

## INNOVATIVE PRIMARY CARE

### Menu of Services

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Innovative Primary Care (IPC), Innovative Aesthetics (IA) and other service providers have joined forces to offer an integrative approach to your health and wellness. We believe your well-being can be supported through a variety of modalities, many of which are found within our office.

#### **INTERNAL MEDICINE**

Led by Innovative Primary Care founder **Sandra Levitt MD**, the IPC team of providers supports patients ages 15 and up. Our focus is treatment of general medical problems, performing physical exams, problem solving, managing acute and chronic health issues and promoting wellness.

#### **NATUROPATHIC MEDICINE**

Naturopathic Physicians are primary care physicians clinically trained in natural, non-toxic therapies, as well as traditional medicine. Dr. Joshua Reilly, NMD, works with each patient to address specific needs, with emphasis on choosing modalities that are effective, and gentle, which encourage and support the patient's inherent ability to heal. This can include everything from routine wellness support and exams to treating acute illness, chronic diseases, food sensitivities and allergies, weight loss and more.

#### **BIO-IDENTICAL HORMONES**

Dr. Levitt works with patients seeking to address a variety of issues that are often related to hormone imbalances. As hormone levels decline, you might experience a variety of issues including diminished sex drive, fatigue, depression, weight gain and osteoporosis. Bio-Identical hormones are natural, plant-derived compounds that have the same molecular structure as those made by the human body and a regimen can be designed to fit each patient's needs. This cash-pay service is offered through Innovative Aesthetics and starts with a no-cost consultation.

#### **SCULPSURE**

SculpSure is a breakthrough in non-invasive body contouring, designed to treat stubborn areas of fat that seem impossible to get rid of, even with diet and exercise. SculpSure allows you to achieve the shape you want with a customized, 25-minute procedure. Payment is a fee for service and we accept many methods of payment including credit cards.

**Contact us for a no-cost consultation.**

#### **JIN SHIN JYUTSU**

Jin Shin Jyutsu is an alternative therapy to release blockages in your energy pathways, to restore balance and well-being. These therapies work hand in hand with conventional medicine to decrease stress, provide pain management and restore health. Debbie Elman, a Jin Shin Jyutsu (JSJ) practitioner for more than 30 years, began her studies in this dynamic healing art in 1980 with world renowned JSJ founder and teacher Mary Burmeister.

#### **SUPPLEMENTS**

Innovative Primary Care offers a line of supplements to help take the stress out of searching for the right vitamin or herb. All of our supplements have been researched by our staff of physicians and are upheld to the highest of standards in the supplement industry. Our offerings include vitamins, minerals, herbs, protein powder, matcha green tea and more. Talk with your provider about which supplements might best serve your health or wellness needs and then place your order at the front desk.

#### **AESTHETICS**

Acupuncture has been used successfully for thousands of years all over the world. It involves the insertion of extremely thin needles through your skin at strategic points on your body to treat pain through the stimulation of the body's natural painkillers. Dr. Joshua Reilly, NMD, helps patients with joint and back pain, sports injuries, gastrointestinal and gynecological problems, migraine headaches, and many other conditions. Dr. Reilly is available for appointments on Monday and Thursday of each week.

#### **PSYCHOTHERAPY & HYPNOTHERAPY**

Dr. Ilana Oren provides hypnosis and psychotherapy to IPC patients and others looking for additional help with these varied issues. She has worked in the field of mental health since 1977, providing counseling services to individuals, couples and groups and is internationally recognized for her expertise in hypnosis. Some insurance plans are accepted. Cost is \$150.00 per 55-minute session (sliding scale available). Dr. Oren is available for appointments Tuesday-Thursday of each week.