

July 20: The Title of Super Mom gets New Meaning from Dr. Pamela Frank of Forces of Nature Wellness

Naturopathic Doctor Pamela Frank - single mom of a two-year-old and a small business owner - adds a triathlon race to an already full schedule.

Media Advisory

TORONTO, Canada/EWORLDWIRE/July 10, 2008 --- For naturopathic doctor Pamela Frank, all of the following are in a day's work:

- a) Being a single mom of a two-year-old
- b) Being an entrepreneur and running a small business
- c) Being a doctor
- d) Being a triathlete

As if single motherhood, being a business owner and naturopath weren't already enough, Frank has incorporated training for a triathlon into an already full schedule. She'll be competing in the Niagara Triathlon in Grimsby, Ontario, on Sunday, July 20, 2008.

Frank says anyone would question why add a triathlon on top of everything else. "I've never been one to pass on a challenge, and at 44 years old, I want to inspire my patients to set a goal for themselves and then take the necessary steps to achieve it." She last competed in a triathlon ten years ago and since got married, had a baby and was then separated in December, 2007.

As a single mom, she found that regular exercise helped relieve stress. The triathlon training has helped lend a sense of purpose to her regular workouts and is an opportunity to regain something of herself that she had set aside in her roles of wife and mother. To compensate for the stresses of running a business, to relieve the physical demands of training and to avoid injury, Frank's regimen includes healthy diet, vitamin/mineral supplements, regular massage therapy and chiropractic care.

"What's my secret to doing it all? I love everything I do!" stated Frank. "While it's a lot of hard work, having a wonderful little boy, great people to work with, a rewarding career and physical strength and stamina make it all worthwhile."

To follow Pamela Frank during her training, visit '<http://drpamelafrank.blogspot.com/>' or '<http://www.NaturopathToronto.ca>'.

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