

## **A Note from Dr. Nevels**

My practice focuses on the issues that affect women from living a healthy and joyful life. The spiritual and emotional aspect of a person is just as important as the physical. To become truly healthy all 3 must be in alignment. I have helped women who suffer from PMS, menopausal symptoms, painful menses, uterine fibroids, anemia, irregular cycles, abnormal pap smears, vaginal infections, PCOS, osteoporosis, anxiety, depression, and fatigue.

It is important to understand the value in preventative medicine. Even though women are most concerned about breast cancer, it has been shown that heart attack, stroke and other cardiovascular diseases are ten times more common. Fortunately, there are specific lab tests that can assess your risks as well as herbs, nutritional supplements, diet and lifestyle counseling to address this issue. It is important to understand that you don't have to feel sick to come to the doctor. Education is the best tool. Learn what supplements you should be taking, foods you should be eating and stress-reduction techniques to keep you living a healthy and happy life.