

florida concierge medicine wellness

Florida Concierge Medicine & Wellness: A Personalized Approach to Healthcare

Are you tired of rushed appointments, long wait times, and feeling like just another number in a crowded doctor's office? Imagine a healthcare experience where your physician prioritizes your individual needs, offering personalized care, proactive wellness strategies, and immediate access. That's the promise of Florida concierge medicine & wellness. This comprehensive guide explores the benefits, services, and considerations surrounding this increasingly popular healthcare model in the Sunshine State, helping you determine if it's the right fit for your lifestyle and health goals.

What is Concierge Medicine?

Concierge medicine represents a shift from the traditional fee-for-service model. Instead of relying on insurance reimbursements, concierge practices operate on a membership basis. This membership fee provides patients with unparalleled access to their physician, more comprehensive services, and a more personalized approach to healthcare. In Florida, this translates to a higher level of care than what's typically offered in traditional practices, often including extended appointment times, same-day or next-day appointments, 24/7 access to your doctor, and a proactive focus on preventative care.

Benefits of Florida Concierge Medicine & Wellness

Choosing a Florida concierge medicine & wellness practice offers a multitude of benefits that extend beyond simply having more convenient access to your doctor. Here are some key advantages:

1. **Unparalleled Physician Access:** This is the cornerstone of concierge medicine. You'll have significantly more time with your doctor during appointments, allowing for a more in-depth discussion of your health concerns. The enhanced accessibility, including after-hours communication, ensures you receive timely attention when needed.
1. **Proactive Preventative Care:** Concierge medicine emphasizes preventative health. Your doctor will work with you to develop a personalized wellness plan tailored to your specific needs, risk factors, and lifestyle. This proactive approach often includes comprehensive health screenings, personalized advice on diet and exercise, and early detection of potential health problems.
1. **Personalized Treatment Plans:** Forget feeling rushed during appointments. Concierge physicians take the time to understand your individual health history, lifestyle, and

preferences to create tailored treatment plans. This individualized approach extends to medication management, chronic disease management, and overall healthcare strategy.

1. **Enhanced Communication & Coordination:** Concierge practices often streamline communication. You can expect quicker responses to your calls and emails, and better coordination of care if you need to see specialists. This cohesive approach ensures a seamless healthcare journey.
1. **A Focus on Wellness, Not Just Illness:** Concierge medicine goes beyond treating illness; it emphasizes overall wellness. Expect support in areas like stress management, nutrition counseling, and fitness recommendations, contributing to a holistic approach to your health.
1. **Convenience and Efficiency:** Spend less time waiting in waiting rooms and more time with your doctor. Same-day or next-day appointments, convenient scheduling options, and readily available communication tools are all hallmarks of this model.

Choosing a Florida Concierge Medicine & Wellness Practice

Selecting the right concierge practice is crucial. Consider these factors:

Physician Experience and Specialization: Research the physician's background, experience, and areas of expertise to ensure they align with your healthcare needs.

Membership Fees and Services Included: Fees vary significantly, so carefully review the package offered to understand the value provided for the cost.

Location and Accessibility: Choose a practice conveniently located and easily accessible for your needs.

Reviews and Testimonials: Seek out online reviews and testimonials from current or former patients to gauge their experience with the practice.

Communication Style and Philosophy: Find a physician with a communication style that suits you and whose philosophy aligns with your health goals.

The Future of Florida Concierge Medicine & Wellness

The demand for concierge medicine in Florida is steadily rising. As healthcare consumers seek more personalized, convenient, and proactive care, this model is likely to continue its growth. The integration of technology, such as telehealth platforms, is further enhancing accessibility and communication, making concierge medicine even more appealing to a wider range of individuals.

Conclusion

Florida concierge medicine & wellness presents a compelling alternative to traditional healthcare for those seeking a more personalized and proactive approach to their health. By carefully considering the benefits, costs, and your individual needs, you can determine if this model is the right fit for you and embark on a journey toward a healthier and more fulfilling life. Remember to research different practices thoroughly to find the best fit for your specific requirements and preferences.

