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Hello! My name is Andrea.

So, what's my story?

I could tell you all about my qualifications and credentials, but I am going to choose not to and get straight to the point.

I am a mother and my teenage daughter Began struggling mentally right around the age of 11. At first it was just some moodiness and self-isolation (room), but as time went on it started to get worse.

A lot worse!

At least once weekly if not more
It was becoming like the Wild Wild West
Where we were literally having Stand Offs!
My daughter was unhappy and struggling
And I did not know what to do for her, and
Seriously started to consider psychotropic medication (anti-depressants, etc).

I am a licensed clinical social worker and have been providing psychotherapy for children, teens, adults, couples, and seniors for over 12 years. In these years I have referred a number of clients to psychiatry for medications either because the client requested or their symptoms were significant and cognitive behavioral therapy was not reducing the symptoms enough. With this being the case, I have also seen and heard about the trial and error, finding the right one that works, and the not so pleasant side effects.

So, because of my knowledge and experience, I was on the fence about starting my 15-year-old daughter on this road to possible trial and error, and/or a journey of prescribed medication for years to come.

Fortunately, my daughter's therapist told me of a pediatrician that practiced "functional medicine." Perhaps like you right now, I had no idea what functional medicine was. (Check out the short video that explains what it is).

Long story short.

With the use of two unique comprehensive lab tests, and various supplements and vitamins. My daughter's symptoms began to reduce within four weeks of use, and after eight weeks were significantly reduced! Without prescribed medication!

I was so blown away by the results that I began researching more on Functional Medicine and completed a Functional Medicine certification, So that I could share this with you and all my clients! Click on "Book Now" for a 15 mins discovery call for more information, and how Functional Medicine might help you or a loved one!