



TAHOMA CLINIC

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**Clinic and Dispensary**

6839 Fort Dent Way, Suite 134  
Tukwila, Washington 98188  
(206)812-9988 phone  
www.TahomClinic.com

**Jonathan V. Wright, M.D.**  
**Medical Director**



**Dr. Terra Sowinski, ND**

Dr. Terra received her B.S. from Wilson College in Chambersburg, PA, where she double majored in biology and exercise science. This is where her love for a healthy lifestyle truly blossomed. As a collegiate gymnast Dr. Terra knew that maintaining a healthy body started with nutrition and proper exercise. This easily led her to the field of Naturopathic Medicine and an improved understanding of optimal health. Dr. Terra received her doctorate in Naturopathic Medicine (ND) and Certificate in Natural Childbirth from the National College of Natural Medicine in Portland, Oregon.

Dr. Terra uses a variety of natural methods, custom prescribed to optimize the health of each patient. These healing modalities include dietary and nutritional counseling; herbal medicines; homeopathic remedies; hormone replacement therapies; and physical medicine techniques including Applied Kinesiology. Dr. Terra has a special passion for the endocrine system and advanced training in natural hormone balancing for men and women. From hypothyroidism to infertility, diabetes to menopause, she is constantly searching for new ways to restore health. Dr. Terra has expanded her knowledge of nutritional therapies by becoming a Certified GAPS Practitioner and is also a member of the Weston A. Price Nutritional Foundation. Dr. Terra has traveled to Belize for training as a practitioner of Arvigo Therapy of Mayan Abdominal Massage with Dr. Rosita Arvigo.

Dr. Terra is also a Licensed Midwife in Washington State. She is available to assist pregnant and post-partum women and their infants with all of their natural family primary healthcare needs. Dr. Terra has traveled to Bali, Indonesia and Vanuatu in the South Pacific as a volunteer midwife helping to provide safer births for patients with limited access to care.

By combining Naturopathic care with all the other special skills she has learned, as well as her ten years in the practice of individualized health care, Dr. Terra is able to help you and your family with natural health care from preconception through all stages of life. Pregnancy and early childhood are essential times for building health. Being able to provide guidance and supportive, respectful healthcare during all stages of life helps families grow healthy.

Appointments can be made by calling 206-812-9988.