Frequently Asked Questions (FAQs)

1. How much does Florida concierge medicine cost? Membership fees vary significantly depending on the practice, physician, and services included. Expect a range from several hundred to several thousand dollars annually. It's essential to get detailed pricing information from each practice you are considering.
1. Does insurance cover concierge medicine in Florida? Generally, insurance does not directly cover the membership fees associated with concierge medicine. However, some services provided within the concierge practice may still be covered by your insurance, depending on your plan. Clarify this with your potential provider and your insurance company.
1. What types of services are typically included in Florida concierge medicine? Services can vary, but often include extended appointment times, 24/7 physician access, proactive preventative care, personalized wellness plans, same-day or next-day appointments, and assistance with coordinating care with specialists.
1. Is concierge medicine right for everyone? No, concierge medicine is not for everyone. It's best suited for individuals who value personalized care, convenience, and proactive health management and are willing to invest in a higher level of service.
1. How do I find a reputable Florida concierge medicine practice? Start by researching physicians in your area specializing in concierge medicine. Check online reviews, ask for referrals from friends or healthcare professionals, and schedule consultations to discuss your needs and expectations with potential providers. Look for physicians with board certifications and positive patient testimonials.

florida concierge medicine wellness: Handbook of Concierge Medical Practice Design Maria K. Todd, 2014-12-10 In concierge medicine, physicians develop amenities-rich membership programs and collect a monthly or annual membership fee to pay for the amenities in addition to the medical services rendered. Handbook of Concierge Medical Practice Design examines the many considerations physicians must make prior to transitioning their practices into concierge services. Maria K. Todd, a recognized expert in concierge medicine, branding, consulting, healthcare, marketing, medical tourism, planning, and physician practice administration, explains how to set up a concierge practice. She describes how this new business model affects workflow and outlines financial considerations—including managed care payer relations, the hybrid practice, and predictive modeling—to uncover the hidden factors that affect bottom-line performance. The book supplies readers with models for creating a business plan and a strategy for transforming a practice into a concierge practice. It concludes by covering the legal aspects of creating a concierge practice. It includes patient acquisition and retention strategies as well as detailed plans for adding additional doctors and physician extenders, such as nurse practitioners and physician assistants. The book provides sample employment contracts and advice on how to select and work with consultants. It includes chapters on business process re-engineering, workflow management, financial considerations, competitive analysis, developing a business plan, and how to market the new practice.

florida concierge medicine wellness: Patients at Risk Niran Al-Agba, Rebekah Bernard, 2020-11-01 Patients at Risk: The Rise of the Nurse Practitioner and Physician Assistant in Healthcare exposes a vast conspiracy of political maneuvering and corporate greed that has led to the replacement of qualified medical professionals by lesser trained practitioners. As corporations seek to save money and government agencies aim to increase constituent access, minimum qualifications for the guardians of our nation's healthcare continue to decline—with deadly consequences. This is a story that has not yet been told, and one that has dangerous repercussions for all Americans. With the rate of nurse practitioner and physician assistant graduates exceeding that of physician graduates, if you are not already being treated by a non-physician, chances are, you soon will be. While advocates for these professions insist that research shows that they can provide the same care as physicians, patients do not know the whole truth: that there are no credible scientific studies to support the safety and efficacy of non-physicians practicing without physician supervision. Written by two physicians who have witnessed the decline of medical expertise over the last twenty years, this data-driven book interweaves heart-rending true patient stories with hard data, showing how patients have been sacrificed for profit by the substitution of non-physician practitioners. Adding a dimension neglected by modern healthcare critiques such as An American Sickness, this book provides a roadmap for patients to protect themselves from medical harm. WORDS OF PRAISE and REVIEWS Al-Agba and Bernard tell a frightening story that insiders know all too well. As mega corporations push for efficiency and tout consumer focused retail services, American healthcare is being dumbed down to the point of no return. It's a story that many media outlets are missing and one that puts you and your family's health at real risk. --John Irvine, Deductible Media Laced with actual patient cases, the book's data and patterns of large corporations replacing physicians with non-physician practitioners, despite the vast difference in training is enlightening and astounding. The authors' extensively researched book methodically lays out the problems of our changing medical care landscape and solutions to ensure quality care. --Marilyn M. Singleton, MD, JD A masterful job of bringing to light a rapidly growing issue of what should be great concern to all of us: the proliferation of non-physician practitioners that work predominantly inside algorithms rather than applying years of training, clinical knowledge, and experience. Instead of a patient-first mentality, we are increasingly met with the sad statement of Profits Over Patients, echoed by hospitals and health insurance companies. --John M. Chamberlain, MHA, LFACHE, Board Chairman, Citizen Health A must read for patients attempting to navigate today's healthcare marketplace. --Brian Wilhelmi MD, JD, FASA

florida concierge medicine wellness: Handbook of Concierge Medical Practice Design

Maria K. Todd, 2017-11-15 In concierge medicine, physicians develop amenities-rich membership programs and collect a monthly or annual membership fee to pay for the amenities in addition to the medical services rendered. Handbook of Concierge Medical Practice Design examines the many considerations physicians must make prior to transitioning their practices into concierge services. Maria K. Todd, a recognized expert in concierge medicine, branding, consulting, healthcare, marketing, medical tourism, planning, and physician practice administration, explains how to set up a concierge practice. She describes how this new business model affects workflow and outlines financial considerations including managed care payer relations, the hybrid practice, and predictive modeling to uncover the hidden factors that affect bottom-line performance. The book supplies readers with models for creating a business plan and a strategy for transforming a practice into a concierge practice. It concludes by covering the legal aspects of creating a concierge practice. It includes patient acquisition and retention strategies as well as detailed plans for adding additional doctors and physician extenders, such as nurse practitioners and physician assistants. The book provides sample employment contracts and advice on how to select and work with consultants. It includes chapters on business process re-engineering, workflow management, financial considerations, competitive analysis, developing a business plan, and how to market the new practice.

