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Executive Wellness Program

Designed to get your already fit body to its optimal level.

The Executive Wellness Program is for people who are living a healthy lifestyle. You eat right and you exercise, but you know you could be doing more. Whether that's to better regulate mood and metabolism or gaining an understanding of where you may be at risk in the future. This 6-month program is designed for those who are working hard today to ensure they will live a healthy tomorrow.

How it Works

After gaining a complete understanding of your medical history, and what you're doing today to stay fit, we'll begin looking for areas where we can improve your already healthy lifestyle. We'll take a focused look at how your body is performing, and search for areas that can be improved.

Lab Evaluation

Where appropriate we may test for:

- Body composition analysis (body fat/muscle mass)
- Evaluation of current nutritional status
- Sex hormone levels (estrogen, progesterone, testosterone)
- Stress hormones (cortisol, DHEA)
- Metabolism (blood sugar metabolism and hunger regulation hormones)
- Thyroid hormones
- Kidney and liver function
- Vitamin D levels
- Exposure to heavy metals

Your Plan

After tests are complete and your baseline is established, you'll have an extended appointment to discuss your individualized plan to optimize your health.

Depending on your goals, this may include Bioidentical Hormone Replacement Therapy and personalized high quality supplement recommendations specifically tailored to you. You'll receive your test results and your personalized wellness plan.

During your program, you'll check in monthly. At the end of the program lab tests will be repeated. You'll have another in-depth appointment during which your progress will be discussed and we will update your wellness plan to help you stay well.