

Toronto Naturopathic Clinic Dr. Amauri Wellness Centre Welcomes New Medical Esthetician Into the Team

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Dr Amauri Wellness Centre, a [Toronto naturopathic clinic](#), has announced that they would like to welcome a new member of the team, Helen Manis, as their new Cosmetic Nurse. Helen joined the field of esthetic medicine in 1992, in Toronto, when she worked with Dr. Larry Freemont in hair restoration. She finished her laser studies in 1995 and later worked with Dr. David Ellis, in Toronto, where she assisted in non-surgical and surgical anti-aging interventions. She collaborated with Dr. Ellis and Dr. Linda Maxwell in 2005 in a study on the use of a 532nm DioLite laser with retinaldehyde for treatment of acne rosacea. In 2008, she moved into private practice with Dr. Lorne Segall in Toronto, where she focused on injectable and non-invasive skin rejuvenation. She completed her nursing degree with honours at the George Brown College in 2010.

Helen Manis is a member of the following organizations: College of Nurses of Ontario (CNO), Registered Practical Nurses Association of Ontario (RPNAO), Canadian Society of Plastic Surgical Nurses (CSPSN), Canadian Society of Phlebology, Canadian Board of Aesthetic Medicine.



As a skin-care consultant at Dr Amauri Wellness Centre, Helen has expertise in injectables such as botox, PRP, fillers and non-invasive laser skin-tightening, vein removal, and hyper-pigmentation therapies.

Fellow new nurses consider Manis as a mentor in the industry as she continues to widen her skills and knowledge by enrolling in cadaver courses, international meetings and pharmaceutical training sessions. She also contributes to education, research, and safety in the field of esthetic medicine.

Helen Manis is one of the [wellness centre practitioners](#) at the Dr. Amauri Wellness Centre. The clinic offers various kinds of naturopathic services. These include pain treatments, nutritional IV therapies, female bioidentical hormone therapy, testosterone replacement therapy, naturopathic medicine, addiction and neurological support treatments, integrative lyme disease treatment, natural thyroid

support, functional medicine lab testing services, and more.

Dr. Amauri Caversan, ND, Naturopathic Doctor at Dr. Amauri Wellness Centre, says, *"It was my own personal experience as a patient of naturopathic medicine that prompted my desire to learn how to help others through the study and practice of integrative natural medicine. I help people because I want to see people healthy and happy."*

Bio-identical Hormone Replacement Therapy (BHRT) is a common service provided at the naturopathic wellness centre. This kind of therapy is provided as a conjoint treatment by Dr. Caversan, ND, and Arv Buttar, NP. Studies have shown that these "biologically identical" hormones may help in relieving and treating the symptoms resulting from hormonal imbalance or deficiency.

For pain treatment, Dr. Amauri Wellness Centre offers a number of services. These include acupuncture; natural anti-inflammatories and pain supplements; naturopathic manipulation for chronic and acute pain; shockwave therapy; and cold laser therapy.

They also offer nutritional IV therapy, which is available in various forms. Commonly provided is the IV vitamin therapy, which delivers a safe dose of vitamins, minerals and amino acids directly into the patient's circulatory system. Studies have shown that IV vitamin therapy may be an effective way to hydrate the body while detoxifying the kidneys, liver, and lymphatic system. IV vitamin therapy may serve as an adjunctive support therapy for various ailments. These include allergies, autoimmune disease, Alzheimer's, chronic Lyme disease, chronic fatigue syndrome, fibromyalgia, immune balance and support, HIV support, migraines, hepatitis C, Epstein-Barr syndrome, restless leg syndrome, shingles, revitalization after chemotherapy, and multiple sclerosis.

Also offered by Amauri Wellness Centre for men's health is testosterone replacement therapy (TRT), which is also provided by Arv Buttar, NP. TRT is commonly utilized as a treatment modality for older men who are experiencing symptomatic hypogonadism. Symptoms of hypogonadism include erectile dysfunction, lower libido, low mood, increased body fat, muscle weakness, and decreased vitality. TRT may also help prevent certain health conditions, such as obesity, diabetes, and cardiovascular disease. It may also help in building stronger bones and increasing muscle mass. And it may also help in improving mood and cognition.

Those who are interested in the services of a [naturopathic practitioner in Toronto](#) can check out the **Dr. Amauri Wellness Centre** website or contact them on the telephone or through email. They are open from Monday to Saturday.

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