

Meet Dr. Gerda Edwards, Ph.D., DNM

Dr. Edwards retired from a distinguished career in the Navy with 27 years of service to her country. Through hard work, lifestyle changes, natural medicine and time, she overcame significant health challenges of her own. Subsequently, Dr. Edwards followed her dream and passion in the field of health and wellness and completed a clinical study Ph.D. dissertation, which documented astounding levels of healing. Dr. Edwards is the only Board Certified Doctors of Natural Medicine on the East Coast and is the founder of Q. P. Wellness, LLC. With her team, she serves clients around the U.S. and globally as a specialist in re-building health from chronic illness. Dr. Edwards is the author of “Rebuilding Health from Chronic Illness – Give Yourself Permission to Heal.”



**Board of Natural Doctors and
Practitioners of North America/
Natural Medicine Certification Council**

Q. P. Wellness, LLC

www.qpwellness.com

(571) 277-7527

Fax (703) 768-0014

gerda@qpwellness.com

Natural Medicine



Integrative Health

“Your body’s ability to heal is greater than anyone has
given you permission to believe”

~ Dr. Gerda

Q. P. Wellness, LLC

A Global Practice

(571) 277-7527

Specializing in Rebuilding Health and Rebuilding Wellness



A Word About

AUTOIMMUNE DISORDERS

This is a disease of the immune system as a whole, not just the organ it affects. Often times only the most visible symptoms are treated, overlooking the malfunctions of the body's complex systems. Don't allow yourself to be held hostage by symptoms any longer.

LYME DISEASE

Lyme disease includes many prevalent co-infections of stealth bacteria that can cause a lifetime of discomfort. As a result, healing may not be achieved after a short regimen of antibiotics. We integrate natural medicine with your medical protocols to help eliminate the hard-to-reach co-infections, fatigue and joint pain.

CANCER

After 10 rounds in the ring you will need some patching up. Treatments such as chemotherapy can be damaging to your body's functions. Overcoming cancer is the first important step. Next, it's imperative to rebuild your health with a focus on the immune system.

Testimonials

After suffering for over 10 years, I thought there was no possible relief. You gave me hope and after 8 months on your program I now feel better than I have in 15 years. My daughter thanks you for giving her mother back. You are the answer to my prayers.

Female - 55 years old

I was dealing with severe digestive issues, fatigue, skin problems and depression. After six months on your program, I can say without question, that I feel the happiest, healthiest and most secure in my entire life.

Male - 24 years old

Create Lasting Change

By understanding your unique lifestyle blueprint, nutritional habits, stress levels, and functional blockages, a comprehensive program is individualized and optimized. Dr. Gerda is committed to helping you renew your quality of life and achieve the highest level of optimum health possible.

Your Assessment

The external toxic load on the body, such as environmental, nutritional, emotional, heavy metals and lifestyle habits are identified to begin eliminating stress and inflammation.

Internal stressors such as hormonal, gastrointestinal, pathogen, adrenal, and immune are uncovered and provided a healing opportunity through nutritional counseling and therapeutic supplementation.

The five pillars of health (oxidation levels, regeneration of cells, assimilation of nutrients, elimination of toxins, and immune response) are restored.



Services and Programs Offered

- Single and Extended Consultation
- 3, 6, and 12 Month Rebuilding Health Programs
- Complete Functional Diagnostic Testing
- Individualized Nutritional Profiling and Counseling
- Therapeutic and Maintenance Supplementation Plan
- Stress and Pain Management
- Biofeedback
- MindFit Brain Wave Entrainment

**“YOU ARE WORTHY OF LIVING A
LIFE IN OPTIMUM HEALTH.”**

~ Dr. Gerda