

broadway wellness pc ellen levan md

Broadway Wellness PC: Ellen Levan MD - Your Guide to Holistic Well-being

Are you searching for a comprehensive approach to wellness in the vibrant heart of New York City? Then you've likely encountered the name Broadway Wellness PC and Dr. Ellen Levan. This post delves deep into what Broadway Wellness PC offers, highlighting Dr. Levan's expertise and the unique holistic approach they provide. We'll explore the services offered, the philosophy behind the practice, and answer frequently asked questions to help you determine if Broadway Wellness PC is the right fit for your healthcare needs.

Understanding Broadway Wellness PC and Dr. Ellen Levan MD

Broadway Wellness PC, under the expert direction of Dr. Ellen Levan, is more than just a typical medical practice. It's a center dedicated to integrative and holistic healthcare, prioritizing the interconnectedness of mind, body, and spirit. Dr. Levan's philosophy emphasizes preventative care and personalized treatment plans tailored to each patient's unique needs and goals. This isn't about quick fixes; it's about building long-term health and wellness.

This commitment to a holistic approach sets Broadway Wellness PC apart. Instead of addressing symptoms in isolation, Dr. Levan and her team consider the entire picture, taking into account lifestyle factors, environmental influences, and emotional wellbeing to create a comprehensive plan. This could involve a combination of conventional medicine, complementary therapies, and lifestyle adjustments to promote optimal health.

Services Offered at Broadway Wellness PC

Broadway Wellness PC offers a wide range of services designed to support overall well-being. While the specific services may fluctuate, a typical offering might include:

Preventative Care: Regular check-ups, screenings, and personalized health advice to catch potential problems early. This is a cornerstone of Dr. Levan's approach.

Women's Health: Focusing on the unique needs of women throughout all stages of life, from adolescence to menopause and beyond. This might include hormone balancing, preventative screenings, and management of common women's health concerns.

Hormone Balancing: Addressing hormonal imbalances that can lead to various symptoms like fatigue, weight gain, mood swings, and sleep disturbances. Dr. Levan likely uses bioidentical hormone replacement therapy (BHRT) or other natural methods to achieve balance.

Weight Management: Developing personalized strategies for healthy weight management that go beyond simple dieting, considering factors such as metabolism, stress levels, and hormonal balance.

IV Therapy: Intravenous nutrient therapy to deliver essential vitamins and minerals directly into the bloodstream for rapid absorption and improved cellular function. This can be used for various purposes, from boosting immunity to combating fatigue.

Nutritional Counseling: Guidance on optimal nutrition to support overall health and well-being, helping

patients make informed choices about their diet.

Stress Management Techniques: Providing tools and techniques to help patients manage stress effectively, which is crucial for overall health and preventing various illnesses. This might include mindfulness practices, relaxation techniques, or referrals to other specialists.

Dr. Ellen Levan's Expertise and Approach

Dr. Levan's extensive medical training and experience, combined with her holistic philosophy, makes Broadway Wellness PC a unique and effective healthcare destination. Her focus on preventative care and personalized treatment plans ensures that patients receive the best possible care tailored to their individual circumstances. She likely values open communication and collaborative partnerships with her patients to achieve the best health outcomes. This collaborative approach is essential in fostering a strong doctor-patient relationship built on trust and mutual understanding.

The Benefits of a Holistic Approach to Wellness

Choosing a holistic approach to wellness, as offered by Broadway Wellness PC, provides numerous benefits:

Personalized Care: Treatment is tailored to your unique needs, considering your entire health profile.

Proactive Health Management: Focus on prevention rather than just treating symptoms.

Improved Quality of Life: Addressing the root causes of health issues leads to lasting improvements in your overall wellbeing.

Reduced Reliance on Medication: A holistic approach often allows for reducing reliance on medications by addressing underlying imbalances.

Sustainable Lifestyle Changes: Building habits that support long-term health and wellbeing.

Finding Broadway Wellness PC and Scheduling an Appointment

To connect with Broadway Wellness PC and schedule an appointment with Dr. Ellen Levan, you can likely find their contact information, including phone number, address, and online scheduling options, on their official website or through online directories.

Conclusion

Broadway Wellness PC, led by Dr. Ellen Levan, offers a refreshing approach to healthcare that prioritizes holistic well-being. By combining conventional medicine with complementary therapies and a strong focus on preventative care, they empower patients to take control of their health and achieve a higher quality of life. If you're seeking a more personalized and comprehensive approach to your health journey, Broadway Wellness PC is definitely worth considering.

Frequently Asked Questions (FAQs)

1. Does Broadway Wellness PC accept insurance? This information is best found on their website

or by contacting the practice directly. Insurance coverage varies widely.

1. What are Dr. Levan's hours of operation? Again, this information should be readily available on their official website or by contacting the office.

1. What types of payment methods does Broadway Wellness PC accept? This information should be available on their website or by calling the office. Common payment options include credit cards and possibly health savings accounts (HSAs).

1. Does Broadway Wellness PC offer telehealth appointments? Many practices are now offering telehealth options; check their website or contact them directly to inquire about availability.

1. Is there a waiting list to see Dr. Levan? The length of a waiting list, if any, can vary. It's best to contact Broadway Wellness PC directly to inquire about appointment availability.

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broadway wellness pc ellen levan md: A History of Eastern Kentucky University William Elliott Ellis, 2005 Eastern Kentucky University (EKU) in Richmond, Kentucky, celebrated its centennial in 2006. EKU has had a colorful history, from the political quandaries surrounding the inception of its predecessor institutions to its financial difficulties during the Depression to its maturing as a leading regional university. Reflecting on the social, economic, and cultural changes in the region over the last century, William E. Ellis follows each university president's administration in the context of the times. Interviews of alumni, faculty, staff, and political figures add to the story. A History of Eas.

broadway wellness pc ellen levan md: Radical Embodiment David H Nikkel, 2011-05-26 'Radical embodiment' refers to an epistemology and anthropology fundamentally rooted in our bodies as always in correlation with our natural and social environments. All human rationality, meaning, and value arise not only instrumentally but also substantively from this embodiment in the world. Radical embodiment reacts against Enlightenment mind-body dualism, as well as its monistic offshoots, including the physicalism that reduces everything to component matter/energy at the expense of subjectivity and meaning. It also rejects certain forms of postmodernism that reinscribe modern dualisms. David H. Nikkel develops and explores this perspective of 'radical embodiment' by examining varieties of modern and postmodern theology, and the nature and role of tradition - in terms of linguistic and non-linguistic experience, the religion and science dialogue on the nature of consciousness, and the immanent and transcendent aspects of God.

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mental and physical struggles to deal with along the way. What he hadn't counted on was a chance meeting with 75-year-old East Londoner Reenie before he's hardly started. With her life's luggage in a shopping trolley, complete with an orange tent and her pet cockatiel, Reenie is also walking the M4, and not for charity. As they share a journey their paths stretch out before and behind them into the personal and political turns of European history in ways neither could have foreseen. An impressive and daringly human book from novelist David Llewellyn.

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on civil unions, and describes his positive experiences of growing up in an alternative family in spite of prejudice.

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