

# Dr. Turshá Hamilton

*Naturopathic Physician*



Dr. Turshá Hamilton is a highly trained Naturopathic Physician who provides a high level of individualized care to her patients. Dr. Hamilton is trained as a family care physician and treats both acute and chronic conditions, but has a passion for treating Diabetes, Obesity, and GI Complaints.

Her focus is to employ the most natural and holistic therapies available to stimulate the body's internal healing while fostering new habits and traditions that will produce and maintain the most optimal health possible. Dr. Hamilton sees patients from all over the world - both in office and via phone or Skype.

Dr. Hamilton graduated from the Southwest College of Naturopathic Medicine in Tempe, AZ where she focused on diabetes care and Medical Nutrition. Prior to medical school, Dr. Hamilton studied biology pre-med at Xavier University of Louisiana and Cellular Biology / Exercise Physiology at the University of Memphis.

Dr. Hamilton is the author of *Practically Healthy: Step-by-Step Guide to Better Health* and *Practically Healthy: Roadmap to Success* - two books geared toward the improved health of the everyday person. She is also the long time co-host of the "Family Health Talk" (formerly 'Men's Health Talk') radio broadcast that has aired weekly since 2009. She has been featured on various radio and TV broadcasts nationwide and has written articles for professional and lay publications. She is currently adjunct faculty at Southwest College of Naturopathic Medicine.

To contact Dr. Hamilton for services, speaking, or media appearances:

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To stay connected with Dr. Hamilton via social media:

- Facebook: [www.facebook.com/DrTursha](http://www.facebook.com/DrTursha)
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