

About Quantum Health/Quantum Neurocare

Quantum Health/Quantum Neurocare is a broad based naturopathic practice specializing in brain and hormone issues, as well as nutritional and physical medicine.

Along with her primary care practice of over 20 years, Trina Doerfler, N.D., D.C. has added extensive training and technology to include EEG neurofeedback and orthomolecular brain medicine to address cognitive/emotional disorders such as: ADD/ADHD, Addiction, Anxiety, Autism, Chemo Brain, Chronic Fatigue, Depression, Insomnia, Learning Disabilities, Lyme Disease, OCD, Panic Disorders, PTSD/Trauma, Social Anxiety, Sleep Disorders, and Traumatic Brain Injury. State of the art neurotransmitter testing and balancing is added when necessary to optimize brain function, and counseling is offered as an adjunct to the brain work.

EEG biofeedback, or neurofeedback, is a revolutionary, deep, and non-invasive way of working with the central nervous system. It has become a focus of her practice because of it's ability to reach and activate the deepest level of internal self correction in the central nervous system. For more information about this technology, please see our neurofeedback website at www.quantumneurocare.com.

In addition, we offer whole person primary care, with a concentration in bio-identical hormone replacement, adrenal fatigue, and musculoskeletal injury care. The physical medicine part of our practice includes: spinal adjusting, muscle therapy, ultrasound, digitally built orthotics, electrostimulation, stretching and strengthening programs. Dr. Doerfler was the in-house chiropractor to Pacific Northwest Ballet from 1990-96, and was named Best Chiropractor in Seattle by the Seattle Weekly in 1993, the last time they listed chiropractors. Having begun her journey into natural health thirty years ago with a passion for food medicine, a detailed evaluation of nutritional status as a basis for foundational health and optimal wellness will always be part of the program. Many chronic illnesses begin with a nutritional deficiency including hormonal, allergic, and emotional issues.

Dr. Doerfler is co-founder of the Institute for Advanced Integrative Mental Health along with Angela Heithaus, M.D. where the best of natural and conventional therapies are coordinated for complementary neuro-psychiatric care in a team approach, in-house at Seattle Healing Arts.

Quantum Health/Quantum Neurocare is pleased to announce that Dr. Jason Culp, N.D. has joined the practice as a resident, and will be available for Saturday appointments.

About Insurance

We are covered by Aetna, Blue Cross/Blue Shield, First Choice, Group Health, L&I, Premera, Regence, and Uniform for most services, and have a sliding scale for those not covered.