



AIMÉE GOULD SHUNNEY, ND

NORDIC NATURALS' ADVISORY BOARD MEMBER

Summary of Expertise

Aimée Shunney, ND, is a dynamic educator, radio show host, writer and dedicated naturopathic doctor on a mission to empower people to take charge of their health with integrative medicine. Whether speaking to health professionals or laypeople, Dr. Shunney's engaging style, her emphasis on patient-centered care, and her passionate belief in the health benefits of joyful eating make her an audience favorite. She has lectured extensively to medical students and physicians but particularly enjoys educating in the community. Dr. Shunney also hosts Green Tea & Honey, a weekly radio show with Chef Jennifer Brewer that combines the hosts' love of food with health recommendations and culinary tips. In November 2010, Dr. Shunney and Chef Jenny launched Cleanse Organic. This innovative whole foods approach to detoxification is a 28-day program that combines an anti-inflammatory hypoallergenic diet, easy-to-prepare delicious recipes, and individualized support to optimize health and create sustainable healthy living choices. Dr. Shunney was graduated cum laude from Vanderbilt University with a BA in psychology. After completing her post-graduate pre-med course work, she attended the National College of Naturopathic Medicine in Portland, Oregon where she received her Naturopathic Medical Degree in 2001. Dr. Shunney is in private practice in Santa Cruz, CA where she specializes in women's health, functional endocrinology, and family medicine. In 2010 and 2011, she was voted Best Naturopathic Doctor in Santa Cruz in the Metro Santa Cruz poll.

"I believe that correcting my patients' omega-3 deficiency with fish oil is one of the most powerful things I can do to move them in the direction of optimal health. I can rely on it to relieve their symptoms while working on a deeper level to reduce chronic disease risk down the road."

Specific Subjects

Women's health; family medicine; non-fasting, non-laxative, non-colonic cleansing and detoxification practices; clinical nutrition; whole foods; joyful eating; health education and lifestyle counseling; botanical medicine; fish oil supplementation; exercise therapeutics; bio-identical hormones; menopause; pregnancy and lactation; adrenal health; thyroid health; depression and anxiety; digestive health; heart health; blood sugar balance; and healthy weight loss.

Professional Memberships

- American Association of Naturopathic Physicians
- California Naturopathic Doctors Association

To learn more about Dr. Shunney's projects see www.greenteaandhoneyradio.com and www.cleanseorganic.com

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or sharilhindman1@comcast.net.