



Why?

We all know the world we live in is less than ideal. Our bodies constantly deal with stress, environmental toxins, poor sleep, a nutrient depleted and toxic food supply, etc. Over time, the sum of our genetics, environment, life events, and lifestyle gets us out of balance. This can lead to a multitude of problems, including but not limited to gut issues, inflammation, mitochondrial dysfunction, and significant neurochemical and hormonal changes. These imbalances may eventually lead to overall feelings of not being well, weight gain, allergies, and eventually chronic disease such as diabetes, autoimmune disease, heart disease, adrenal and thyroid dysfunction, adverse mental and emotional states, and much more.

At Life by Design our goal is to bring your health back into balance and empower you with the knowledge and tools to look and feel your best.

How?

Life by Design offers a variety of individually tailored services such as specialty and functional laboratories, health optimization, bio-identical hormone balancing, detoxification services, functional weight loss, IV nutrition, nutraceuticals and more.

Through specialized laboratories we can identify and evaluate nutritional, biochemical and physiological imbalances, gut dysbiosis, determine genetic risks, and find toxic overloads.

Our main goal is to uncover the cause of the imbalance, rather than just focusing on its consequence. Our approach is extremely patient focused and customized. Your providers will truly partner with you on your journey towards optimal health.

What can you expect from our services?

Through our personalized approach to lifestyle medicine you can achieve improved mood, energy and stamina, better sleep, decreased inflammation, improvement of skin conditions, improved body composition, an improvement in biomarkers, prevention of physical and neurological degeneration, a decrease in many symptoms associated with chronic conditions, a decrease in disease risk factors and an increase in longevity and quality of life.

Who can benefit from testing and supplementation?

- People seeking general wellness and health optimization
- Athletes and people who exercise frequently and intensely
- Vegans and those who have strict diets
- People looking to support their immune system
- Proactive people who would like to identify risks and take preventive measures
- People with chronic conditions such as autoimmune disease, chronic fatigue, IBS, inflammation, allergies, etc.
- People needing hormonal balance
- Anyone who has been exposed to environmental toxins

Top 5 Reasons We Get Recommended

- Your comfort is our number one concern (we always make time to numb you properly)
- Together we will age gracefully, not fearfully
- Our RN's love perfecting you with their industry leading techniques & gentle touch
- We will always treat you right (i.e. no over treating)
- Your beauty means more to us than your wallet!

Optimize your **Health**.[®]