Serene
NATUROPATHIC DOCTORS & DOULAS

NATUROPATHIC DOCTORS & DOULAS

Care for every *season* of your health.

Licensed Naturopathic Doctors and doulas supporting hormones, digestion, skin, fertility, pregnancy, postpartum and overall wellbeing — in Richmond Hill and virtually across Ontario.

Licensed NDs
Naturopathic Doctors & doulas

Insurance
Covered by most insurance plans

Virtual
Across Ontario & in Richmond Hill

Free consult
15 minutes, online

(647) 502-3477 · info@sereneclinic.ca

NATUROPATHIC CARE

Root-cause care for *whole-body* health

Licensed Naturopathic Doctors looking at hormones, digestion, skin, metabolism and fertility together.

01

General Naturopathic Care

Personalized care for wellness, energy, digestion, hormones and long-term health goals.

02

Hormone & Metabolic Health

Hormone balance, energy, metabolism, stress resilience and cycle health.

03

Weight & Lifestyle Management

Evidence-informed support for metabolism, energy, nutrition and lifestyle goals.

04

Skin, Hair & Scalp Health

Root-cause support for acne, eczema, hair loss, scalp concerns and hormonal skin changes.

NATUROPATHIC CARE · CONTINUED

05

Digestive & Gut Wellness

Support for bloating, gut health, food sensitivities and inflammation.

06

Fertility & Reproductive Care

Hormones, cycle health, conception and pregnancy preparation.

WELLNESS SERVICES

Restore balance, *body and mind*

Complementary therapies and programs that support stress, recovery and long-term wellbeing.

07

Acupuncture

Personalized acupuncture for pain relief, stress, fertility, digestion and hormone balance.

08

Mind-Body RECLAIM Program

A guided program supporting stress, resilience, emotional wellbeing and long-term health.

PREGNANCY & POSTPARTUM

Support for every stage of *motherhood*

Personalized care from pregnancy to the fourth trimester.

09

Birth Doula Support

Calm, continuous support through pregnancy, labour, birth and postpartum recovery.

10

Prenatal Care

Pregnancy wellness, nutrition, fatigue and preparing for labour and delivery.

11

Postpartum Care

Recovery, hormone balance, emotional wellness, energy and adjusting to life after birth.

12

Lactation Support

Personalized breastfeeding and feeding support so you feel confident and supported.

HOW IT WORKS

Three simple steps to *start*

01

Free consultation

Book a free 15-minute online call to share your goals and ask questions.

02

Your personalized plan

Your practitioner builds a plan around your health history, needs and lifestyle.

03

Ongoing support

Follow-ups in person or virtually, adjusting your care as you progress.

INSURANCE

Covered by most *insurance plans*

Services by a licensed Naturopathic Doctor may be reimbursed through extended health benefit plans. Coverage varies by plan — please confirm with your insurance provider.

MEET OUR FOUNDER

Dr. Yasmin Amini, ND

Naturopathic Doctor & Birth Doula · Founder of Serene Clinic

Dr. Yasmin Amini is a Naturopathic Doctor and doula committed to patient-centred care. Her mission is to empower patients through education and practical tools for healthier, happier lives — supporting digestive concerns, hormonal issues, stress, skin conditions and overall health maintenance.

She also supports families as a doula through the prenatal, labour and delivery, and postpartum phases.

English · French · Persian · Spanish

Virtual & in-person

OUR CARE TEAM

Practitioners who truly *listen*

Dr. Alexa Torontow	ND, Birth Doula
Dr. Lindsey Mallais	ND, Birth Doula
Dr. Janelle Tyme	ND, Doula
Dr. Laura Kent-Davidson	ND, IBCLC
Dr. Fatemeh (Shabnam) Hajighahremani	ND, Birth Doula
Dr. Sukhman Aulakh	ND, Birth Doula
Dr. Sarah Connors	ND, Birth Doula
Dr. Marina Merinov	ND, Birth Doula
Dr. Abirna Kadambamoorthy	ND, Birth Doula
Dr. Camilia Destteffano	ND, Fertility Doula
Nina Lamotchkina	ND Intern, Birth Doula
Shahnaz Hasan	ND Graduate, Birth Doula
Merrin Vickers	ND Intern, Birth Doula
Daphney Webb	Postpartum & Fertility Doula
Shivangi Maheshwari	Birth Doula

GET IN TOUCH

We're here to *help*

Call, message on WhatsApp, book online or send us a message — whichever feels easiest.

CALL OR WHATSAPP

(647) 502-3477

Chat with our team

EMAIL

info@sereneclinic.ca

Send us a message

BOOK ONLINE

Free consultation

sereneclinic.janeapp.com

VISIT

Richmond Hill, ON

In person & virtually across Ontario

Start with a free 15-minute consultation

Online · Meet your practitioner first

Book now