florida concierge medicine wellness: The White House Doctor Connie Mariano, 2010-06-22 A riveting look into the personal lives of our presidents through the eyes of their White House doctor. An interesting, behind-the-scenes glimpse of life at the White House. - Kirkus Reviews Dr. Connie Mariano served 9 years at the White House under Presidents George H.W. Bush, William J. Clinton, and George W. Bush. She participated in world headline-making news events and traveled all over the world. She cared for visiting dignitaries and was charged with caring for all the members of the First Family. From flirting with King Juan Carlos of Spain to spending the night on the Queen of England's yacht, Dr. Mariano glimpsed a glittering and powerful celebrity that few ever see. White House Doctor is a fascinating look into what goes on behind closed doors at 1600 Pennsylvania Avenue.

florida concierge medicine wellness: Next Medicine Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

florida concierge medicine wellness: Medical Tourism and Wellness Frederick J. DeMicco, 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with

billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

florida concierge medicine wellness: The Medicare Handbook , 1988

florida concierge medicine wellness: *The South Beach Diet Cookbook* Arthur Agatston, 2004-04-13 A companion to *The South Beach Diet* presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

florida concierge medicine wellness: Elderhood Louise Aronson, 2019-06-11 Finalist for the Pulitzer Prize in General Nonfiction A New York Times Bestseller Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction Winner of the WSU AOS Bonner Book Award Winner of the 2022 At Home With Growing Older Impact Award As revelatory as Atul Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life. For more than 5,000 years, old has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, denigrated, neglected, and denied. Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. *Elderhood* is for anyone who is, in the author's own words, an aging, i.e., still-breathing human being.

florida concierge medicine wellness: The Fourth physician Montgomery B. Pickett, 1911

florida concierge medicine wellness: Evaluating Challenges and Opportunities for Healthcare Reform Selladurai, Raj, Hobson, Charlie, Selladurai, Roshini Isabell, Greer, Adam, 2020-02-07 Healthcare reform in the United States is a significant, strongly debated issue that has been argued since the early 1900s. Though this issue has been in circulation for decades, by integrating various new models and approaches, a more sustainable national healthcare system can perhaps be realized. *Evaluating Challenges and Opportunities for Healthcare Reform* presents comprehensive coverage of the development of new models of healthcare systems that seek to create sustainable and optimal healthcare by improving quality and decreasing cost. While highlighting topics including high-value care, patient interaction, and sustainable healthcare, this book is ideally designed for government officials, policymakers, lawmakers, scholars, physicians, healthcare leaders, academicians, practitioners, and students and can be used to help all interested stakeholders to make well-informed decisions related to healthcare reform and policy development for the United States and beyond, as well as to help all individuals and families in their decisions related to choices of optimal healthcare plans.

florida concierge medicine wellness: Medical Travel Brand Management Frederick J. DeMicco, Ali A. Poorani, 2022-10-27 This new volume, which complements the editors' earlier volume *Medical Travel Brand Management: Success Strategies for Hospitality Bridging Healthcare (H2H)*, explores the multitude of medical travel services and discusses the integration of traveling medical guests with destination providers, hospitality/healthcare professionals, and travel service providers. The editors also address the impact the COVID-19 pandemic has made on the travel industry, which has motivated them to bring together major players, renowned authors, practitioners, and researchers to create this book to help prepare the medical tourism market to not only recover from the devastating effects of the pandemic but also to provide tools and cases that will help to structure successful destinations for medical travel. From chapters on branding to assessing accreditation and post-care quality metrics, Drs. DeMicco, Poorani, and their fellow contributors take the reader through the critical phases of the medical travel journey: pre-visit, travel, on-site care, discharge and follow-up care. The authors address critical issues facing medical, health, and wellness travel from both macro and micro perspectives. Presentations of best practices and strategies demonstrate how some destinations have built, renewed, or engaged various stakeholders to construct or enhance their medical tourism destination. *Medical Travel: Hospitality Bridging Healthcare (H2H)* © also showcases best practices and innovative ways of designing and operating a profitable and entrepreneurial practice. Quality issues, aesthetics, and legal issues related to inbound and outbound medical tourism are also presented. The book explores the evolving nature of hospital design and the complex relationship between people and medicine as manifested in the relationship of hospital aesthetics to patient satisfaction. Importantly, the book also includes a chapter addressing medical health travel during the pandemic which describes how the pandemic has revolutionized telehealth and the medical travel industry, which can leverage the advances made in digital health and telemedicine. This volume will be an important resource for the four main players at the center of medical travel: medical travelers themselves, government agencies, intermediaries, and health and wellness providers. The selected best practices, research, cases, innovative strategies, SWOT analysis, and toolkits address the aims of all stakeholders.

