



"Working with Dr. Amy over the past 10 months has truly transformed my health—and my life. As a Chief Financial and Operating Officer, I juggle a demanding career and personal responsibilities, and like many people in high-stress roles, my health had taken a backseat. I was dealing with frequent gout flare-ups, and my physician had warned me that I was on the verge of metabolic syndrome. My cholesterol was high, my blood pressure was elevated, and my A1C was in the mid-6s, putting me at risk for diabetes.

When I began working with Dr. Amy, I wasn't sure what to expect, but I quickly realized her approach was different. Dr. Amy didn't just give me a set of prescriptions or a quick fix—she took the time to understand me as a whole person, guiding me through sustainable lifestyle changes in a non-judgmental way. With her expertise in lifestyle medicine and health coaching, I was able to make lasting changes without relying on medications.

The results have been nothing short of remarkable. My sleep is now restorative, I've lost 6-7% of my body weight, my Total and LDL cholesterol have dropped by 40 points, and my blood pressure has decreased by 20 to 30 points—bringing it into the normal range. Perhaps most importantly, over this year my A1C has gone from the 6s down to 5.9%, which has been a major relief and a huge step toward better long-term health. I am thriving again!

What's more, I no longer experience the painful gout flare-ups that used to interrupt my life. I feel healthier, more energized, and more focused than I have in years. In fact, my mental clarity and focus at work have improved significantly. I now feel truly transformed, both inside and out.

Dr. Amy has empowered me to take control of my health, and I am incredibly grateful for her guidance and support. If you're looking to make real, lasting changes to your health, schedule a session with her and I bet you will have so much fun while achieving transformation!

**— Robin H., Chief Operating Officer**

Thanks to Dr. Amy's compassionate care and expert whole-person health and nutritional guidance, I was able to play through my senior collegiate lacrosse season. Without her help, I would have been sidelined by my injury. Her advice was crucial in managing my condition, ensuring I could play my best season yet."

**— Riley M., D1 All-Conference Selection Women's Lacrosse Player - Stony Brook University**



"Before working with Dr. Amy, I had been dealing with unexplained episodes of high blood pressure for months. I had visited the emergency room multiple times, but despite being told I was otherwise healthy, no one could figure out why my blood pressure was spiking randomly. I was frustrated and honestly starting to lose hope.

I decided to seek Dr. Amy's help after reading about her approach to treating the root causes of health issues, rather than just masking symptoms. From our very first meeting, I felt like Dr. Amy truly listened to me. She took the time to review my medical history and dig deeper into my lifestyle, habits, and past health challenges.

It wasn't long before we identified that my high blood pressure and poor sleep were connected to certain underlying imbalances in my routine. Dr. Amy and I collaborated on a plan that addressed not just my symptoms, but the root cause. After a few sessions, my blood pressure became more stable, my sleep improved, and I started feeling like myself again.

Today, I'm back on track—healthier, more energized, and thriving. I'm incredibly grateful for Dr. Amy's personalized care that helped me turn things around. If you're dealing with unexplained health issues, I highly recommend reaching out to her. It truly made all the difference for me."

**— Dan D., Mechanical Engineer**