

Certified Expert in LIFESTYLE /IEDICIN

We work closely with primary care providers to help their patients and manage, reverse, prevent chronic disease through lifestyle medicine



WHAT IS LIFESTYLE MEDICINE?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions -<u>lifestylemedicine.org</u>

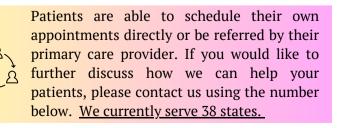


WE OFFER

Direct care services to all of our clients. To complement the care you provide to your patients, we offer direct access to Dr. De Jesus through personal text and email 24/6.

We primarly reverese, manage, and prevent:

- Type 2 Diabetes High Cholesterol
- Hypertension • Obesity
- NAFLD
- Autoimmune disorders
- Arthritis



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