

Dr. Debra Perry is a 2016 Trinity School of Natural Health Doctor of Naturopathy graduate. She is a Traditional Naturopathic Doctor as well as a Certified Natural Health Professional, Certified Iridologist, and Ordained Minister. She had several different modalities to enrich and encourage each person life to attain health and happiness.

Debra is a lifelong resident of Lubbock. She has four children and one grandson. She became interested in natural healthy living as a young lady and then wanted to raise her children to focus on good nutrition and healthy lifestyle choices.

Her first endeavor towards natural health education began in 2002 as she started to study with her mentor, Dr. Don Branfus. She continued to focus on learning about herbs and other nature ways until she started the Doctor of Naturopathy studies in 2011.

And now to understand about Naturopathy, it is a multidisciplinary approach to healing that uses natural resources, such as herbs, exercise, meditation, nutrition, and nature therapy. It's one of the modalities that many experts feel will be integrated into our future health care systems. Naturopathic doctors (NDs) believe that the body strives on its own toward balance, a vital force called "homeostasis," which can be thrown off by unhealthy lifestyle, stress, poor diet, lack of exercise and sleep, and negative mental attitude. They emphasize prevention and incorporate a variety of therapies, including acupuncture, homeopathy, herbal remedies, diet, massage, hydrotherapy, and therapeutic counseling.

And to say the least, we all need encouragement about our health and happiness!