

Health Transformation

Group educational meetings with a Lifestyle Medicine specialist



Dr. L Health Transformation Program

This program will teach you how to take control of your health, strategies for self-care, living a healthier and happier life, and how to improve your quality of life.

“Lifestyle Medicine”

The use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.



Doctor-Led Small Group Meetings

Spend more time with your physician



Share and Learn

Meet others with similar health concerns



Individualized Solutions

Treatment options in the context of lifestyle choices

