**Home Page**

Logo with brown background

Wellness by Urban Health is a fusion of conventional medicine and holistic approaches to provide the tools you need to achieve optimal health and vitality.

Our Team

Jaime C. Gonzalez, M.D.

Medical Director

Teresa Cruz

Wellness Center Manager

Yahaira Rodriguez

Medical Aesthetician

TFH Kinesiology Practitioner

Wendimere Reilly, RDN LDN

Integrative Functional Nutritionist

B.S. Nutrition & Dietetics, Florida State University

Testimonials

“I came to this practice a couple of months ago and have been impressed with Dr. Gonzalez and his staff. Especially impressive is that this practice has a Dietitian on staff who can help you even more.”- Tami B.

Contact Info

245 W. Hwy 50, Clermont Fl 34711

352-717-4800

Follow Us on Social Media

Facebook Icon- <https://www.facebook.com/urbanhealthfl>

Instagram Icon- https://www.instagram.com/urbanhealthfl/

**Page 2 (Hormone Replacement, MedSpa, Nutrition)**

**Services**

Hormone Replacement Therapy

[Pellecome](http://www.pellecome.com/) bioidentical plant-based hormone pellets for both men and women. A convenient method of delivering the hormones that you need, when you need them. No pills to remember to take or messy creams. Potential benefits include:

Better Sleep & Energy

Weight Loss

Improved Sexual Desire & Performance

Reduction in Menopausal Complaints

**MedSpa**

Kinesiology

Kinesiology focuses on nerve connections with muscles in areas of tension or weakness, addressing deficits or imbalances through stimulation and movement. We use muscle testing as a method of biofeedback to identify imbalances in the body’s energy system.

Using a holistic approach, we rebalance the body’s energies and activate the body’s intrinsic healing process, creating a sense of effortlessness and well-being.

Kinesiology has been used successfully to help with acute and chronic pain, physical and emotional tension, stress and anxiety, fatigue, improving coordination and balance, stroke recovery, migraines and autism.

Platelet Rich Plasma (PRP) & Hylauronic Acid Injections

Rebuild and repair knee tissue. Helps with pain and potentially postpone and/or avoid knee surgery.

**Nutrition**

Our [Registered Dietitian](http://thehealthchic.com/accepting-new-patients-at-urban-health-clermont-florida/) and Integrative Functional Nutritionist designs custom programs tailored to your needs, lifestyle and budget. Got a simple question? Book a quick “Ask the RD” appointment. Ready to commit to a wellness plan or need help with a chronic disease? Book a la carte sessions or save with our nutrition package.

Specialties include: Autoimmune disorders, Celiac Disease, Chronic Kidney Disease, Diabetes Management, Food Sensitivity, Geriatric Nutrition, Nutrigenomics, Meal Planning, Oncology Nutrition, Parkinson’s Disease, Vitamin & Supplement Review, Specialty Labs and Weight Loss.

Want more nutrition support and guidance? Attend a class, listen to a [podcast](https://podcasts.apple.com/us/podcast/the-health-chic-podcast/id1444501546?mt=2). Be sure to follow us on [Instagram](https://www.instagram.com/urbanhealthfl/) or [Facebook](https://www.facebook.com/urbanhealthfl) for upcoming classes or nutritional tips.

Nutrition Consultation Prices

Initial Assessment- $115 (75min)

Follow-Up Visits- $25 (15min ), $45 (30min), $75 (60min)

Ask the RD- $25 (15min)

Nutrition Package- $225 (initial assessment, 6 fifteen minute follow-ups)

**Page 3 (Products, Supplements)**

**Products**

**IV Infusion Lounge**

Hydration, Multi-vitamins and Specialty Infusions. Performance hydration for athletes. Immune and Recovery formulas for overindulgence or to get you back on track after being ill. Chelation Therapy using EDTA. Historically considered an “alternative treatment,” chelation therapy is now being studied by the [National Institute of Health](https://nccih.nih.gov/health/chelation) for its potential benefit for Coronary Artery Disease.

IV infusions bypass the gut and deliver key nutrients and fluids directly into the bloodstream for quick and easy absorption and utilization. Revive and repair or detoxify at the cellular level. Professional administration and medical supervision. Our medical doctors are always on-site during treatments.

Curious as to if an IV infusion or Chelation Therapy is right for you? Book a brief consult with our on-site Integrative Functional Nutritionist. (link to Nutrition).

**Supplements**

[Biomedical Farms CBD Products](https://biomedicalpharms.com/)

Nano-emulsified, THC free CBD oil, gummies, topical creams and vape products. A quality product that offers [verification](https://biomedicalpharms.com/certificate-of-analysis/) to ensure that you are getting the ingredients that you expect without residual solvents.

Xymogen

Family owned, pharmaceutical grade supplement manufacturer. Professional products that deliver targeted results. Their [Xymozyme](https://www.xymogen.com/formulas/products/278) broad spectrum digestive enzyme is a favorite amongst all of our practitioners.

[Metagenics](https://urbanhealth.metagenics.com/)

Safe, reliable nutritional solutions that work. This product line provides rigorous testing for proper ingredient sourcing. Innovative, evidenced based formulas. Our preferred supplier for [Ketogenic](https://urbanhealth.metagenics.com/ketogenic) products and [Specialized Pro-resolving Mediators](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5242505/). The [SPM Active Formula](https://urbanhealth.metagenics.com/spm-active) aids in reducing inflammation. Another favorite of our practice is [Hemp Advantage](https://urbanhealth.metagenics.com/hemp_advantage) for those that prefer an encapsulated version of CBD oil.