florida concierge medicine wellness: Food and Nutrients in Disease Management Ingrid Kohlstadt, 2016-04-19 Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of di

florida concierge medicine wellness: Keto Diet Dr. Josh Axe, 2019-02-19 From the author of the national bestseller *Eat Dirt*, a 30-day healthy plan -- including more than 80 delicious recipes -- to burn fat, fight inflammation, and reverse disease using the keto diet. Today, the ketogenic diet is the world's fastest growing diet, and with good reason. When practiced correctly, it has been proven to burn fat, reduce inflammation, fight cancer, balance hormones and gut bacteria, improve neurological diseases, and even increase lifespan. Unfortunately, many people remain unaware of several key factors that are crucial to the diet's success, setting them up for frustration, failure, and relapse. In *Keto Diet*, bestselling author Dr. Josh Axe sets the record straight, offering thorough, step-by-step guidance to achieving lifelong health. Unlike other books on the subject, *Keto Diet* identifies and details five different ketogenic protocols and explains why picking the right one for your body and lifestyle is fundamental to your success. Inside, you'll find all the tools they need to say goodbye to stubborn fat and chronic disease once and for all, including: shopping lists delicious recipes exercise routines accessible explanations of the science behind keto's powerful effects five different keto plans and a guide to choosing the one that fits you best!

florida concierge medicine wellness: Dirty Girl Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to

ditch the toxins and finally come clean. In *Dirty Girl*, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step-and the next-toward the healthiest, happiest you.

florida concierge medicine wellness: *The End of Heart Disease* Joel Fuhrman, M.D., 2016-04-05 The New York Times bestselling author of *Eat to Live*, *Super Immunity*, *The End of Diabetes*, and *The End of Dieting* presents a scientifically proven, practical program to prevent and reverse heart disease, the leading cause of death in America—coinciding with the author's new medical study revealing headline-making findings. Dr. Joel Fuhrman, one of the country's leading experts on preventative medicine, offers his science-backed nutritional plan that addresses the leading cause of death in America: heart disease. An expert in the science of food, Dr. Fuhrman speaks directly to readers who want to take control of their health and avoid taking medication or undergoing complicated, expensive surgery, the two standard treatments prescribed today. Following the model of his previous programs that have successfully tackled conditions from diabetes to dieting, Dr. Fuhrman's plan begins with the food we eat. He focuses on a high nutrient per calorie ratio, with a range of options for different needs and conditions. He shows us what to remove and what to add to our diets for optimum heart health, provides menu plans and recipes for heart-healthy meals and snacks, and includes helpful questions for doctors and patients. By understanding heart disease and its triggers, Dr. Fuhrman gives us the knowledge to counter-attack this widespread epidemic and lead longer, healthier lives.

florida concierge medicine wellness: *Direct Pay* Divya Srinivasan Sridhar, 2017-07-27 *Direct Pay: A Simpler Way to Practice Medicine* examines the direct pay business model as a policy alternative and potential policy solution to the economic, technological, and sociocultural problems that have emerged for practicing physicians as a result of the Affordable Care Act. Based on a research study conducted by the author, the book address

florida concierge medicine wellness: *The Digest Diet* Liz Vaccariello, 2012-09-27 *The Digest Diet* is a 21-day weight-loss plan based on groundbreaking science and newly discovered foods and habits that help your body to release fat. Reader's Digest sifted through all the weight-loss science to pick the foods, recipes, and habits that truly slim you down quickly and safely. We reviewed cutting-edge nutrition advances and myth-busting articles. We discovered some new reasons fat creeps on—and reliable ways to get it to fade away quickly. The *Digest Diet* targets surprising fat increasers in three key areas—eating, environment and exercise—and gives you the tools you need to turn the tables and shift your body into fat release mode. The eating plan is organized in three basic stages: Fast Release, Fade Away, and Finish Strong. Every phase loads you up on fat releasers. But the calorie and macronutrient ratios shift in each so as to maximize fat release—and results! Fast Release (12-minute exercise routine) is a four-day fat releasing jump start. The Fat-Release Workout combines both strength training and HIIT (high intensity interval training) into a 12-minute workout that's amazingly effective for fat burn and muscle growth. Fade Away transitions you into lean proteins and micronutrient-rich greens. For this 10-day stretch, you continue to have a shake a day, but the lean-and-green focus gives your body what it needs to help you release fat and build muscle, while lowering your intake of carbohydrates for faster fat fade. Finish Strong is the last week of the plan. The meals and recipes show you how to enjoy a balanced, healthy, wholefoods diet rich in fat releasers. The *Digest Diet* provides a list of 13 fat releasers, which include Vitamin C, Calcium, Protein and Coconut Oil, as well as an easy cheat sheet of fat releasing foods that can be eaten during the diet, such as broccoli, grapefruit, mozzarella cheese, almonds, fish, beef, red wine, dark chocolate and avocados, to name a few. Inside the *Digest Diet*, you will also find a 21 day meal-plan, 50 fat releasing recipes with full color photos, a 12 minute fat release workout, a fat release workout calendar, before and after success stories, "laugh it off"

