

Dr. Cristina Allen

Toronto

MyCanadianNaturopath.ca

About

[Dr. Cristina Allen](#) is a graduate of the Canadian College of Naturopathic Medicine in Toronto, Canada's leading institution for naturopathic medicine..

Dr. Allen's goal is to provide her patients with a sustainable form of medicine. She uses her knowledge to determine the root cause of the complaint and treat to encourage long-term optimal health. Her four-pronged approach to healthcare is therefore simple:

1. Consider the individual as a whole
2. Empower through education
3. Apply the least invasive treatments possible
4. Promote prevention as key

Dr. Allen sees both pediatric and adult patients and treats a wide range of conditions, ranging from digestive complaints and hormonal imbalances to anti-aging and prevention, using individualized programs. Treatment modalities include diet and lifestyle modifications, herbal and nutritional medicines, and acupuncture. She has furthered her education to complete a specialty in paediatrics and fertility, is accredited to treat with bio-identical hormones and natural desiccated thyroid, and trained to become one of the few doctors in Eastern Ontario licensed in Intravenous Therapy and Meso-therapy.

Dr. Allen provides workshops and seminars on anti-aging, clean eating, and the impacts of stress on health.

Contact Dr. Cristina Allen



Contact

Address 1:

100 King St West, First
Canadian Place Lower
Level
864, Toronto
M5X 1C8

Timings:

Mon 8-2:30,
Wed-Thurs 11-8,
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 (416) 367-5200

 drallen@adelaideclinic.com

 www.fieldguidend.com



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Dr. Allen is an explorer, chef, and an artist in her free time. She enjoys traveling, getting off-grid, and participating in activities such as camping, cooking over an open fire, cycling, swimming, snowboarding, surfing, and fishing. She has had several art shows in Toronto, played in various bands, and worked as a photographer.

Dr. Allen welcomes patients to a practice where a science-based approach combined with empathy and experience ensures excellence in both patient care and clinical results.

Therapies Offered

- Diet and lifestyle modifications
- Herbal and nutritional medicines
- Acupuncture
- Bio-identical hormones
- Desiccated thyroid
- Intravenous Therapy
- Mesotherapy

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Specialties In

- Digestive complaints
- Hormonal imbalances
- Anti-aging
- Paediatrics
- Fertility
- Stress

Credentials

- Doctor of Naturopathy

College

- Canadian College of Naturopathic Medicine

Associations

- Ontario Association of Naturopathic Doctors (OAND)

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