

A portrait of Elizabeth Stavros, ND, a woman with long, straight, light brown hair, smiling warmly at the camera. She is wearing a dark blue sleeveless top with a pattern of small, light pink polka dots. The background is a textured, greyish-blue wall.

# Elizabeth Stavros, ND

Naturopathic Integration

By Christopher Habib, ND  
Photography by Robyn Russell



**T**his IHP clinic profile is focused on Dr. Elizabeth Stavros, ND. Prior to becoming an ND, she worked in corporate marketing for 6 years. Dr. Stavros was motivated to change career paths and become an ND after her own health concerns were unaddressed by the conventional medical system. As a result, she visited an ND who helped to resolve her health challenges in a short amount of time using herbs. Surprised by how well naturopathic medicine worked, Dr. Stavros thought: “Why isn’t this approach to health care common knowledge?” and that was the day her life pivoted. She realized that she wanted to bridge the healthcare gap between what patients were seeking and what conventional medicine was providing. It was difficult for her to make the decision to leave corporate marketing, but she felt that naturopathic medicine was something profound and worthy of changing careers for.

Dr. Stavros was recommended to the CEO of HealthCare365 a year ago. The team at HealthCare365 is highly integrated (their full story is also described in this issue). They are in constant communication about the patients that they share. The clinic’s primary focus is on prevention and wellness, which

fits perfectly with the philosophy of naturopathic medicine. In addition to treating disease, the team at HealthCare365 seeks to prevent health conditions that patients are predisposed to before they manifest. This means the inclusion of genetic testing as needed to make prevention more targeted. Prior to making treatment decisions, Dr. Stavros learns about a patient on multiple levels and explores their goals. Based on this information, she orders personalized labs, including hormone testing and chemistry panels, to grasp what is happening internally and to help guide treatment.

Dr. Stavros provides a detailed explanation of potential causes and remedies for the concerns that led the patient to treatment. She then provides suggestions for personalized supplement options, dietary recommendations and lifestyle modifications to enhance health and wellbeing from the inside out.

Dr. Stavros was an extremely successful student, reaching her required clinic numbers within a matter of months. Since starting up practice is a challenge for every practitioner, her advice to new practitioners is: “Find your niche and market yourself appropriately.” Ultimately, she believes what makes a

practice successful is whether patients achieve their health goals. Her largest source of referrals is from current satisfied patients and word-of-mouth referrals. Dr. Stavros also does a lot of speaking engagements at various downtown businesses and this too has been a successful source of referrals.

Dr. Stavros practices using evidence-based medicine, including empirically based modalities like Traditional Chinese Medicine (TCM). She relies on a variety of herbs and tinctures, largely based on TCM methodology. Dr. Stavros' has done additional training in Mind-Body Medicine at Harvard University and her approach emphasizes the dynamic interplay between brain and body. She utilizes holistic treatment modalities to address each person's unique challenges. The patient demographic and areas of specialty for Dr. Stavros include women's health, hormonal concerns, and oncology. By empowering patients to make positive changes to their health and emotional well-being, Dr. Stavros assists in lasting growth and healing.

Dr. Stavros is a firm believer in integrative medicine. She believes it makes sense to work on a medical team to promote coordination of patient care. Dr. Stavros says that communication is executed almost seamlessly at HealthCare365. She will see patients of the other practitioners, then engage in consults with the patients directly. After the consults, she will inform the team of the patient's treatment plan and progress. "Integrative medicine is the way of the future. Working hand-in-hand with a medical team is rewarding and helps patients achieve optimal health outcomes." She uses data and facts to guide her suggestions; listens carefully to patients, spends many hours researching, and works hard to master as much of the integrative medicine field as possible. Dr. Stavros donates a portion of her time & clinic proceeds to a charity that she co-founded called Meet Your Meat, which connects consumers with farmers who raise animals ethically. We at IHP would like to congratulate Dr. Stavros on her success and thank her for sharing her story with us. ■



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