sidebars to help keep perspective and sanity, and a free online destination for tips, videos, shopping lists and daily food and exercise journals to help make your weight loss goals easy and achievable. www.digestdiet.com To prove the 21-day eating plan truly works, we put a dozen men and women on the diet—and their results will astound and inspire you. Our top tester lost 26 pounds in 3 weeks!

florida concierge medicine wellness: *The Fat Smash Diet* Ian K. Smith, M.D., 2006-04-04 Dr. Smith's diet has been featured on VH1's number-one rated show, *Celebrity Fit Club*, where Hollywood celebrities follow his customized diet plan and compete to lose weight. Now, with The Fat Smash Diet, everyone will have access to the revolutionary eating plan that leads to lifestyle changes and permanent weight loss forever. The Fat Smash Diet is not a gimmick or short-term fix. It is a four-phase diet that starts out with a natural detox phase to clean impurities out of the system. Once this nine-day phase is completed, the next three phases encourage the addition of everyday foods that promote significant weight loss. In just thirty days, most dieters will complete all four phases and be on their way to a thinner lifetime of good health. Best of all, there is no calorie counting, and Dr. Smith guarantees there never will be. As an added bonus, there are over fifty easy-to-cook, tasty recipes that make it easier to stick with Dr. Smith's plan. The Fat Smash Diet is unlike any other program on the market. In fact, it's the LAST DIET YOU'LL EVER NEED!

florida concierge medicine wellness: *Road Map to Health* Stacey Robinson, 2015-09-29 Road Map to Health is a fabulous book that gives you 7 steps to alter your destination. it will give you the tools to empower you to make simple, daily changes to reach optimal health and resources to easily incorporate these changes into your busy life.

florida concierge medicine wellness: *The Metabolism Reset Diet* Alan Christianson, 2019 With a life-changing 4-week liver detox--Jacket.

florida concierge medicine wellness: *The Unmaking of a Drug Dealer* Patricia Hopkins, 2021-05-10 This book follows Dr Hopkins in her journey from physician to healer. After spending the first 20 years of her career providing excellent diagnostic acumen, she realized that the drugs had limited longterm efficacy. As a rheumatologist, challenging patients filled her day however her scientific mind started to look at why so many people were suffering. why in a country of such wealth people were so sick. the data started supporting what she was seeing everyday. Chronically ill patients, autoimmune diseases increasing, and patients spending much of their life and resources trying to get better. in 1988, a pregnancy was complicated by severe Spina Bifida. After losing the child, she began her journey into the land of wellness without drugs. How could the medical community in 1988 not know about the importance of folic acid, a simple vitamin easily accessible. Were our foods no longer adequate sources of nutrition. Why was knowledge of any vitamin or mineral not part of the armamentarium used to bridge people to wellness. Were we just relying on a corrupted food change, watching morbid obesity in our country reach 36%, and liver disease start affecting our adolescent population with many of them having adult diseases in their teen years. Liver transplants from fatty liver, gallbladder disease and type 2 diabetes now plague our population under the age of 20. Chronic diseases that reflect our diet and life styles will be over 50% in the next decade. Like global warming, we can no longer afford to practice medicine the old way, namely, if you have a symptom, I have a drug that will cover up that symptom. We must now teach our physicians to question WHY would anyone have these symptoms. This is my journey. In 1916, just over 100 years ago, the Flexnor report demanded the closing of most medical schools in the country. The US was facing a world war, starvation and the beginning of the flu season. Infections such as small pox, cholera, the plague, measles, influenza consumed the attention of the medical community. Scientific method was the cornerstone of learning in Paris and Germany. In order to bring our standards up to those in Europe, all naturopathic schools were closed in the USA. Simon FLEXNOR, MD felt that the USA should take the lead in the world for solving these problems. With the HOPKINS university, and Dr John Welsh, they established the blueprint for research of vaccines and medications. The AMA and the Rockefeller family backed the change from naturopathy to allopathy. Now a century later, we need a new paradigm to address the pandemic of chronic disease that plague people with access to food, clean water, waste management and vaccines. Why is everyone so

sick. The pandemic of 2020 has highlighted the dire health of so many in the USA with obesity rates at 40% of the population and vitamin D deficiency, which I will say is a level below 50, is probably close to 90%. It is time that the educators restructure the medical school curriculum to introduce nutrition and lifestyle medicine into the curriculum. Like global warming, we can no longer wait.

