

## About Dr Ehle

Dr Ehle was born and raised in Texas. He received a Bachelor's degree in Nutritional Science from Texas A&M and then attended 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 8 residencies whose program has an integrative medicine component. As a third year resident, he was honored to be elected chief resident. Dr. Ehle is board certified in not only Family Medicine but also in Medical Acupuncture and Integrative Medicine, an accomplishment only a few physicians across the country have achieved. In addition to his private practice, he works part-time as an assistant professor at Texas Tech University, supervising and teaching family medicine residents the importance of integrative family medicine. In his spare time he enjoys spending time with family, soccer, church, photography, running and biking.

## About Sherri Drinnon

Sherri Drinnon was born and raised in the Texas Panhandle. She has 25 years of experience in the healthcare field. She graduated from Vega High School and then achieved her BSN in Nursing from West Texas A&M University in 1992. After graduation, she worked in pediatrics, primary care and labor and delivery before returning to WTAMU to complete her Family Nurse Practitioner in 2000. During her career she has taught at West Texas A&M and worked as a nurse practitioner in the areas of primary care, pediatrics, women's health and public health. Sherri is married and has 3 children. She enjoys spending time with family, gardening, snow skiing, golfing and being involved in church and school activities.



Helping you to get well,  
live well, and stay 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

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FAX: (806) 340-7975



[welllifefm.com](http://welllifefm.com)



Helping you to get well,  
live well, and stay 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

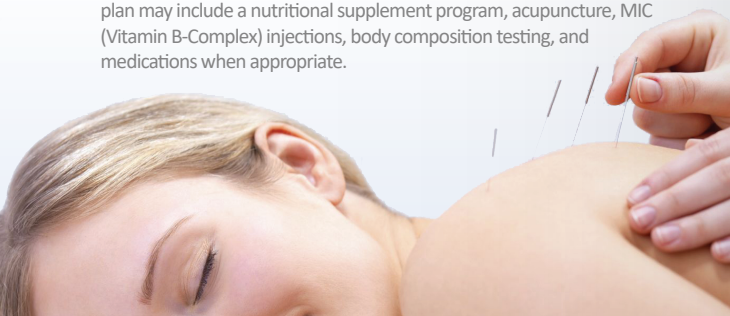
Functional medicine is a personalized, evidence-based approach to healthcare that effectively addresses the origin of disease. Factors such as genetics, family history, diet, lifestyle, stress, and environment can all influence health and illness. Evaluating these factors provides a deeper understanding 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 BIO-CELLULAR (STEM CELL/PRP) REGENERATIVE INJECTIONS

Biocellular treatment refers to the very latest advances in non-invasive medicine by using your own healing mechanisms. By use of important biologic additives from your platelets (PRP), combined with your own (autologous) adult adipose (fat) stem cells & stromal cells, many patients are returning to work and leisure activities earlier and without the need for open surgery!

### 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, HeartSmartMTplus, 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



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