

# WELLNESSMD

*Healthcare on a more personal level, treating the entire person, not just their symptoms...*



## ABOUT US...

WellnessMD is a warm, caring, and responsive multi-modality practice that believes in treating a person as a whole being through the most useful, but least invasive therapies whenever possible. This approach looks at a person from a physical, mental, and emotional standpoint. First, we listen to you to discover the basis of any health imbalance. Then we provide state-of-

the-art diagnostic, preventive, and therapeutic care to help you face your health challenges. Preference is given to the use of natural therapies such as hormone balancing, diet and nutrition, vitamins/minerals, and supplements. We are here to partner with you, bringing our clinical and your personal skills and insights together to create more balance and vitality in your life.

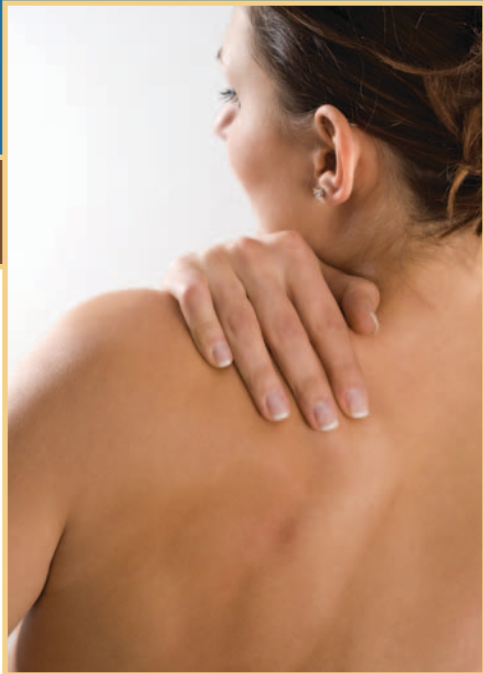


Our personalized medical protocols are not typically found in a primary care or individualized practice. Here you will experience a calm, supportive and healing environment.

## PERSONALIZED MEDICAL PROTOCOLS

Our team includes a unique balance of medical doctors, healthcare specialists, and staff with years of experience in their field, who are dedicated to taking care of every one of your emotional and physical healthcare needs. We have everything you need in one place, including advanced diagnostics and laboratory testing. Isn't it comforting to know that you don't need to go from office to office with an unfamiliar staff; there are enough stressor's in life; going to a doctor should not be one of them!





## PAIN MANAGEMENT & INJURY PREVENTION

Our facility offers multiple attitudes and disciplines of traditional and modern chiropractic care. It is a known fact that chronic or recurrent pain conditions are either caused by, or will result in coinciding muscular weaknesses. Confronting these functional weaknesses through a specific and graded treatment process improves a person's ability to perform the "activities

of daily life" with less pain and decreases treatment dependence and need. Through the use of the latest in diagnostic technology, WellnessMD can effectively diagnose your problem and formulate a customized plan of action to treat you with optimal results. Some treatments offered at WellnessMD include the following :

- Detoxification Therapy
- Herbal Suppliments
- Manipulation
- Electronic Stimulation
- Therapeutic Massage
- Nerve Conduction Velocity
- Spinal Decompression
- Manipulation Under Anesthesia
- Epidural for Pain



## MASSAGE

Patient's benefit in a number of ways by adding massage therapy to their chiropractic care program. Recovery is normally faster and more complete when we address multiple components of each individual's pain. Chiropractic treatment often proceeds more easily, with less discomfort, when soft tissue has been relaxed with massage. In addition, patients more often are ready to receive a chiropractic adjustment after receiving a relaxing massage. Adjustments frequently last longer when muscle tension is released that might otherwise pull your joints out of alignment again.



*At WellnessMD, we have created a revolutionary new breakthrough in modern medicine... It's called listening.*

## INTERNAL MEDICINE

At WellnessMD, we strive at providing the highest level of healthcare as possible, not only in terms of diagnosis and treatment of disease but also in terms of wellness and preventive care. We make every effort to meet the needs of those seeking a personalized healthcare experience that also incorporates sophisticated medical technology. Our doctors are committed to providing all of our patients with healthcare at a premier level.

