

# Services Offered

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- ✿ Mental Health & ADHD
  - Attention-Deficit/Hyperactivity Disorder (ADHD)
  - Anxiety Disorders
  - Depression
  - Insomnia and Sleep Disturbances
  - Adjustment Disorder
  - Burnout and Work Stress
  - Focus and Executive Function Challenges
- ✿ Metabolic & Weight-Related Conditions
  - Overweight and Obesity
  - Metabolic Syndrome
  - Insulin Resistance and Prediabetes
  - Type 2 Diabetes
  - Elevated Cholesterol or Triglycerides
  - Thyroid Disorders (Hypothyroidism, Hashimoto's, etc.)
- ✿ Women's Health & Hormone Balance
  - Perimenopause and Menopause Symptoms
  - Vaginitis
  - Irregular Menstrual Cycles
  - Hormonal Acne and Hair Changes
  - Fatigue and Brain Fog
  - Weight Gain Related to Hormone Shifts
- ✿ General Adult, Preventive Care
  - Hypertension (High Blood Pressure)
  - Vitamin Deficiencies
  - Fatigue and Low Energy
  - Preventive Health and Annual Wellness
  - Medication Management and Follow-Up
- ✿ Same-Day & Urgent Concerns
  - Colds, Flu, and COVID-19 symptoms
  - Sinus infections and seasonal allergies
  - Sore throat, ear pain, or cough
  - Urinary tract infections (UTIs)
  - Skin rashes, eczema flares, or cold sores
  - Minor GI issues (nausea, reflux, constipation)
  - Medication refills or treatment follow-ups
  - Work or school excuse notes after evaluation
- ✿ Telehealth & Lifestyle Medicine
  - Chronic Condition Management via Telemedicine
  - Lifestyle Optimization (Nutrition, Sleep, Movement)
  - Weight Loss with GLP-1 Medications (Semaglutide, Tirzepatide)
  - Behavioral Health Support and Coaching