

# Sudha L. Kumar, MD

Functional & Integrative Medicine \* Bioidentical Hormone Replacement Therapy  
Wholistic Health MD

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## Optimal Wellness Program

**Designed to restore your health and get you back to feeling like yourself.**

The Optimal Wellness Program is for people who have struggled unsuccessfully to lose weight. It's for people with chronic medical issues that, with proper treatment, could be controlled, such as high blood pressure, prediabetes, and high cholesterol. It's for people who simply don't feel like themselves anymore due to low libido, low energy levels, or a myriad of symptoms that arise when the body is not functioning optimally.

This 9-month program is designed specifically for people ready to make big changes, and who want the support and guidance. The Optimal Wellness Program is more than just doctor visits; it's an approach to managing your health.

### How it Works

We start with an in-depth analysis of where you are today. Based on your medical history and your goals, you'll undergo a series of sophisticated and comprehensive tests to assess your current hormonal balance, your nutritional status, your stress levels and your risk for chronic disease.

### Lab Evaluation

**Based on your symptoms we may check:**

- Sex hormones (estrogen, progesterone, testosterone)
- Stress hormones (cortisol, DHEA)
- Metabolism (blood sugar metabolism and hunger regulation hormones)
- Thyroid hormones
- Complete blood count
- Kidney and liver function
- Vitamin D levels
- Food sensitivity
- Genetic markers for chronic diseases

### Your Plan

Once all of the analysis is complete, we'll compile a personalized wellness program to meet your goals and address any current health issues and symptoms. Then together, we'll get to work.

During the 9-months, you'll have regular access to your clinician. This ongoing monitoring helps us to address more issues simultaneously and adapt your program as needed, so that you can see results more quickly.

Labs will be repeated to assess your progress as needed. At the conclusion of your program we will work with you to decide on an ongoing course of treatment to keep you on your path to a healthier you.

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