

Covering Litchfield County, Connecticut

## Doctor Opening New Practice in Canaan

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Contributed photo Dr. Robin Russell specializes in pediatric and women's medicine. Her new office will open in Canaan on Oct. 13<sup>th</sup>.

CANAAN - Torrington native Dr. Robin Russell will be opening a pediatric and women's healthcare center in Canaan later this month. Natural Pediatric Medicine will open Oct. 13 at its new 176 Falls Road location.

Russell is a Naturopathic Physician, which differs from a standard medical doctor in a few ways. Russell described it as working more with diet and nutrition therapy, vitamins, supplements and botanical or herbal medicines. Naturopathic doctors, she said, receive similar schooling as medical doctors with more of a focus on alternative medicine as opposed to pharmacology.

"The biggest difference is we really try to figure out what the cause of the patient's symptoms are as opposed to just writing a prescription for the symptoms," Russell said. "There is almost always a cause that can be identified. You address the cause and then the symptoms disappear."

Born and raised in Torrington, Russell headed west for college. She graduated from Bastyr University in Kenmore, Washington in 2005 and settled in nearby Seattle. There, she started her practice, met her husband and started a family.

Russell moved her practice in 2007 and joined Cascade Natural Medicine, also located in Seattle. According to Russell's website, Cascade Natural Medicine grew to be the largest Pediatric and Women's Health Clinic in the Seattle area with six Naturopathic Physicians.

With young children, however, home beckoned to Russell. A year and a half ago, she, her husband and her two children packed up and moved from Seattle back to Torrington, where the rest of Russell's family resides. She joined a practice in Hartford County before deciding to open up her own shop in Canaan.

Russell also has begun teaching an online course at the University of Bridgeport. Russell will be an adjunct professor this coming year in the school's Masters of Nutrition program. The Torrington native is also a member of both the American Association of Naturopathic Physicians and the Pediatric Association of Naturopathic Physicians.

Natural Pediatric Medicine is located at 176 Ashley Falls Road in Canaan. The office can be reached at 860-453-4090.