



Baljit Khamba Grewal, ND, M.PH

Naturopathic Doctor

Baljit Khamba Grewal, is a licensed Naturopathic Doctor focusing on family medicine, disease prevention and promoting overall health and wellness using unique and proven methods of improving health and treating illness through nutritional guidance, botanical medicine, homeopathy, physical therapy, Asian Medicine, Acupuncture, and lifestyle counselling. Her distinct method of treatment involves discovering the root cause of conditions, instead of merely treating the symptoms.

Dr. Khamba Grewal has extensive training and experience in a range of medical issues including:

- mental health
- women's health
- detoxing and cleansing
- weight loss and healthy living
- sports medicine and musculoskeletal injuries

Dr. Khamba Grewal has an honours degree in psychology, where she focused her studies on how mood influences thoughts. After which she worked at the Centre for Addiction and Mental Health as a Research Analyst where she gained experiences on recruiting and running experiments. While pursuing her Master in Public Health, Dr. Khamba Grewal examined the use of nutrients in treating mental health. A passion for nutrition and a natural means of treatment led her to pursue higher education at the Canadian College of Naturopathic Medicine.