



TORI HUDSON, ND

NORDIC NATURALS ADVISORY BOARD MEMBER

“Having seen dramatic results in my practice, I consider omega fatty acids at the top of my list as the one supplement that women of all ages require to support them through the changes of their lives including infant/ pediatric development, hormonal balance, pregnancy and lactation and most importantly heart health in the mature years.”

—Tori Hudson, ND

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or sharilhindman1@comcast.net.

Summary of Expertise

Dr. Tori Hudson is a naturopathic physician, national lecturer, author, award winning researcher and educator with over 25 years of experience and expertise in women's health. She is currently in private practice serving as the Medical Director of A Woman's Time clinic and is the Program Director at the Institute of Women's Health and Integrative Medicine. A well respected educator in her field, Dr. Hudson serves as a clinical professor at several educational institutions that serve the medical profession. An extensive writer, her book *Women's Encyclopedia of Natural Medicine* is in its second edition, 2008, and she is well published with other books, research papers and scores of articles both consumer and professional including a monthly column in the *Townsend Newsletter for Doctors*. Dr. Hudson also appears on many local and network radio and TV programs that have included appearances on "Good Morning America", PBS's "Healthy Living Series", and Lifetime's "New Attitudes." She is the founder and director of an herbal/nutritional supplement company that specializes in women's health. Dr. Hudson practices integrated medicine utilizing nutrition, nutraceuticals, herbs, bio-identical hormones and other therapies for all gynecological and primary care conditions. In 1999, she was awarded Naturopathic Physician of the Year as well as receiving other awards in research, and her pioneering contributions in the field of women's health and natural medicine.

Specific Subjects

Women's health, integrative medicine, food-based nutrition, herbs and supplements, reproductive health, healthy mood, hormone support, bio-identical hormones and all hormonal options, special needs for pregnant and lactating women, inflammation, Omega fatty acids, fish oil supplementation and research, the effects of essential fatty acids on heart health and immune function, lifestyle changes for improved mental and physical performance.

Published Books

- *Women's Encyclopedia of Natural Medicine*; 2nd Edition, McGraw Hill, 2008
- *Women's Health Update*, volume I, II, III, TK Publications
- *Gynecology and Naturopathic Medicine, A Treatment Manual*; 4th Edition, TK Publications 1995
- Contributor: *Text of Natural Medicine*, Third Edition; Churchill Livingstone, 2005
- Contributor: *The New Menopause Book*, Avery, 2006

Published Research - Highlights

The Journal of Naturopathic Medicine:

- "Osteoporosis: An Overview for Clinical Practice" 7(1):27-35
- "Clinical Effects of a Menopausal Botanical Formula" 7(1):73-77

In addition, Dr. Hudson has contributed to many publications such as Pilates Style Magazine, Taste for Life, Health, Prevention, Good Housekeeping, Vegetarian Times, Fitness and Healthy Living. For additional research visit: www.drtorihudson.com