



LaTaya De Jesus, DNP, FNP-BC, DipACLM

Certified Expert in **LIFESTYLE MEDICINE**

We work closely with primary care providers to help their patients reverse, manage, and 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 - lifestylemedicine.org

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 primarily reverse, manage, and prevent:

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



Patients are able to schedule their own appointments directly or be referred by their primary care provider. If you would like to further discuss how we can help your patients, please contact us using the number below. We currently serve 38 states.

 740-780-5057
 740-309-4455

 www.edenhealthrestored.com

