

Turning a New Leaf

DR. STEPHANIE ZELEMBABA, ND

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Hello! My name is Stephanie Zelembaba and I am a Naturopathic Doctor and co-owner of Abaton Integrative Medicine. My sister, Denise Handscomb, and I envisioned a healing space where patients would feel like they were at home, and it is great to see this come to light at Abaton.

I began my journey with Naturopathic Medicine at a young age when I witnessed first-hand the positive impact it can have on a person's health. This inspired me to want to share these benefits with others and therefore, pursue a career in Naturopathic Medicine.

My goal as a health care provider is to empower individuals and families to take charge of their health and strive for optimal health. You can often hear me in appointment saying that just because something is common, does not mean it is normal; just because you hear everyone else has XYZ symptom, that doesn't mean you need to suffer through and accept this symptom. I want patients to feel that they are being heard, that their questions are answered and that they are confident in the decisions they are making for themselves and their family. I love working with pregnancy and post-partum, pediatrics and women's health from digestion to stress to hormones and everything in between.

I completed my Bachelor of Science in Applied Health Science (Hons.) at the University of Waterloo and then continued on to graduate from the Canadian College of Naturopathic Medicine with a Doctor of Naturopathy. I am a member of the Canadian College of Naturopathic Medicine, Ontario Association of Naturopathic Doctors and Canadian Association of Naturopathic Doctors. In part of loving what I do, I am continuously learning and developing my skills. I have additional certifications and qualifications in Therapeutic Prescribing, IVIT Certified, Naturopathic Doula training and am a HypnoBirthing Childbirth Educator.