

Learn how we treat
The Unique Individual That Is You!sm



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

Ian D. Bier, N.D., Ph.D., L.Ac,
is a naturopathic doctor and licensed
acupuncturist. He has lectured and written
extensively, is a published nutrition researcher,
and is an active member of the *Oncological
Association of Naturopathic Physicians*, a
professional association of naturopathic
doctors who work with people living with
cancer.

For nearly 20 years Dr Bier trained and
practiced with Dr. James D'Adamo, founder
of the Blood Type Theory of human nutrition.
There he was involved in research furthering
the association between blood types and
differing nutritional needs.

Dr Bier began his undergraduate work in
Chemistry with a specialization in Biochemistry
before transferring to Bastyr University, where
he earned a *Masters of Science in Acupuncture*
and a *Doctorate in Naturopathic Medicine*. He
completed a residency in *Family Practice* at
Southwest College of Naturopathic Medicine,
and earned a *Ph.D. in Human Services* with a
focus on *Therapeutic Nutrition* from Capella
University.



Human Nature Natural Health
**155 Borthwick Ave, West Suite 102
Portsmouth, NH 03801**

603-610-7778 fax: 603-610-7787
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Human Nature
Natural Health



**Individualized
Constitutional Medicine**sm

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

**Pediatrics To Geriatrics
And Every Stage In Between**

**Family Medicine
To Cancer Support**

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

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Our Treatments

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



Are you experiencing symptoms that interfere with your enjoyment of life?

Are you truly happy with your health?

Who are you when you are healthy?

Do you know your **Constitutional Type**, and are you living in harmony with it?

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

What do you need to change and bring into your life to be healthy?



**Whether Around The Block,
Or From Around The World**

Patients come to Human Nature Natural Health for answers to questions about health and disease, and improving their quality of life.

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

An Individualized Approach
As Unique As You Are!sm

If you're interested in *optimum health*, caring for *chronic illness*; or using *natural therapies* to improve your health.

We Can Help!



Human Nature Natural Health has the most-effective, widest assortment of natural treatments for *healing, strengthening* and *detoxifying* your body.



**The ultimate goal
of our work is for you to have
a thorough understanding of
The Unique Individual That Is You!sm**