

### **Michelle J. Pouliot, N.D. Biography**

Naturopathic approaches that include nutrition, herbal, homeopathic, hormonal, physical  
Michelle J. Pouliot N.D. is a naturopathic physician specializing in women's health and integrative cardiovascular and gastrointestinal medicine. For the past 25 years, her practice has focused on helping women with osteoporosis and hormonal issues such as PMS, endometriosis, menopause, and sexual health concerns. In her general practice, Dr. Pouliot treats men and women for cardiovascular and digestive conditions, and inflammation disorders such as arthritis and auto immune disease.

Dr. Pouliot has actively lectured in her community to different groups with specific health interests including women's health, boosting and balancing immunity, heart health, and understanding inflammation. In the past 15 years, she has taught full day seminars to physicians throughout the U.S. on the topic of naturopathic approaches to menopause, reproductive health and osteoporosis. In Spring 2016, she was interviewed on a local public television program regarding "Better Bones Without Drugs".

Dr. Pouliot received her naturopathic doctorate (N.D.) from Bastyr University in 1991, and a B.S. in biochemistry and animal behavior from the University of Massachusetts in 1981. In September, she opened a private practice, the New Hartford Naturopathic Health Center LLC.