

- Revisions:
1. added promotional module to the main hero area
 2. Removed background texture
 3. Changed font for "Aurora Integrated Medical" to the News Gothic font used for the logo

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All Services

▶ Acupuncture & TCM

Injection Therapies

IV Vitamin Infusions

Intravenous Toxic Metal Chelation

Diet Plans & Nutrition Counseling

Body Composition Analysis

Botanical Medicine

Muscle Testing & Energetic Bodywork

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Acupuncture

Acupuncture is a centuries-old Chinese medical technique, involving the careful insertion of small needles along selected points on the body, used to treat imbalances and obstructions in various organ systems. In traditional Chinese medicine theory, pathologies are the result of relative deficiency or excess in the body – which you may have heard referred to as the inequity between the yin and yang. Acupuncture stimulates the restoration of balance in the body, resulting in organs that function optimally and in harmony with all other body systems. Some of the conditions successfully treated by acupuncture include:

The World Health Organization has published a study of conditions that have been proven, through controlled trials, to be treated effectively with acupuncture. Some of these conditions include:

- Depression
- Digestive Conditions
- Headache
- High Blood Pressure
- Labour Induction
- Low Back Pain
- Nausea & Vomiting
- Menstrual Irregularities
- Morning Sickness
- Rheumatoid Arthritis
- Sciatica
- Sprains

Acupuncture has also shown to be very effective in the treatment of infertility, fibromyalgia, menopausal symptoms, and mental-emotional distress. Many extended health plans will cover acupuncture treatments by your naturopathic doctor, and these can be made as a separate claim from your regular visits. Please check with your extended health provider for details.

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Topics:
[Weight loss](#), [Diets](#), [IV Vitamain Infusions](#)

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▶ Weight Loss & Metabolic Healing

Breast Health

Detox

4 Seasons of Health

Fertility

Disordered Eating

Corporate Health

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Weight Loss & Metabolic Healing

We see lots of patients with weight loss on their list of goals. Effective weight loss involves a full program that addresses healing the metabolism of the body, learning how to change habits and chose the foods that are right for you. It involves correcting underlying hormonal imbalances and supporting the process with targeted nutrient therapy. Diets carry a certain type of alluring appeal because they involve control and power, and often attention or praise. They may temporarily work to shed some body weight, and so they become addictive. The trouble is that they slow down metabolism and lead to increased tendency towards fat storage.


This program involves healing your body’s metabolism, addressing any toxicity or imbalances and step by step providing all the building blocks to let your body let go of extra weight. The body will be nourished and it will begin to speak through cues. Listening to what it needs and wants is the key. We are not meant to be in a battle against our bodies. In fact, our bodies want to be the best they can be - healthy beautiful, radiant, strong.

This program involves:

- An initial visit with one of our naturopathic physicians
- A [body composition analysis](#)
- [Dietary counseling and plan](#)
- [Vitamin infusions](#) for weight loss
- Targeted nutrient supplements

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Topics:

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Welcome to Aurora Integrative Medical! We are a team of warm and compassionate individuals with enormous passion for health and exceptional patient care. Our team provides expertise in a broad range of medical and therapeutic modalities and services. Initial assessment and thorough investigation of underlying health concerns allow us to create customized, unique treatment plans for each individual. We take the time to understand current complaints, past health history and future goals to get each person on their way to feeling great. We integrate natural healing arts with the science of modern therapies. Patients of all ages and all stages make up the heart of AIM and we invite you to come in and discover the path to your health goals.

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Meet the Team



Dr. Hailey Kanester

Dr. Hailey Kanester, ND, is a naturopathic physician and founder of AIM. She completed an undergraduate double-Major degree in Psychology and Human Nutrition from McGill University, and a doctorate of Naturopathic Medicine from the Boucher Institute in Vancouver, BC. Dr. Kanester delivers exceptional patient-care as a physician. Previous experience in support group facilitation, psychiatric and nutritional research, lifestyle coaching, dietary counseling and high level athletic training in soccer and triathlon have contributed to her passion for naturopathic medicine. She strives to inspire her patients to explore how far their health can take them. Working with Dr. Kanester involves treating disharmonies within the mental, physical and spiritual aspects of the self. Dr. Kanester has a special passion and focus on the treatment of disordered eating and sensitive issues surrounding body image. She has more than 9 years of work, experience and study in the field of eating disorders. She provides comprehensive medical management, holistic treatment and support for individuals working towards recovery. Dr. Kanester is a member of the Center for Mindful Eating, and the International Academy for Eating Disorders, and works closely with other professionals in the field to strengthen the process of recovery. She also practices family medicine and enjoys treating all ages.

