About us

Dr. Lucinda Messer Graduated with her doctorate in Naturopathic Medicine in 1994 from Bastyr University. She received a residency program and board certification in family medicine in 1995-96. She also completed a certification program in NAET/allergy detection and desensitization in 1998. She has helped countless people with this allergy technique (non-needle) since.

She earned her board certification in Antiaging medicine in 2005 through the AAM. The American Academy of Antiaging Medicine. Because of the increasing numbers of cancer patients in her naturopathic practice, she decided to get more alternative training. She is currently an intern for the Gerson diet/practitioner program; which is a specific dietary regime for the cancer/degenerative disease patient.

Dr. Lucinda Messer recently finished obtaining her fellowship in Natural/Alternative Cancer Therapies and is now able to help all cancer patients with diet and all alternative medicines.

Dr. Lucinda recently published an award winning book: Powerful Medicine - Shedding Light on A Worldwide Health Crisis. Her book holds all the most recent evidence/research pointing towards Vitamin D’s ability to cure and halt most civilized diseases. The therapy chapters in the back of the book explain how to protect as well as treat most Vitamin D deficiency diseases, i.e cancers, autoimmune diseases, obesity, and most inflammatory conditions.

Dr. Lucinda is a member of the Naturopathic Oncology Association and a member of the American Association of Naturopathic Physicians.

Our Clinic: Pacific Health Restoration Center

We offer:
- Naturopathic medicine
- AntiAging medicine/Ageless Naturally
- Natural Cancer Therapies
- Gerson diet/protocol
- Weight Loss Programs
- Detoxification programs/diets
- Food allergy testing/Desensitization/NAET
- Bioidentical Hormones
- Personalized medicine/Designer medicine
- IV Nutrients
- Heavy metal detox programs
- Natural Medicine Dispensary (at our office)
- Online store
- Aesthetic skin services
- Natural Healing spa services
- Healing retreats for women
- In office visits/phone visits
- Healing retreats for Cancer patients