

Media

- **My story:** Health has been my passion since I was a child, one of my earliest career aspirations was to be a nurse. When I graduated from high school, without a clear sense of what profession to devote my life to, I chose a 2 year program in medical lab technology. I enjoyed the science and medicine aspects of the profession, however, the work became more and more automated and less intellectually stimulating, prompting a return to school to complete my undergraduate degree. During that time, I discovered naturopathic medicine and it has been my passion in life ever since. The profession satisfies my hunger for knowledge, offers many opportunities to enlist my problem solving skills and enables me to help others medically. I share my grandfather's entrepreneurial blood, so opening my own clinic was the right fit for me.
- **Company facts:** Forces of Nature was established in 1999. Initially just one naturopathic doctor, over the years Forces of Nature has expanded so that we are now 4 massage therapists, 2 naturopathic doctors, a chiropractor, an acupuncturist and 2 psychotherapists with 2 support staff. We have been located at Yonge and Eglinton since we opened, but moved next door from our original location (2443 ½ Yonge St) in 2010 to 2447 Yonge St, 2nd floor.

Logo



FORCES OF
NATURE
WELLNESS CLINIC

People on our team:



From left to right: Ariel Garten, Psychotherapist, Dr Pamela Frank, BSc(Hons), ND, Naturopathic Doctor, Helen Bhavnani, RMT, Registered Massage Therapist, Dr Shawna Clark, BA(Hons), ND, Naturopathic Doctor, and Dr Kimberley Macanuel, BSc(Hons), DC, Chiropractor

Not shown: CJ Patterson, RMT, Samantha Dewar, RMT, Lois Piper, RMT, Joy Walraven, R.Ac, R. TCMP, CST, Jerome Pascaris, Psychotherapist, Maria Negovetic (Admin), Stacy Burke (Admin)

- **Samples of articles/press:**

- <http://thenatpath.com/frank/dr-pamela-frank-nd/>
- <https://ca.news.yahoo.com/natural-ways-to-prevent-and-treat-mosquito-bites-1224264845762614.html>
- http://theintegratorblog.com/index.php?option=com_content&task=view&id=593&Itemid=189

- **Press/media email:** Please contact the owner of the clinic director, Dr. Pamela Frank, BSc(Hons), Naturopathic Doctor at PFrankND@ForcesofNature.ca.

- **Name spelling/capitalization:** Forces of Nature Wellness Clinic, www.ForcesofNature.ca

- **Audio/video interviews/segments:**

- **Awards/recognition:** Best Naturopath in Toronto, NOW, 2000 & 2001, Best Naturopathy in Toronto, City Centre Mirror, 2013 & 2014
- **Non-profit and volunteer involvement:** A portion of our proceeds are donated to the North Toronto Green Community, Greenpeace, World Wildlife Foundation
- **Conditions we have expertise in:** With more than 16 years of experience, we can comment on any health condition. If you have questions about allergies, asthma, eczema, back, neck or joint pain, sports injuries, women's health, endometriosis, PCOS, fibroids, acne, cancer prevention, diabetes, cardiovascular disease, hypertension, infertility, Lyme disease or something more weird and wonderful, we would be happy to assist.

We would love to hear from you! If we can help you with your story, we'll endeavour to get back to you as quickly as we can:

Forces of Nature Wellness Clinic

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416-481-0222

www.ForcesofNature.ca

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