florida concierge medicine wellness: Aerobics Program For Total Well-Being Kenneth H. Cooper, 2013-12-04 From the medical authority, whose previous bestsellers (Aerobics, The New Aerobics, The Aerobics Way, and Aerobics for Women) have sold more than 12 million copies, comes an exciting, new and comprehensive concept for total fitness. . . . Millions have benefited from Dr. Cooper's famous aerobic exercise programs. He has revolutionized the way Americans get in shape and stay in shape. Now, he presents a complete program for total well-being—physically, nutritionally, emotionally. Discover for yourself why it is the most effective, enjoyable and medically sound approach to a lifetime of energy and good health. A program designed to bring physical and emotional health and vitality to every area of your life, including: • the 7 benefits of integrated aerobic exercise, including reduced risk of heart disease • the 4 types of exercise that have been most radically re-evaluated in terms of aerobic exercise • the 3 dozen ways to stay fit, and the 4 steps to making it fun • 3 complete weeks of nutritious menus • guidelines for the 22 components of a comprehensive medical exam, so you can work with your doctor to evaluate your level of fitness • plus, the aerobics way to diminish physical and emotional stress, enhance your sex life, and more

florida concierge medicine wellness: I Want to Age Like That Diana Bitner, 2014-09-01 Finally, a book that answers my questions, gives me an action plan, and arms me with the power of knowledge and choices. I have always dreaded menopause thinking it was the end of any youthfulness and the beginning of feeling and looking physically old. Dr. Bitner's book is full of possibilities of how I want to age. ~ Eva Aguirre Cooper, Community Affairs Director, WOOD/WOTV/WXSP

florida concierge medicine wellness: The Wellness Code Brian S. Morris, 2015 In the tradition of The 7 Habits of Highly Effective People by Stephen Covey, The Happiness Project by Gretchen Rubin, The Four Agreements by Don Miguel Ruiz and The Life-Changing Magic of Tidying Up by Marie Kondo comes the national bestseller The Wellness Code by Dr. Brian Morris. The Wellness Code is unlike any health or diet book you've ever read. In this life-changing book, you will learn why conventional diets don't work and what actually works. You will learn Dr. Morris' four-column process that is pivotal to long-term wellness. You will also learn the 50 most important habits that promote weight loss, longevity, health, and happiness. For years, Dr. Brian Morris has shared the secrets to maintaining a healthy lifestyle and an optimal weight with his patients. For the first time, Dr. Morris is making this information available to the general public. Backed by hundreds of references from the medical literature, The Wellness Code synthesizes decades of scientific research and clinical experience into a time-tested, holistic program for looking and feeling great. The Wellness Code will show you how to create a personalized plan to finally lose the weight, transform your health, and find lasting happiness. You will learn how to live long and live well. In The Wellness Code, Dr. Morris achieves what few have done. He provides scientific, yet understandable, explanations of how to live long and prosper. -Nina Shapiro, M.D., Bestselling Author of Take a Deep Breath: Clear The Air For The Health of Your Child Thank you, Dr. Morris, for a clear and well thought out long-term plan for healthy change. -Jordan Kerner, Producer of Charlotte's Web, Fried Green Tomatoes, The Smurfs, and The Mighty Ducks The Wellness Code is a recipe for long-term success. -Cynthia Sass, M.P.H., M.A., R.D., C.S.S.D., Nutritionist and New York Times Bestselling Author The Wellness Code is a true game-changer. It is required reading for anyone looking to finally lose the weight and make a health transformation. -Gavin James, President and CEO, Western Asset Mortgage Capital The Wellness Code is a valuable science-based program for enhancing total wellness -David Heber, M.D., Ph.D., Bestselling Author of What Color Is Your Diet?