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Dr. Courtney Campbell

Dr. Campbell graduated from the University of British Columbia with a Bachelor of Science degree in Biology, before completing her 4-year doctorate program at the clinical internship, primary care education in the diagnosis and understanding of all major areas of illness, and training in the use of treatments that emphasize prevention, are minimally invasive, safe and effective. Dr. Courtney Campbell has a general family practice with a focus on women's health and clinical nutrition. As a naturopathic physician she approaches each patient in a holistic manner, considering all aspects of their current concerns, past medical history, and emotional wellbeing. She draws upon a range of treatments including acupuncture, botanical medicine, detoxification, intravenous therapies, diet and lifestyle counseling. Her approach involves educating patients about optimizing their mind and body in the present, to ensure health, happiness, and an active lifestyle for years to come. Some of the diagnostic tools she is trained to employ in her practice include a variety of laboratory testing (general blood chemistry, hormone panels, food sensitivities, etc.) and physical examination (including regular PAP exams for women). In addition to her naturopathic medical education, she is further trained and certified in a number of treatment modalities including intravenous (IV), chelation, and neural therapy. Outside of her practice, she maintains balance and wellness in her own life through yoga, cooking, hiking and connecting with nature, marathon training, and running the seawall with her dog Winston.

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[see more](#)

High anxiety

by author Cheryl Patterson

"I had pains in my chest, rapid heartbeat, felt worked up, scared that something was happening to me, broke into a sweat ... I didn't know what to do with myself and wished I could run away ..."

This was Lorraine Cyopick's first panic attack. It began with the onset of her father's debilitating struggle with cancer. "It was too much stress and strain," she says. During her second attack—years later—she felt like she was going to pass out or throw up, was having harmful thoughts, and didn't understand what was happening.

What is a panic attack?

Panic attacks are distinct periods of acute fear. According to the Canadian Mental Health Association (CMHA), "Panic attacks are terrifying episodes during which the person is convinced they are about to die or collapse. Without warning, an individual is suddenly overwhelmed by emotional and physical sensations that signal imminent death." A sense of unreality, fear of losing control, and dreaded anticipation about the return of physical symptoms are characteristic of these attacks. Not being able to predict the onset of an attack causes dread about when another one will happen. Attacks happen suddenly, often reach their peak in about 10 minutes, and can occur during the night, rousing a person from sleep. But the experience varies, as does the type of attack.

Types of panic attacks

unexpected: happen "out of the blue"—not related to specific situations

situationally bound: predictable and occur while in a specific situation or anticipating it, such as public speaking

situationally predisposed: attacks are similar, although they don't always happen during a situation, and if so, not directly after being exposed to it

[see less](#)

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Sign up for our Newsletter

Our newsletter keeps you informed about what you can do for a healthy lifestyle and what's happening in natural health news in Canada.

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Contact us to request paper copies for your office, waiting room, etc.

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What is Naturopathic Medicine? ▾

How are NDs trained? ▲

To become licensed in British Columbia, Naturopathic Physicians require an undergraduate education in pre-medical sciences, followed by a 4-year doctorate in Naturopathic Medicine completed at one of 7 accredited naturopathic medical schools in North America. This encompasses 3500 hours of training in the basic medical sciences as well as nutrition and botanical medicine, in addition to a clinical internship of over 1500 hours. Physicians are also required to complete standardized board exams as well as practical clinical skills examinations.

Is NM covered by my health care plan? ▲

In British Columbia, the medical services plan no longer covers naturopathic visits. Most extended health companies however (from your employer or school) do cover naturopathic visits, up to a yearly maximum. You will be provided with a detailed receipt from the clinic so that you may process your claim with your insurance provider.

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Welcome

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New Website

We are hard at work building a new online experience for our clients. If you are interested request an invite and we will let you know when things are ready.

Email

REQUEST INVITE ▶

Contact us at Aim

T 604.421.7321
F 604.421.7327
E info@auroraintegratedmedical.com

Hours
Monday-Wednesday, 8am to 6pm
Thursday-Saturday, 8am to 6pm
Sunday, closed

Location
8888 University Drive
Burnaby, BC V5A 2S9
E info@auroraintegratedmedical.com

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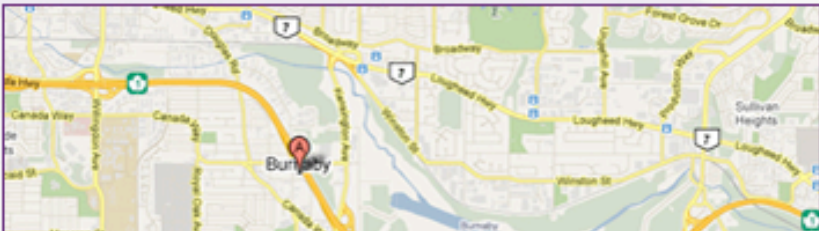
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The Four Seasons of Health 

Questions/comments:

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