Congratulations on taking your first step on your new journey towards wellness!

How is Functional Medicine Different?

Functional Medicine involves understanding and identifying the triggers, prevention, and treatment of complex, chronic disease symptoms. Our Functional Medicine approach focuses on personalized patient-centered care, promoting health as a positive vitality, beyond just the absence of disease. We integrate a science-based approach, creating a focus on prevention incorporating the "whole person" through advanced diagnostic testing, therapeutic interventions focusing on nutrition, targeted nutritional/botanical supplements, therapeutic diets, detoxification and gut healing protocols, and stress management techniques.

Functional Medicine is a time intensive approach and is not covered by health insurance. Your consultation will be up to an hour and will be billed at the rate of $300.00/hr. At the conclusion of your consultation Dr. Ruby will determine if you are a candidate for our Integrative Medicine Core Program. Please see the enclosed information sheet regarding that program.

You can get more information about our programs from our website - Owforlife.com

Our team at Optimal Wellness welcomes you and looks forward to working with you.

Sincerely,

The Staff at Optimal Wellness Center

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