

Dr. Gina L. Nick NMD, PhD

Medical Director



NATURAL
MEDICAL CENTER™

Professional Background

Gina L. Nick, NMD, PhD is a licensed Naturopathic Medical Doctor, President Emeritus and Board Member of the California Naturopathic Doctors Association, Founder and Medical Director of LTP Natural Medical Center and a recognized leader in the Integrative Medical field. She is a graduate of UCLA; where she received College and Latin Honors and a graduate of Southwest College of Naturopathic Medicine and Health Sciences where she was awarded her Doctorate Degree at the age of 23 and received Distinguished Honors for her work in nutritional biochemistry, homeopathy and herbal medicine.



Dr. Nick is a featured expert on the cable TV show Fine Living Network (HGTV) and is often quoted as an expert in popular magazines such as *Woman's World*, *First for Women*, *Yogi Times*, *Better Homes and Gardens*, *Remedies*, *Diet & Fitness Magazine* and *Woman's Day*. Dr. Nick is the researcher and formulator of a variety of highly reputable, clinically researched nutritional supplements. She is the author of hundreds of published and peer-reviewed scientific documents on natural medicine, and is the inventor of several formulation techniques specific for the natural products industry.

Her most recent patent projects involve the formulation and use of nutraceuticals and herbal medicines designed to treat Sickness Syndrome/Inflamed Brain, a new syndrome discovered by Dr. Nick that offers a cause for depression and anxiety that is best treated with natural treatment modalities. She is author of the sought after medical text, [Clinical Purification](#) and the recently published [Yogic Nutrition](#), Dr. Nick has also maintained a well-respected monthly column in the *Townsend Letter for Doctors and Patients* entitled Therapeutic Nutrition.

During the past 10 years, she has taught over 10,000 Medical Doctors, Naturopathic Medical Doctors, and other healthcare professionals about natural detoxification therapies, natural treatments for anxiety, depression, prostate disease, inflammatory and autoimmune challenges, ADHD, and natural approaches to hormone balance. Dr. Nick is a member of the American College for the Advancement of Medicine, the American Academy of Anti-Aging Medicine, the UCLA Alumni Scholar Association, the American Association of Naturopathic Physicians, and the California Naturopathic Doctors Association. She serves on the Scientific Review Board for the peer-reviewed *Journal of the American Nutraceutical Association* and the *International Association of Yoga Therapists*, is a member of several Scientific Advisory Boards within the Integrative Medical field, and is an active member of the Lionheart Institute-a Global Think Tank. In addition to serving as President Emeritus of the California Naturopathic Doctors Association, Dr. Nick also serves the community as Chair of the Healthcare Committee for Angel Light Academy, a 501 c (3) non-profit agency committed to enhancing the health, happiness, and well being of individuals through the demonstration and practice of unconditional love.

LTP NATURAL MEDICAL CENTER | 305 N. Coast Hwy Suite P Laguna Beach, CA 92651

Office 949-715-9321 | **Fax:** 949-340-5738 | frontdesk@LTPMedical.com | www.LTPMedical.com

Patient Services - Dr. Gina L. Nick

At LTP Natural Medical Center, Dr. Nick provides leading, well-researched integrative medical treatments designed to support long term health and vitality, healthy aging, and to regenerate the body. The treatments aim to optimize your physical, emotional, and mental health and well-being and to enhance the look of a revitalized, better you. In partnership with you, Dr. Nick aims to:

- Strengthen cell-to-cell communication
- Enhance vitality and energy
- Strengthen key organs
- Increase blood flow and tissue oxygenation
- Shift your body's processes towards **long term** optimal health and balance.

Services offered at LTP Natural Medical Center:

Natural Integrative Medicine Therapies

- Bio-Identical Hormone Replacement
- Detoxification, to cleanse the system and stimulate healing in the body
- Successful Medical Weight Loss Program
- Assessment and treatment of Adrenal Gland Function
- Homeopathy/Herbs/Natural Medicine
- Mind/Body Medicine
- Natural Approach to Managing Stress
- Physician-Only Vitamins and Supplement Programs

Comprehensive Metabolic, Nutritional and Lifestyle Analysis

- Heavy Metal Testing
- Hormone Testing
- Neurotransmitter Testing
- Comprehensive Nutrition Analysis
- Intestinal Permeability Assessment
- Immune Allergy/Food Allergy Testing
- Functional Intracellular Analysis (blood analysis for vitamin, mineral, and amino acids; carbohydrate and fatty acid metabolism)

Specialized Health Challenges

- Andropause
- Attention Deficit Disorder
- Autism Spectrum Disorder
- Autoimmune Disorders
- Bipolar Disorder
- Cancer
- Chemotherapy Side Effects
- Depression & Anxiety
- Diabetes (Type II)
- Fibromyalgia
- Heart Disease
- Heavy Metal Toxicity
- High Cholesterol
- Hormone Imbalance
- Hypothalamic/Pituitary/Adrenal Axis Dysfunction
- Infertility
- Irritable Bowel Syndrome
- Low Energy and Vitality
- Menopausal Symptoms
- Metabolic Syndrome
- Mood Disorders
- Obesity
- Pre and Post Operative Care
- Premenstrual Syndrome
- Rheumatoid Arthritis
- Sickness Syndrome Depression
- Sleep Disorders
- Stress-related Illness
- Thyroid Disorders

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