

Dr Plumser's

Health and Wellness Newsletter

August 2019



I feel extremely fortunate to be working in such a dynamic industry, particularly at this time in history. Because this time, our time, is a time of incredible change.

There's economic and political change, technological change...which is creating not **only dramatic shifts in our expectations** as consumers, but rapidly increasing the speed at which we are able to make scientific and medical breakthroughs.

All this change creates opportunity, and for me, that opportunity is to provide **more personalized healthcare, a comprehensive plan for lifelong wellness and a greater partnership with my patients** than ever before. Each of us is unique – and with all of the technology and intelligence available to us today, there is **no reason that your medical treatments and engagements with your physicians should not be unique**, as well.

Over the past year, my team and I have continued to look **beyond conventional medicine, integrating functional medicine** into the conversation. We are personalizing healthcare in a way that **focuses on genetics, biochemistry and lifestyle of each patient** to identify and truly correct the root cause of your individual concerns.

With healthcare's changing landscape, there is no longer a need to wait for your annual check-up to have your questions answered or issues addressed. My goal is to foster an ongoing relationship in order to address your overall health and wellness, including your fitness and nutritional concerns.

Plain and simple – **SUPERIOR CARE. OPTIMIZED WELLNESS.** That's my focus.

If you are interested in learning more about what functional medicine can do for you, please reach out to my team at (732) 254-1003 to **schedule your one hour wellness evaluation or to register for one of my FREE upcoming wellness talks.**

Over the course of the evening, we will cover topics like how:

- Counting calories does not impact belly fat
- Hormone imbalances impact sleep cycles, carb cravings and fat burning
- Common exercise mistakes can prevent weight loss
- To naturally manage Crohn's disease and arthritis pain

If you are not able to join me in the coming weeks, check out some of the things other patients are saying about their experiences by visiting <https://www.eliteintegrativehealthcare.com/>

Yours in wellness,
Allan B. Plumser, M.D.

A PHYSICIAN WHO BELIEVES IN TAKING A
PROACTIVE APPROACH TO YOUR HEALTH



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August Wellness Tip

Almonds are highly nutritious and rich in healthy fats, antioxidants, vitamins and minerals.



You can incorporate almonds into your diet as a standalone snack, using as a replacement for breadcrumbs on your favorite protein or blending into your favorite smoothie.

Using almond milk and almond butter are easy ways to add more almonds to your diet. Check out this healthy smoothie recipe for an **easy breakfast on the go**:

- 1 medium to large frozen banana (slice your bananas before freezing)
- 1 heaping spoonful of almond butter
- 2 spoonfuls flax seed
- ½ cup almond milk or grass-fed yogurt
- 1 scoop of your favorite whey protein
- Drizzle of honey, agave nectar or maple syrup
- Tiny drop of almond extract

Meet Our Wellness Team



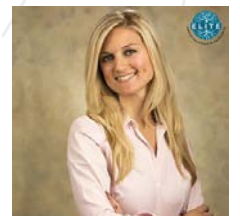
Kim LoSacco (Health coach/fitness director)

Over the last twenty years, Kim has helped thousands of people improve their quality of life. Proper technique and instruction with hands-on care are key to fitness success.



Suruchi Saini (LPC, CCTP)

Suruchi is a Board Certified Licensed Professional Counselor (LPC), Certified Clinical Trauma Professional (CCTP) and a Certified Yoga Teacher who combines a holistic approach with evidence-based research in Psychology and Neuroscience, along with Yoga Philosophy.



Lauren Carey

Lauren is a Registered Dietitian/Nutritionist and the founder of LBS Nutrition LLC, a private nutrition counseling practice serving 3 locations throughout New Jersey. Lauren is certified in Adult Weight Management, helping clients with food sensitivities and she has extensive experience working with bariatric patients.

Did You Know? 60%

of adults 65+ have taken medicines they may not have needed. We can help you figure out if your current medicines are right for you.