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meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

florida concierge medicine wellness: Ageless Suzanne Somers, 2007-12-31 In this #1 New York Times bestseller, Suzanne Somers reveals the secrets to a younger, healthier, and sexier you. What if you could really feel better as you get older, or age without illness? What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in Ageless, and you'll discover your own internal fountain of youth! Jam-packed with updated information on bioidentical hormone replacement and antiaging, Ageless will change your life forever. Suzanne talks about: • Antiaging medicine and how it can help work against the environmental assault that is making us sick • Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement therapy • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of them, and how to restore your body to perfect hormonal balance after having one • The importance of sleep and the healing work that nature does during this time

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florida concierge medicine wellness: Live Raw Mimi Kirk, 2011-06-22 Raw food cookbook for anyone wanting to be healthier Recipes that will lead to whole beauty—you will look and feel beautiful Learn from Mimi Kirk, who is routinely taken to be at least twenty years younger than her age Everyone knows that eating well makes you feel your best. Mimi Kirk is living proof that eating well—ideally raw vegan food—can also make you look younger. Her raw vegan cookbook, Live Raw, shares 120 recipes mixed with must-have advice. She covers topics including: Detoxifying—So Gravity Won't Get You Down What You Need to Eat Every Day and Why Delicious Raw Food Recipes That Won't Scare Off Non-Vegetarians Learn how to feel and look better with Mimi Kirk and this low

fat raw vegan cookbook.

florida concierge medicine wellness: *The Pegan Diet* Dr. Mark Hyman, 2021-02-23

Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With *The Pegan Diet's* food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, *The Pegan Diet* offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

florida concierge medicine wellness: *Ultraprevention* Mark Hyman, 2005-01-04 Offers a science-based, patient-centered program designed to improve overall health, prevent disease, increase energy, enhance mood, diminish stress, and provide better overall health for people of all ages.

florida concierge medicine wellness: *Brilliant Burnout* Nisha Jackson, PhD, 2019-02-26 *Renew Your Passionate Self In Brilliant Burnout*, Nisha Jackson reveals proven and successful testing and treatment strategies, with step-by-step instructions for optimal hormone, brain, and body balance and compelling insights that have helped women all around the world change their lives and step up their game. Learn and use the very tactics explained in this book to beat the big snooze of burning out!

florida concierge medicine wellness: *Women's Health Perfect Body Diet* Cassandra Forsythe, PhD, RD, Editors of *Women's Health* Maga, 2008-12-23 Let's face it—women simply do not shed pounds or build muscle as easily as men do. Drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of *Women's Health*, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. Key features of the *Women's Health Perfect Body Plan* include: • Glucomannan, a soluble fiber that helps dieters feel full faster—and therefore eat less throughout the day • Meal plans that contain at least 40 grams of fiber per day • An adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat) • Dieting techniques that revolve around psychological needs and personal goals and lifestyle • Two diet plans to choose from—one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need) In addition to the customized eating plan—complete with 75 easy-to-prepare recipes—there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks.

florida concierge medicine wellness: *The White Coat Investor* James M. Dahle, 2014-01 Written by a practicing emergency physician, *The White Coat Investor* is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals. Doctors are highly-educated and extensively trained at making difficult diagnoses and performing life saving procedures. However, they receive little to no training in business, personal finance, investing, insurance, taxes, estate planning, and asset protection. This book fills in the gaps and will teach you to use your high income to escape from your student loans, provide for your family, build wealth, and stop getting ripped off by unscrupulous financial professionals. Straight talk and clear explanations allow the book to be easily digested by a

novice to the subject matter yet the book also contains advanced concepts specific to physicians you won't find in other financial books. This book will teach you how to: Graduate from medical school with as little debt as possible Escape from student loans within two to five years of residency graduation Purchase the right types and amounts of insurance Decide when to buy a house and how much to spend on it Learn to invest in a sensible, low-cost and effective manner with or without the assistance of an advisor Avoid investments which are designed to be sold, not bought Select advisors who give great service and advice at a fair price Become a millionaire within five to ten years of residency graduation Use a Backdoor Roth IRA and Stealth IRA to boost your retirement funds and decrease your taxes Protect your hard-won assets from professional and personal lawsuits Avoid estate taxes, avoid probate, and ensure your children and your money go where you want when you die Minimize your tax burden, keeping more of your hard-earned money Decide between an employee job and an independent contractor job Choose between sole proprietorship, Limited Liability Company, S Corporation, and C Corporation Take a look at the first pages of the book by clicking on the Look Inside feature Praise For The White Coat Investor Much of my financial planning practice is helping doctors to correct mistakes that reading this book would have avoided in the first place. - Allan S. Roth, MBA, CPA, CFP(R), Author of How a Second Grader Beats Wall Street Jim Dahle has done a lot of thinking about the peculiar financial problems facing physicians, and you, lucky reader, are about to reap the bounty of both his experience and his research. - William J. Bernstein, MD, Author of The Investor's Manifesto and seven other investing books This book should be in every career counselor's office and delivered with every medical degree. - Rick Van Ness, Author of Common Sense Investing The White Coat Investor provides an expert consult for your finances. I now feel confident I can be a millionaire at 40 without feeling like a jerk. - Joe Jones, DO Jim Dahle has done for physician financial illiteracy what penicillin did for neurosyphilis. - Dennis Bethel, MD An excellent practical personal finance guide for physicians in training and in practice from a non biased source we can actually trust. - Greg E Wilde, M.D Scroll up, click the buy button, and get started today!

