



MARK HYMAN, MD, the founder and medical director of The UltraWellness Center, is dedicated to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach called Functional Medicine. He is a family physician, a four-time New York Times bestselling author, and an international leader in his field. Through his private practice,

education efforts, writing, research, and advocacy, he empowers others to stop managing symptoms and treat the underlying causes of illness, thereby tackling our chronic-disease epidemic.



ELIZABETH BOHAM, MD, RD, is Board Certified in Family Medicine from Albany Medical School, specializing in Functional and Integrative Medicine. In addition, she has her undergraduate degree in nutritional biochemistry from Cornell University and a graduate degree and Registered Dietitian degree from Columbia University. Dr. Boham

joined Dr. Hyman and The UltraWellness Center team in 2007. Prior to that she practiced integrative medicine at Canyon Ranch in Lenox, MA and was a partner with Albany Clinical Nutrition Specialists.



TODD R. LePINE, MD, graduated from Dartmouth Medical School and is Board Certified in Internal Medicine, specializing in Integrative Functional Medicine, and has advanced clinical training through the Institute for Functional Medicine. Prior to joining The UltraWellness Center, he worked as a physician at Canyon Ranch in Lenox, MA, for 15 years.

Dr. LePine's focus at The UltraWellness Center is to help his patients achieve optimal health and vitality by restoring the natural balance to both the mind and the body.



PIER BOUTIN, MD, is a graduate of the University of Florida Medical School and is Board Certified in Orthopedic Surgery. She has a fellowship in Total Joint Replacements, training in Sports Medicine, and through The Institute for Functional Medicine. Before joining The UltraWellness Center to practice Orthopedic Functional Medicine, Dr. Boutin

taught at the University of Florida Medical School in Gainesville; practiced for 12 years in Fort Lauderdale; and later joined Berkshire Orthopedic Associates in Great Barrington, MA.

Location

The UltraWellness Center is located in downtown Lenox, Massachusetts in the heart of the beautiful Berkshires. We are approximately 1 hour from the Albany International Airport in Albany, NY and approximately 1 ½ hours from Bradley International Airport in Hartford, CT.

Information

Please visit our website
www.ultrawellnesscenter.com
for more information about our center
or call (413) 637-9991. To sign up for
Dr. Hyman's weekly online newsletter
go to www.drhyman.com.

Contact

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The UltraWellness Center
YOUR KEY TO LIFELONG HEALTH AND VITALITY

Your key
to *lifelong* health
and *vitality*

Lifelong health

and vitality are our birth-right. Few of us know why we lose them or how to get them back. At The UltraWellness Center, we are committed to helping every patient reach optimal health by identifying each person's unique causes of disease. Diet and lifestyle modifications are used in combination with specialized nutritional testing, medications and dietary supplementation to treat individual needs. This approach is used to create wellness as well as to treat chronic, complex medical problems.

At The UltraWellness Center we practice a new model of medicine that combines the best diagnostic tools from conventional medicine with emerging tests and tools that help us identify critical imbalances that are at the root of all illness. We practice patient centered, not disease centered, medicine.

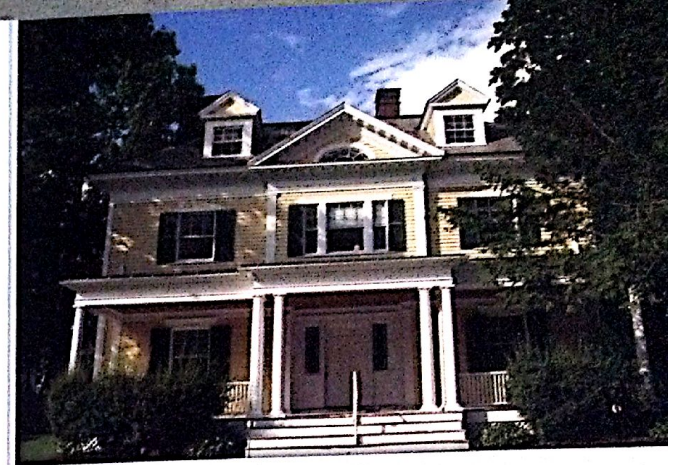
Commonly Treated Conditions

- » Acne
- » Alzheimer's Disease and Dementia
- » Arthritis
- » Asthma
- » Autism Spectrum Disorder, ADD, ADHD
- » Autoimmune Diseases including lupus and rheumatoid arthritis
- » Cancer Prevention and Treatment Support
- » Chronic Fatigue
- » Chronic Sinusitis
- » Depression and Anxiety
- » Detoxification and Healing
- » Diabetes
- » Digestive Disorders (colitis, Crohn's, irritable bowel and reflux)
- » Eczema/Psoriasis
- » Elevated Cholesterol
- » Environmental and Food Allergies
- » Fatigue
- » Female Disorders (PMS, Menopause, Infertility, PCOS)
- » Fibromyalgia
- » Healthy Aging
- » Healthy Weight and Metabolism
- » Heart Health, including heart disease and high blood pressure
- » Interstitial Cystitis
- » Mercury and Heavy Metal Toxicity
- » Metabolic Syndrome, Pre-Diabetes, Insulin Resistance
- » Migraines and Headaches
- » MS (Multiple Sclerosis)
- » Orthopedic problems and chronic pain
- » Osteoporosis
- » Parkinson's disease
- » Restless Leg Syndrome
- » Sleep/Insomnia
- » Thyroid and Adrenal Disorders
- » And any chronic health problem!

Functional Medicine is a new method of diagnosis and treatment. By understanding the core systems of the body, how they become imbalanced, and how to restore balance, most chronic illnesses can be prevented or cured. This is not alternative or even integrative medicine. Functional medicine is the medicine of the future, available now.

At The UltraWellness Center, all of our physicians, nutritionists and nurses are all trained in functional, integrative and nutritional medicine. They work closely as a team and utilize a comprehensive approach to helping, and supporting, each patient along their journey to lifelong health.

OUR WISH is to have everyone say, "I didn't know I could feel this good."



MAGGIE WARD, MS, RD, LDN, is the Nutrition Director at The UltraWellness Center. Maggie holds a Master's degree in Nutrition from Bastyr University, which places a whole foods, holistic approach on nutrition therapy. In addition, she has extensive clinical training through the Institute for Functional Medicine. She tirelessly and patiently supports

our patients to transform their nutrition to support health, providing advice, menus, comprehensive plans and consistent support and encouragement. She leads our team of experienced nutritionists who are critical to the healing of our patients.



KATHIE SWIFT, MS, RD, LDN, is a Registered Dietitian and Licensed Nutritionist and holds a Master's degree in Food and Nutrition from Arizona State University. Before joining Dr. Hyman at The UltraWellness Center in 2005, Kathie spearheaded the Functional Medicine program at Canyon Ranch in Lenox, MA, where she served as

Nutrition Director for 10 years. Kathie is an extraordinary health care professional, guiding, coaching, encouraging and challenging our patients towards robust health.



DEBORAH PHILLIPS, MS, LDN, is a licensed dietetic nutritionist and holds a Bachelor's degree in Nutrition from Cornell University and a Master's degree from Russell Sage College. Deb has additional training in functional and integrative medicine through the Institute for Functional Medicine. She joined The UltraWellness Center in 2007.

Deb is committed to each of our patients and brings the full force of her mind, heart, and experience to each encounter.