The philosophy behind this is based on the maxim "prevention is better than cure". The goal of our

practice is to provide excellent primary care to our patients to improving the lives of as many people as possible. Our approach is an interactive one, meaning that we involve our patients in every decision process of their care. This leads to greater patient participation and better outcomes. Internal medicine services provided at our practice include:

- Diagnosis and management of chronic illness
- Family primary care and annual physicals
- Preventative medicine

- Weight management and personalized programs
- Cardiovascular testing such as Echocardiograms and Stress Testing
- Anti-aging therapies and treatments
- Dermatology & cosmetic procedures
- Individualized optimal nutrition panels
- Biomarker Health Status testing
- Bio-identical hormone replacement





*The most fundamental relationship for wellness is between mind, body and soul. Our goal is to empower you to relax your mind, to listen to your body, and to nurture your soul.*

## MENTAL AND MOTIVATIONAL GUIDANCE

Through our caring guidance, it is our desire to empower you toward health, happiness, and a sense of calm. We do this through confidential, individualized and supportive psychological consultations. We are dedicated to meeting your unique needs and to aid you in your pursuit for inner peace, happiness, and overall wellness. We believe that lasting changes occur when changes are made from within rather than searching for something outside of ourselves. We will help you identify the many small steps which you can personally take to find balance and harmony in your life. Working

together, we will move you towards higher self-esteem, achieving your goals, or creating a better life from the inside out. When you truly nurture your mind and body, you will begin to feel this peaceful, balanced approach to life reflected in all that you do. We will teach you that a life of wellness is a journey, not a destination.

Total wellness is reliant on a direct and harmonious relationship between mind and body. Short-term stress can excite us and inspire us to work at what needs to be taken care of. Long-term stress, however, can

impact our physical and emotional health. The idea is to recognize and be aware of our stress triggers, as well as our reactions to pressures from the world around us. Through our guidance, we can teach you effective and long-lasting coping strategies to deal with stress.

Our comprehensive approach focuses on mind, body, and soul to increase your likelihood of reaching psychological wellness, fulfilling your dreams, and living a more meaningful life.

## WEIGHT LOSS & NUTRITION

At WellnessMD, we offer doctor supervised weight loss programs designed to fit your lifestyle and dedicated to helping you succeed. Our programs are based on the only scientific method proven for weight loss and uses today's cutting-edge technology to guarantee your success. We are constantly improving and enhancing our program and are dedicated to providing you with ongoing support and resources to not only maintain your weight loss, but to live a healthy lifestyle.

WellnessMD programs are custom designed to meet the individual weight and health goals of each of our patients. To ensure the highest level of safety and effectiveness, our doctor personally monitors each patient's weight loss progress. Weekly visits with the doctor help in keeping individuals accountable and on track, which allows for maximum weight loss results.



## ART OF EATING

People who successfully complete a WellnessMD weight-loss program will improve not only their weight, but their health. Here are just a few of the benefits of the WellnessMD doctor supervised weight loss program:

- High energy
- Sharpening of mental capabilities
- Enhancement in digestion
- Weight loss
- Prevention of illness
- Boost in emotional well-being
- Minimizing the effects of aging
- Healthier lifestyle

## ACUPUNCTURE & HERBAL MEDICINE

Traditional acupuncture involves inserting extremely thin stainless steel, disposable needles into specific points on the surface of the skin. This ionic transfer sets in motion an elegant interplay of the body's own energies, restoring balance to the body, mind and spirit.

While acupuncture balances the body's energies through an external force, Chinese Medicine treats disease by altering the body's internal energies. By way of a thorough diagnosis, Chinese medicine will analyze your body's individual disharmonies and develop an intricate prescription to restore your

delicate internal equilibrium. We will create a harmonizing formula designed precisely for you .

**What conditions can acupuncture and herbal remedies help?**

According to the World Health Organization (WHO) and the National Institutes for Health (NIH), acupuncture is effective in treating the following:

- Addictions
- Chronic and acute pain
- Digestive disorders

- Eye and ear disorders
- Immune system diseases
- Neurological disorders
- Reproductive disorders
- Respiratory disorders
- Urinary disorders
- Anti-aging face lift
- Allergies/Asthma
- Anxiety/Depression
- Arthritis/Joint problems
- High cholesterol
- Neck pain and stiffness
- And much more...





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