

Determine if Wonderfully Med is the right fit to help you reach your wellness goals

COMPLIMENTARY APPOINTMENT



Analyze lab results and develop your individual treatment plan by using the DASHES system

PERSONALIZED TREATMENT



Outline a realistic & sustainable exercise program for your lifestyle and health goals

ACTIVITY



Go beyond achieving "normal" lab values and aim to optimize levels where disease and illness are less likely to occur

HORMONE/LAB BALANCING



Improve overall wellness in spirit, soul, and body

WELLNESS



INITIAL CONSULTATION

An 80-90 minute visit to take a detailed history and decide which wellness program and extensive lab panel are best for you

DIET/DETOX

Choose the correct diet and/or detox supplements. Provide a menu and recipes using everyday, accessible foods to help you along the way

SLEEP

Improve sleep quality to reap multiple health benefits that can help you reach your wellness goals

EMOTIONAL & SPIRITUAL

Provide you with the tools to manage current and avoid future stress