

An Individualized Approach As Unique As You Are!SM

Are you being given
the same health advice
as everyone else and wondering
why it doesn't work for you?

*Learn how we treat the
unique individual that is you.*

Do you know your **Constitutional Type**,
a combination of your *BioPhenotype* (Blood
Type markers) and your *Elemental Profile*,
and are you living in harmony with it?

What is the current state of health and
functioning of your organ systems?

What symptoms or disease states are you
experiencing?

Who are you when you are healthy?

What do you need to change and
bring into your life to get you there?

The answers to these questions
provide us with a unique picture
of what each individual patient
requires when they first come to us,
and as their bodies heal.

Taken together your doctor can precisely
determine what foods, nutrients and
therapies are prescribe for each individual
at each stage in their healing process.

Ian D. Bier, N.D., Ph.D., L.Ac, is a
naturopathic doctor and licensed acupuncturist.
He trained with Dr. James D'Adamo, founder of
the Blood Type Theory of human nutrition, for
almost 20 years, the last 11 of which were spent
at the D'Adamo Institute in Portsmouth, NH. He
has lectured and written extensively, published
research, and is currently focused on bringing the
highest possible standard of natural health care to
his patients.

Beth Devlin, N.D. has lectured on a range
of topics from menopause to heart health to flu
prevention in children. She has a deep connection
to medicinal herbs and homeopathic medicine.
She has been active in the field of women's health
for over 20 years, and has a passion for bringing
the benefits of natural medicine to all members of
the family.

George Savastio, N.D. first practiced India's
Ayurvedic medicine and taught at the University
of Bridgeport College of Naturopathic Medicine,
before moving to Portsmouth to train under Dr.
James D'Adamo. He is certified by the naturopathic
board to practice acupuncture.



**We are committed to providing
you with the highest level of
natural care available for any
condition or state of health.**

Human Nature Natural Health
**155 Borthwick Ave, West Suite 102
Portsmouth, NH 03801**
603-610-7778 fax: 603-610-7787
www.humannaturenaturalhealth.com

Human Nature Natural Health



The Naturopathic Practice of
Drs. Bier, Devlin, & Savastio

**Experience Your Health
The Way You Always Wanted**

**From Family Medicine
To Cancer Support**

**A Natural Approach
To All Your Healthcare Needs**

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Human Nature Natural Health
is here to help you experience
the best health you can.

Whether you are dealing with
a specific illness such as
cancer, chronic fatigue,
fibromyalgia, arthritis, diabetes;

Or want to learn to live
in a way to maximize
your health and wellness;

We're here to be of service.

*Pediatrics to Geriatrics
and every stage in between*



**The ultimate goal
of our work is for you
to have a thorough
understanding of your body.**

A Higher Standard of Care, Naturallysm

Whether you live *close-by*
or come to us from a *distance*;
If you're interested in *optimum health*,
or caring for a *chronic illness*;

or looking for a
natural family doctor,
women's health care,
or using *natural therapies*
to improve your health.

Human Nature Natural Health is a
therapy-oriented naturopathic clinic
dedicated to delivering the
highest standard of natural health care.

As naturopathic doctors,
we are guided by a philosophy that is
both ancient and timeless, with
all the services and natural therapies
you need under one roof.

Whether Around the Block,
or From Around the World

People Come to
Human Nature Natural Health
for answers to their questions
about health and disease.

Contact us to learn how
we care for you
wherever you are.

Our Treatments

At Human Nature Natural Health
we have a wide assortment of
different treatments for
healing, strengthening
and detoxifying your body.

Cleansing Therapies

Colon Irrigation
Fango Therapy
Far-Infrared Sauna
German Footbaths

Oxygen Therapies

Mild Hyperbaric Oxygen Chamber
Exercise with Oxygen Therapy
Far-Infrared Sauna with Oxygen

Physical Therapies

Acupuncture
Cranial-Sacral Therapy
Electro-Muscular Stimulation
Spinal Manipulation
Therapeutic Massage
Ultrasound

Treatment Equipment

Color Therapy
Immersion Bath
Inhalation Therapy
Pulsed EM Therapy