health care. It is time to raise the bar and get fired up.

SPEAKING

Dr. Watson is a passionate and engaging speaker who is ready to discuss topics related to women's health including:

- Perimenopause
- Menopause
- Bioidentical hormones
- Periods and premenstrual syndrome
- Polycystic ovarian syndrome
- Uterine fibroids
- Endometriosis
- Naturopathic approaches to women's health concerns

WRITING

Dr. Watson is an eloquent writer who maintains a thriving blog with over 200 articles on topics pertaining to women's health and hormone balance.

She regularly contributes to health focused publications on topics pertaining to women's health.

She is currently writing her first book, a comprehensive guide to improving energy for women of all ages.

alive **ndnr**
magazine

CHATELAINE

BUZZ



Voted Top Naturopathic Doctor in Toronto, 2019



Voted Top Doctor in Toronto, 2017

CONTACT



@drlisawatsonnd



/drlisawatsonnd



drlisa@drlisawatson.com

