



DR. DIANA JOY OSTROFF
 NATUROPATHIC PHYSICIAN ND, LAC
 DOCTOR OF TRADITIONAL ASIAN MEDICINE

Dr. Diana Joy Ostroff is one of Hawaii's Leading Naturopathic physicians. Specializing in Women's Health, PMS, Menopause and Depression.

Want to know more?

Request a consultation





Specializing in Women's Health Programs

SPECIALS



Zerona Body Sculpting Laser Special through Jan 1; Receive 3 additional laser sessions plus whole body vibration with your purchase of a six, nine, twelve or eighteen pack.

Dr. Diana Joy Ostroff - December 2014 Special



Recent Interviews with Dr. Diana Joy Ostroff

LISTEN TO DR. DIANA JOY OSTROFF ON AM 690 "THE ANSWER" SHOW WITH MIKE BUCK



NATUROPATHIC PHYSICIAN,
 DOCTOR OF TRADITIONAL
 ASIAN MEDICINE



REQUEST A CONSULTATION

If you are ready to start a Naturopathic Health Plan or simply need to see the doctor, Please request an initial consultation or contact us for an appointment!

CONTACT US



DR. JOY OSTROFF ON "THE BODY SHOW" HOSTED BY DR. KATHY KOZAK



BLOG

Naturopathic Treatment for Hyperthyroidism and Graves' disease



Hyperthyroidism is diagnosed when TSH is low and Free T4 is high on blood tests. The most common cause of hyperthyroidism is auto-immune thyroiditis or Graves' disease.

[READ MORE: NATUROPATHIC TREATMENT FOR HYPERTHYROIDISM AND GRAVES' DISEASE](#)

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BLOG

Avoid the Fake Stuff in Your Food



A long time ago, before 1950, food manufacturers used real, natural colors from plants to add colors to foods. If they wanted red, for example, they used beets, and they would get green from chlorophyll. After World War II, however, the chemical industry grew exponentially, and the companies saw a way to make a lot of money by selling artificial colors and flavors.

[READ MORE: AVOID THE FAKE](#)

BLOG

A HEALTHY DIGESTIVE SYSTEM IS THE ROOT OF HEALTH!

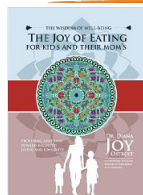


Whether we are attending to your child, your husband or you MOM, Good digestion is VITAL to overall well-being and health. Body cells need specific nutrients to function properly and without them, quality of life is compromised. Digestion is essential in this process.

[READ MORE: A HEALTHY DIGESTIVE SYSTEM IS](#)

PEDIATRIC BOOKS

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The Joy of Eating
 For kid's and their mom's,
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HONOLULU, HAWAII'S BEST NATUROPATHIC PHYSICIAN



Dr. Diana Joy Ostroff, Naturopathic Physician &

STUFF IN YOUR FOOD

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THE ROOT OF HEALTH!

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Acupuncture is featured in the 2014 Best of Honolulu Awards for Physicians & Surgeons.

Dr. Diana Joy Ostroff is a primary care physician, specializing in comprehensive naturopathic medicine, traditional Chinese medicine and acupuncture. She is also the founder of [The Center for Natural Healing](#), located in Honolulu, Hawaii. 808-373-9966

BLOG

Dessert Anyone?



You just finished a most delectable meal and the waiter asks "May I entice you with our fabulous Cherry Jubilee? Surely you left room." Your head says "NO". Yet somehow your lips are not connected to your head in that moment in time and the next thing you know, the cherry Jubilee has made it's way down the hatch.

[READ MORE: DESSERT ANYONE?](#)

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BLOG

What is Acid Reflux?



Acid reflux is a fairly common condition in today's society. Acid in the stomach rises up into the esophagus through a valve which separates the stomach from the esophagus. Symptoms include nausea, heartburn, burping, difficulty swallowing, sore throat, and many others.

[READ MORE: WHAT IS ACID REFLUX?](#)

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BLOG

Hormone Imbalance Symptoms

Over the last 100 years as we have doubled our life expectancy, the soft tissue glands which create our

hormones are being forced to produce them longer than ever. Our increasingly stressful lives, worsening nutrition and lack of proper fitness combine to result in declining levels of hormones in our bodies. Both men and women over 40 experience these changes, whether mild or drastic, and each symptom affects the whole body in so many ways. When in balance, the body functions like a finely tuned instrument. When out of balance, there is disharmony and chaos within the system, as well as in other aspects of one's life.

[READ MORE: HORMONE IMBALANCE SYMPTOMS](#)

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1. [Acupuncture Frequently Asked Questions](#)
2. [Acupuncture benefits persist when accompanied by a complete naturopathic treatment](#)

Yeast Infection Testimonial

I am taking the time to send you a letter that you can feel free to share with other patients or people considering using your services. I have known you for many years. I know your commitment to assisting people in being all they can be. I have always respected you as a role model of all that you teach. Until recently, I did not feel a need for your services. We were at a social gathering together on Dec. 28, 2008. I mentioned to you that I had been suffering for almost a month with a painful yeast infection. A thick, raw, welty rash was crawling down my inner thighs. It was painful to walk. I had trouble sleeping at night. I had seen my medical doctor, who diagnosed my ailment and gave some traditional creams to heal it. They only seemed to make it worse. I was frightened and uncomfortable, afraid that I would not be able to heal myself. You offered a light; you said with conviction that you knew what could heal this affliction quickly and easily. Still, I tried for another week to deal with it on my own. Finally, at the end of my rope, I called on an emergency basis and you fit me into your busy schedule. I experienced a very powerful acupuncture treatment. You gave me a couple different capsules to dip in a special cream and put inside myself. This was extremely unconventional, but I was desperate for relief. I followed your directions exactly. After one night of treatment, the pain was reduced by at least 50%. It was like a miracle for me. It has now been a little over a week that I started this program. Thanks to you and your knowledge, I am almost completely healed and pain free. Aloha, Linda [Read More](#)

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Overcoming the Holiday Belly Bulge and Sugar Blues Seminar

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Treating Diabetes

Acupuncture and Chinese Medicine
It is estimated that 25.8 million men, women and children in the United States have diabetes. In Hawaii, there are 113,000 cases of diagnosed diabetes and over 26,100 cases undiagnosed.

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Why Exercise?

Everyone knows it is important to exercise, but do you know why? It's not just about losing weight - exercise has a beneficial impact on every system in your body and can help alleviate numerous conditions. Here are just a few of the benefits of physical activity:

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