

# *dynamic* WOMEN

*Erin Kinney,  
N.D.*

DR. ERIN KINNEY  
NATUROPATHIC DOCTOR

When Naturopathic Doctor, Erin Kinney, was in her early 20's, she suffered from an episode of extreme depression. "I graduated from college as an overachieving, marathon-running and all around happy woman, and, less than three months later, I could not get out of bed, had gained 30 pounds and could not stop crying," she says. "I visited my general practitioner, and, before I could finish telling him my symptoms, he had written me a prescription for an antidepressant."

Dr. Kinney knew there had to be another way to help her feel like herself again. "My therapist at the time referred me to a naturopathic doctor who took the time to take an in-depth look at my case and diagnosed me with a severe case of adrenal fatigue," she says. "I began treatment, and, after six weeks, my motivation came back, my mood had improved and I had lost almost all of the weight I had gained. I was so blown away with how my body responded to this medicine that I decided I wanted to spend my life helping other men and women in similar situations."

Knowing that her educational content has helped others heal their bodies provides Dr. Kinney with the inspiration to continue to get information out there. "My personal experience with this medicine has driven my passion for providing education to my patients, my podcast listeners and my followers to overcome their health challenges and feel their best," she says.

Dr. Kinney is now writing a book, scheduled for release next year.

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