

Conditions We Treat

Integrative medicine and functional medicine focus on allowing the body to heal and regulate itself by living nutritionally and physically well. With a whole-body approach, we can help identify the root cause of chronic medical issues as well as prevent and reverse lifestyle-related diseases and conditions including:

- Chronic fatigue
- Food sensitivity
- High blood pressure
- Hormone imbalance
- Inflammation
- Insomnia
- Joint pain
- Menopausal symptoms
- Thyroid concerns
- Vitamin D deficiency
- Irritable bowel syndrome
- And more

Resources and Support

We provide education and personalized services to help your body and mind heal. You have access to resources on topics such as gluten- and dairy-free diets, bio-identical hormones, nutrigenomics, anti-inflammatory approach and stress and serenity.

Individualized Treatment Plans

Our specially trained providers focus on the whole person and the foundation of your health. Your provider will work with you to determine your health needs based on a whole-body approach. Treatment is tailored for the individual and may integrate some of the following methods in addition to conventional medicine:

- Advanced nutrition
- Functional medicine
- Metabolic medicine
- Mind-body wellness
- Mindfulness-based stress reduction
- Nutrigenomics
- Botanicals
- Targeted supplements



Fullscript Online Dispensary is a national dispensary for integrative and functional medicine practices. Our clinicians have chosen this to provide quality nutraceutical products right to your doorstep. Ask a team member about how to get started.

Group Appointments

Patients can build a support network and spend additional time with our care team with group appointments. These appointments give you the knowledge and tools to reach your personal optimal wellness, with a whole team by your side. Ask a care team member for more information to select the group appointment that's right for you.

All group appointments are considered an office visit and will require co-pay at the time of the visit, determined by your insurance. Group appointments are subject to our office cancellation policy.

New Patients

Whether you come to us with chronic medical issues or to develop a preventative plan for healthy aging, our commitment is to listen and to help you find the tools that will help you meet your goals.

At PPG – Integrative Medicine, your collaboration with our providers will be the key to your success. We will review your various lifestyle factors that play a role in your healing and maximize them in a way that best aligns with your current situation.

Please call our office at 260-425-5970 to schedule a new patient appointment.

What is **Integrative Medicine**

Nutrition, aging, stress, lifestyle habits and environment can increase the genetic risk for disease and influence hormones and brain chemicals that determine your physical and emotional health. Vibrant living and the prevention of disease happens when your body is at its best.

Integrative medicine is healing-oriented and emphasizes the relationship between provider and patient, ensuring a full understanding of your inner well-being. Our practices are based on a scientific understanding of how the body reacts to circumstances within itself. Our bodies are capable of self-rejuvenating and healing so that we can feel alive and well again.

Four Pillars of Health

By focusing on the four pillars of health, we can seek out the root cause of chronic medical conditions to prevent, treat and reverse lifestyle-related diseases. The Four Pillars of Health include:

- Nutrition
- Physical Activity
- Stress Management
- Sleep

Parkview Physician Group -
Integrative Medicine

1234 E. Dupont Road, Suite 3
Fort Wayne, IN 46825

260-425-5970

Parkview.com/integrativemedicine

 **PARKVIEW**
PHYSICIANS GROUP
INTEGRATIVE MEDICINE

08/2020

Make time
for your body.
Your health.
Your life.



 **PARKVIEW**
PHYSICIANS GROUP
INTEGRATIVE MEDICINE