florida concierge medicine wellness: Get Lit Lisa Saff Koche, 2018-07-23 You have seen those special people-the ones with a sparkle in their eye, that certain magnetism. They walk in a room, and the room really does light up. They seem healthy in mind and body. The inner journey to become that type of person is the new definition of the phrase, GET LIT. Lisa Saff Koche, M.D., is board certified in Bariatrics and Internal and Integrative Medicine. Decades of research and her own personal medical journey led her to formulate a complete healing plan for the human body starting at the underlying cause - rather than the symptoms. Her goal is to help you escape stress, overcome exhaustion, access more energy, and make way for a happier, more LIT you. In the pages of this book, the information is presented in a unique question and answer format that is captivating and easy to read. She calls the readers to action and provides a ground-breaking program that anyone can follow. Her program approaches your health from three main points: your body, your fuel (food), and your mind. By holistically healing your body, shifting your mindset, and providing a simple yet scientifically-backed nutrition plan, Dr. Koche will bring out your inner light and help you GET LIT. Whether or not medical issues are preventing you from happiness and satisfaction in life, this book will help you unlock the unused potential of your body so that you, too, can GET LIT!

florida concierge medicine wellness: My Journey Through Breast Cancer Eve Preste, 2012-10-19 Eve Preste, aka Eve Dolansky grew up in a small town in Appleton, New York on a large fruit farm. She went to college at Niagara University and Buffalo State College to study journalism. After meeting her first husband, she moved to Florida and had two daughters, Alexis and Sierra. She then, embarked on a 20 year journey in the financial industry. At 45, she was diagnosed with breast cancer. Journaling became her vehicle of deliverance from a bottomless abyss. Writing in her journal allowed a to spend time and make some sense of this surreal dream. By exploring deep within her, she began to develop clarity in the midst of a storm. After yielding to the higher power, it helped her welcome the beauty of the entire situation. As Dr. Wayne Dyer says: When you change the way you look at things, the things you look at change. Perfect health is balanced by a life threatening disease.

Once an equilibrium is maintained, we can understand that opposites are joined together. When suffering comes our way, it is how we respond to it that determines who we become. It was her choice to make a calamity or true gift out of her illness. Rather than lamenting, Eve chose to be grateful for each sunrise, sunset person and circumstance in her life. After being diagnosed with breast cancer, Eve embarked on a new journey of wellness. She hopes to establish a wellness center to help people balance their mind body and spirit. One major event can turn ones life around for the better: we hold true to the saying, Things happen for a reason.

florida concierge medicine wellness: Consumer-directed Doctoring United States. Congress. Joint Economic Committee, 2004

florida concierge medicine wellness: How to Be a Rock Star Doctor Rebekah Bernard, 2015-06-25 This is well-written, accessible and useful, not only for students, residents and new docs but also for seasoned docs struggling with the complexities of today's health care system. -- Jay W. Lee, MD, MPH, FAAFP, President of the California Academy of Family Physicians I want to give this book to all of my physician patients, especially those who struggle with time management. A must read for any novice practitioner as well as the seasoned physician who needs to reboot their practice. -Steven Cohen, PsyD, The Center for Psychology How to be a Rock Star Doctor shows doctors how to get on-stage to achieve clinical and professional success, while avoiding burnout. The key is to follow the Rebekah Bernard's Rock Star rules for running a successful practice that delights patients and delivers financial and emotional rewards to the physician. The Rock Star rules teach the physician to: Convey the qualities that are the most important to patients, leading to clinical success Organize and control the office visit to maximize the patient and physician agendas Optimize time management by the use of clinical tools such as the Problem List and Evidence-Based-Medicine (EBM) Focus on physician-patient face-to-face time to maximize profitability Overcome the challenges of the Electronic Health Record (EHR) on the physician-patient relationship with time-saving methods such as customizable forms Cope with emotionally challenging patients by learning to show empathy, even when you don't feel it Use psychology to maintain your mental health and find work-life balance

florida concierge medicine wellness: Eat For Health Joel Fuhrman, M.D., 2013-01-30 Introduces a nutritional approach to weight loss and the prevention and management of chronic disease.

florida concierge medicine wellness: The Dolce Diet Mike Dolce, Brandy Roon, 2011-10 Inside you will learn recipes used in MMA's top fight camps and easy to follow sample meal plans with gluten-free and vegan options. Plus, workout plans used by today's top athletes and strength and conditioning exercises with instructions and photos.--Back cover.

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