



At the Denver Naturopathic Clinic, we provide individualized care for each of our patients. We believe in addressing the root cause of your symptoms and address your physical, emotional, and mental wellbeing.

Dr. Kelsey Asplin is a Naturopathic Doctor who works with high-performing professionals. This means that she is able to support you in a variety of health concerns, including gut health, fatigue and stress, and mitochondrial dysfunction. Her passion for functional medicine, as well as the naturopathic determinants of health, inspires her to approach every treatment plan with specific nutrient and lifestyle recommendations, as well as targeted supplementation. Dr. Kelsey's goal is to bring your body back into harmony by assisting you with inflammation, sleep improvements, and immune wellness.

Our dietician, Kyle Dodgion, works with patients in healing your relationship with food. His approach combines concepts from naturopathic practices and herbalism with a clinical approach to medical nutrition therapy. While Kyle's specialty lies in affirmative care for transgender and gender diverse individuals, his skills extend to all who are struggling to meet their nutritional needs. His goal is to treat nutritional deficiencies from the root cause and his expertise extends to diabetes prevention and treatment, liver and kidney disease, cardiovascular disease, and GI distress. He is also passionate about preventative and functional nutrition to help prevent illness from starting and to support you in building the healthiest version of yourself.

We also have a Health and Wellness Coach, Natalie Dunston, who works with those looking to achieve their goals and reignite their motivation. She is passionate about helping you create a life for yourself where you can thrive. Natalie's goal is to empower you to make healthy lifestyle choices and lasting behavioral changes to optimize your health and well-being.

Our clinic also offers a variety of treatments to get our patients back to feeling your best. Some of the treatments we offer include; Deep Tissue Laser Therapy, Kineseo taping, Hydrotherapy and more.

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In Health,

Dr. Kelsey