



# VALLEY WELLNESS CENTER

by **ann e. butenas** | photos by **kristoffer heacox of lemonbread photography**

When Dr. Lisa Hunt, D.O., opened the doors to her integrative medical practice, Valley Wellness Center, five years ago, she wasn't just opening the doors to an actual facility—she was also opening the doors to better health, wellness and improved well-being. Through her integration of cutting-edge treatment measures designed to benefit the mind, body and spirit, Dr. Lisa (as she is known to her patients) brings amazing compassion, grace, dedication and experience to her patients in a warm, welcoming and peaceful environment.

As Medical Director of the Center, Dr. Lisa has one clear mission in mind: “To build on every level of your health to achieve the best quality of life.” This award-winning specialist is Board certified in Family Medicine, and Holistic and Integrative Medicine, and a graduate of Western University College of Osteopathic Medicine in Pomona where she graduated in the top three of her class. Dr. Lisa specializes in anti-aging treatments, natural thyroid replacement, bioidentical hormone replacement, weight loss, menopause and

andropause therapy, strengthening the immune system, nutritional support, and neurotransmitter analysis and replacement. This truly is a one-stop shop for embracing the wellness you deserve.

“There are so many people who are not being helped by traditional medicine or even being listened to,” expressed Dr. Lisa. “I am not here to simply mask existing symptoms. I am here to ask questions and make my patients feel as if they are being heard.”

Getting to the root of the problem and focusing on the solution is what Dr. Lisa is all about. That, along with a steadfast commitment to preventative health measures, supports her mission to improve the quality of life for her patients so they can focus on the true joy of living.

Dr. Lisa treats individuals of all ages—men, women and children—and among her premier services are nutritional intravenous (IV) therapy, weight loss, anti-aging, bioidentical hormone therapy, detox and various testing such as ALCAT, Spectracell, Sanesco, Access and Genora.

IV therapy is an option that can offer superb treatment for many conditions where perhaps the use of traditional or oral supplements may render themselves ineffective. For example, Dr. Lisa offers IV treatments for nutritional support, fatigue, amino acids, depression issues and chronic pain. Through the use of IV treatments, depleted vitamin, mineral and amino acid stores can be replenished, and they can also act as significant detoxifiers for optimal cell function.

“We provide a unique prescription for each patient, as no two persons’ needs are alike,” Dr. Lisa stressed. Other conditions that may benefit from IV therapy include malabsorption syndrome, fibromyalgia, gastric bypass, recurring viral infections, nutritional deficiencies, chelation of heavy metals, heart and vascular diseases, anti-aging or inability to take oral supplements. “This is a great means by which to administer vitamin C, B6, folic acid, selenium, calcium gluconate, taurine and other nutrients,” explained Dr. Lisa.

If it is weight loss you desire, Valley Wellness offers a variety of weight loss treatments that combine small regular doses of human chorionic gonadotropin, also known as HCG, along with an individually-tailored restricted calorie diet that allows for the release of abnormal fat, returning the body to a healthy condition. It is effective in restoring the natural balance to the body by enabling the hypothalamus to eliminate chemical build-up that could be a contributing factor in one’s inability to lose weight. In addition to weight loss, patients who use HCG realize improved sleep, lower blood pressure and cholesterol levels, more energy, softer skin, an improved outlook and even a boost of self-confidence.

The idea behind Dr. Lisa’s integrative approach is to restore balance to one’s life with the latest in integrative medicine, and the results clearly speak for themselves, as evidenced by one of Dr. Lisa’s satisfied patients who subsequently became a staff member.

“I have been a patient of Dr. Lisa’s for well over 10 years,” said Kim Beltrami. “Among other issues, she has also treated me for weight loss and nutrition guidance. I lost 27 pounds in 33 days on the HCG protocol, and continued to lose a total of 57 pounds under her care and guidance. I have maintained the weight loss for 14 months and counting. After being her patient for over 10 years, she brought me in as her office manager in January 2012. I am now blessed to be working for her and serving her patients. Dr. Lisa is more than my doctor—she is a true friend. She is compassionate about her patients, and feels each and every patient is a true blessing in her life.”

The passion Dr. Lisa expresses for her patients and the services she offers is undeniable. Each patient receives her undivided attention, compassion and respect. In fact, she encourages them to call upon her as needed.

“I provide them with access to me via e-mail,” she said. “I am here to truly listen to them and respond effectively, efficiently and with compassion. I want this to be a welcoming place where we can restore vitality to people’s lives. I love what I do and am so grateful to be here.” ■

For more information, visit Dr. Lisa Hunt, D.O., and Valley Wellness Center at 1300 Mabel Avenue, Suite C in Modesto, call them at 209-577-2799 or go online at [drlisahunt.com](http://drlisahunt.com).



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