



Meet Dr. Tanya

Dr. Tanya Manikkam N.D. has recently joined the NutriChem team! Naturopathic Doctors are primary health care providers who use nutrition, botanical medicine and lifestyle counseling to help individuals achieve their health goals.

Q: What inspired you to become a Naturopathic Doctor?

With a family background of medical doctors, I always envisioned myself becoming one as well. When I was 13 years old, my father got diagnosed with Non-Hodgkin's Lymphoma. He went through chemotherapy as well as radiation treatments and managed to beat the cancer. Although the cancer was gone, the side effects of the drugs had completely damaged his body. He had lost all feeling in his hands and feet, his skin was peeling off, his eyesight had almost completely disappeared and his heart was so damaged that he started experiencing recurring heart attacks. A nurse suggested to my mother that we should bring him to an alternative healthcare practitioner. This practitioner changed my father's diet, gave him supplements and performed acupuncture.

A few weeks later, I asked my father how the treatment was going. His response to me was "Tanya, for the first time in over 6 years, I don't feel pain". It was then that I realized what I wanted to do with my life. I wanted to become the person who would take away other people's suffering.

Q: What do you think is the biggest health challenge facing most people these days?

I believe that a lack of education towards nutrition is a significant health challenge in our society. Many people don't realize the importance of a proper diet and that little nutritional changes could bring about enormous health benefits.

Q: What can be treated through Naturopathic Medicine?

Naturopathic medicine can help prevent, improve or treat almost any medical health issue. Acne, polycystic ovarian syndrome, menopause, depression, anxiety, fibromyalgia, infertility, arthritis, hypothyroidism and migraines are all examples of health concerns that can benefit from naturopathic medicine.

Q: What is the single most important thing someone could do to improve his or her health?

Sleep! Too many individuals don't get enough of it. Sleep is important for our bodies to heal and regenerate themselves. Having a good 7-8 hours of sleep at night could really have a positive outcome on health.

Book a consultation today at 613-721-3669