

About Dr Ehle

Dr. Eric Ehle was born and raised in Texas. He earned a Bachelor's degree in Nutritional Science from Texas A&M and went on to attend Texas College of Osteopathic Medicine at the University of North Texas. Dr. Ehle received his family medicine training at Maine Dartmouth Family Medicine Residency, one of only eight residency programs with an integrative medicine component, and was elected Chief Resident in his third year. Dr. Ehle is board-certified in Family Medicine, Medical Acupuncture and Integrative Medicine, an accomplishment only a few physicians across the country have achieved. In addition to his private practice, Dr. Ehle is an Assistant Professor at Texas Tech University, supervising and teaching family medicine residents the importance of integrative family medicine. In his spare time, Dr. Ehle enjoys spending time with family, soccer, church, photography, running, and biking.

About KC Devine

Katherine "KC" Devine has over 20 years of experience as a Registered Nurse in a variety of settings. She was born and raised in Albuquerque. She completed high school in Hawaii and earned her Bachelor's of Nursing from the University of Hawaii. As an Army Nurse, KC specialized in Pediatrics and spent most of her Army career in the Neonatal Intensive Care Unit. She moved to Amarillo in 2013 and practiced as a Nurse Practitioner in a pediatric clinic until joining Well Life Family Medicine in November 2015. She loves partnering with her patients to help them reach their goals. Katherine also enjoys reading, yoga, and volleyball.



Helping you get well,
stay well, and live well

Hours:

Monday	8 am - 6 pm
Tuesday	8 am - 6 pm
Wednesday	9 am - 6 pm
Thursday	8 am - 4 pm
Friday	9 am - 1 pm

The office is closed from 12-1 for lunch
Most insurances accepted

1926 Civic Circle
Amarillo, TX 79109

Telephone: (806)355-9355 (WELL)
FAX: (806) 340-7975



welllifefm.com



Helping you get well,
stay well, and live well





Formula For Good Health



No Smoking



Healthy Eating



Healthy Weight



Daily Exercise



Adequate Sleep

Restoring your Health Naturally with Nutrition, Manipulation, Acupuncture, and Integrative Medicine

In our practice, we believe that prevention is the key to lifelong health and wellness. We are committed to helping you get well, stay well, and live well. It is our mission not only to heal, but to inspire and motivate our patients to embrace a healthy, active lifestyle.

OUR SERVICES

INTEGRATIVE FAMILY MEDICINE

As an integrative medical practice, we provide innovative, quality family healthcare by combining both conventional and alternative medicine. Our aim is to treat the patient, not just the symptoms. This "best of both worlds" approach provides patients with options for managing their concerns while addressing the underlying causes of their illness. Routine primary care is provided for the entire family, including physicals, gynecological care (such as pap smears), same day visits for acute conditions, and chronic disease management.

FUNCTIONAL MEDICINE

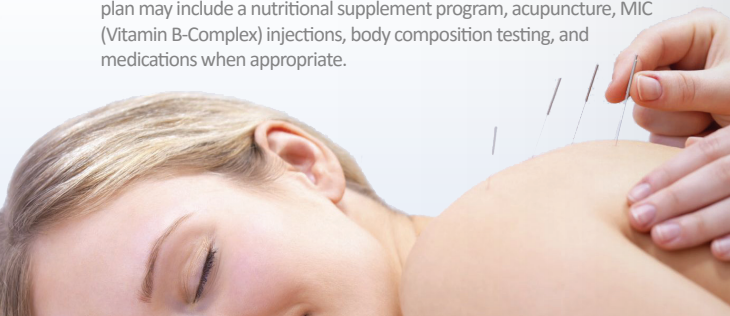
Functional medicine is a personalized, evidence-based approach to healthcare that effectively addresses the origin of disease. Factors such as genetics, family history, diet, lifestyle, stress, and environment can all influence health and illness. Evaluating these factors provides a deeper understanding of the whole person. This allows for change at the root level, which improves health, vitality, and longevity.

NUTRITION

We strongly believe that food can either be your best medicine or your slowest poison. Evaluating the impact of your diet is an essential step toward achieving your wellness goals. We aim to help you develop a nutritional food plan based on your medical needs. Dietary counseling and classes are also available.

WEIGHT LOSS

Our program is designed for all individuals wanting to optimize health, prevent disease, and lose weight. Our weight loss program is designed to fit your specific needs – it is not a "one size fits all" approach. Your personalized plan may include a nutritional supplement program, acupuncture, MIC (Vitamin B-Complex) injections, body composition testing, and medications when appropriate.



OSTEOPATHIC MANIPULATION

Osteopathic manipulative treatment, or OMT, is hands-on care. It involves using the hands to diagnose, treat, and prevent illness or injury. It is also used to encourage your body's natural tendency toward good health. With OMT, we re-align your muscles and joints by utilizing techniques such as stretching, gentle pressure and resistance, cranial treatments, and spinal adjustments.

ACUPUNCTURE

Medical acupuncture is an effective treatment for pain management, energy balance, and conditions such as digestive issues, menstrual irregularities, and emotional disorders. Dr. Ehle has studied with numerous acupuncturists and practices several styles, including French Energetics, Traditional Chinese Medicine, Auricular Acupuncture, YNSA, and Five Element.

PROLOTHERAPY & ULTRASOUND GUIDED PLATELET RICH PLASMA (PRP) INJECTIONS

Prolotherapy, short for "Proliferative Therapy," and PRP are non-surgical treatments that stimulate the body's healing mechanisms, rejuvenating and strengthening tendons, ligaments and joints. These treatments are effective for treating connective tissues that have been overused or injured by common sprains, strains, sports injuries, musculoskeletal pain, joint pain, disc degeneration, or common aging.

BIO-IDENTICAL HORMONE REPLACEMENT

You may benefit from Bio-identical Hormone Therapy (BHRT) if you experience mood swings, hot flashes, night sweats, poor sleep, fuzzy thinking, decreased sex drive, lack of motivation, headaches, or weight gain. We prescribe BHRT for both men and women in various forms including pellets (inserted under the skin surface), patches, creams, vaginal suppositories, pills, and injections.

LABS

In addition to conventional lab tests, we also offer comprehensive thyroid panels, cardiovascular risk assessments, and many alternative laboratory evaluations. Available testing includes digestive studies, food sensitivities, antioxidant and nutritional deficiencies evaluation, hormonal assessments, heavy metal levels, genetic testing, and more.

ALLERGY TESTING & TREATMENT

Well Life Family Medicine has a comprehensive allergy testing and treatment program. We perform skin or blood testing for food and airborne allergies, and also offer food sensitivity testing. For treatment options, we provide either traditional allergy shots or oral allergy drops. Nutrition, acupuncture, homeopathy, herbal supplements, and oral medications can be added to strengthen and support your immune system and better control your symptoms.

Get tested. Get treated. Get better.
Treat the cause, not the symptoms!

OTHER TESTING AND THERAPIES

Testing Available:

VO2 Max Testing, Body Composition Analysis, Basal Metabolic Rate Testing, Max Pulse Evaluation, HeartSmartIMTplus, Overnight oximetry, 24 Hr BP monitoring, Pulmonary Function Testing

Therapies Offered:

LiveO2 Exercise with Oxygen, Sunlighten Full Spectrum Infrared Sauna, Whole Body Vibration, Heart Math EMWave, Alpha-Stim M, Spinal Decompression



welllifefm.com