

# Vail Daily



- Special to the Daily

## Edwards doc featured in 'Idiot's Guide to Natural Remedies'

Naturopathic doctor Deborah Wiancek discusses natural remedies for asthma, ear infections and more in new book

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EDWARDS, Colorado — Dr. Deborah Wiancek, naturopathic doctor from the Riverwalk Natural Health Clinic in Edwards, is a featured doctor in "The Idiot's Guide to Natural Remedies." The book was published this month and is now available at The Bookworm of Edwards.

In the book Dr. Wiancek discusses natural remedies used for asthma, bladder infections, ear infections, endometriosis and first aid. She also discusses why so many people have food allergies today.

Wiancek said she was happy to be able to provide another reference guide for the public on natural medicine.

"I decided to be a contributor to 'The Idiot's Guide to Natural Remedies' so the public can have access to accurate information on Natural Remedies," Wiancek said. "In the Natural Medicine industry there are a lot of testimonies about what natural products work for different illnesses. Given my education of four years of naturopathic medicine at Bastyr University in Seattle Washington the information that I provide in the book is researched and clinical based recommendations."

Wiancek is a graduate of Bastyr University in Seattle Washington School of Naturopathic Medicine. She specializes in working with allergies, dermatology, gynecology, gastrointestinal diseases, pediatric health care and chronic disease.

"I was contracted to be in the Idiot's Guide to Natural Remedies one year ago by the author Chrystle Fiedler as an expert in the Natural Medicine field," Wiancek said. "I also reviewed the book for the publisher's to make sure the material written was accurate based on research and clinical experience."

She is also the author of "The Natural Healing Companion" and created one of the first CD-ROMs in natural medicine called "The Complete Natural Medicine Reference." She has been broadcasted by over 2,000 radio stations on various health topics. She has been practicing naturopathic medicine in the Vail Valley for the last 10 years. Call The Riverwalk Natural Health Clinic & Natural Pharmacy at 970-926-7606 with questions.

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