Mahalia Freed is a Naturopathic Doctor, writer, speaker, educator and kale crusader.

Mahalia’s clients go from being drained by pain – gastrointestinal, joint, headache, or emotional – to channeling their fully restored energy into creating the life they want. Mahalia’s clients get pregnant, get energized, overcome anxiety and depression, leave digestive health concerns behind. From allergies to PMS, celiac to fatigue, Dr Mahalia Freed uses individually tailored natural medicine and her clients feel better.

Based in Toronto, Mahalia provides care & support to clients around the world via phone, email and skype, as well as offering in-person medical care at her office. Alongside her private practice, Mahalia lectures in Women’s Health at the Canadian College of Naturopathic Medicine and informs diverse public and corporate audiences on topics ranging from Stress and Digestion to Inflammation and Food Allergies to Cancer Prevention. For more information and some clients’ stories, see [www.drmahaliafreed.com](http://www.drmahaliafreed.com).