

Get To Know Me

On the nightstand

At the moment I'm reading *Eat, Pray, Love!* It's a journey. You know, everyone has their own story but I always love these kind of things. It's based on fact, and the feeling of another woman searching in her life.

If you didn't work in this field, what would you do?

I would be a chemical engineer or an ocularist, as I've worked in both fields, with love and passion and the feeling is still so much alive in me.

On the stereo

I love music. Either classical or everyday music. For example, I like *My Heart Will Go On* by Celine Dion. I don't have a favourite artist or singer. My choices are based on the song and the way they are singing.



Dr. Tahmineh Nikookar

LIONS GATE HEALTH CENTRE

Caitlin Dowling • newsroom@nsnews.com



Dr. Tahmineh Nikookar is currently reading the book, *Eat, Pray, Love* by Elizabeth Gilbert. This seems rather appropriate, given that her own journey towards health and career fulfillment has taken her around the world into new cultures and practices.

"Some people come out of curiosity and most of them become believers," she says of her traditional Chinese medicine practice, the Lions Gate Health Centre. Dr. Nikookar is the CEO and sole practitioner at the centre in North Vancouver, specializing in Chinese therapies such as acupuncture and herbal medicine. She ought to know: after a purely scientific career background, she became a believer herself. Events in her personal life led her to the discovery and effectiveness of acupuncture, and for Nikookar, this discovery was the turning point to another new career path.

She started her professional career as a chemical engineer, in Tehran, Iran, which was her dream as a young child. When she travelled to London, England for further studies, Nikookar became an ocularist, creating and fitting prosthetic eyes. She found the contrast from her work with massive machinery as an engineer to working with tiny machinery in the ocular field a very exciting challenge.

After immigrating to Canada, and visiting a friend on Vancouver's North Shore, Nikookar fell in love with it. "I didn't want to leave!" She and her family have lived here since March, 1982, and since then Nikookar has become a doctor of Traditional Chinese Medicine.

Despite Chinese medicine seeming so different to the other two career focuses in her life, Nikookar feels they're all related. "Little branches of the path," she explains, "but overall it was the same path for me."

Another branch is her creative side. When she isn't treating patients, Nikookar enjoys creating art pieces, some of which have been exhibited in galleries.

Since setting up her practice, Nikookar has been credited for introducing the non-surgical facelift to B.C., using tiny acupuncture needles and lymphatic massage to encourage similar results to the surgical option, but nowhere near a scalpel.

One of the things she loves is the holistic approach she can take with her patients. "The beauty is, it doesn't just (work) on facial beauty but also on the balancing and the beauty of the whole body."

The effects of some botanicals, such as aloe vera, vegetable glycerin, beeswax, witch hazel, frankincense and grapeseed oil have been known about for centuries. Nikookar has woven her extensive knowledge and expertise into her skin care line, Floramin Natural Health Products, based here in B.C. Floramin products contain natural botanicals, herbs and oils to protect the skin from the ravages of a tough climate, and the drying effects of aging.

One of the products she is most proud of is the Floramin night cream. Full of natural extracts for the skin such as grapeseed oil and shea butter, it has been proven to be a firming nighttime elixir for the face. Another branch in Nikookar's path to health and vitality for everyone.

For more information about Dr. Nikookar and her exclusive range of skin and hair care, visit www.floramin.com — now available at North West Pharmacy, 1877 Marine Drive, North Vancouver.

words of wisdom

**I sent my Soul through
the Invisible,
Some Letter of that
After-life to spell:
And by and by my Soul
return'd to me,
And answer'd "I Myself
am Heav'n and Hell"**

**By Omar Khayyam
Persian astronomer,
mathematician and poet
Translated by: Edward
FitzGerald**

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