

WELCOME

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WELCOME TO



TEXAS CENTER FOR
LIFESTYLE MEDICINE

www.texascenterforlifestylemedicine.org

Welcome to our Tribe!

We know what it's like to feel as if you are just another number, lost in the medical system, alone, and overwhelmed with no real answers to your illness or pain.

This absolutely should not be the case. Life is much too short to be enslaved to undesirable symptoms and unresolved pain! This is why we pride ourselves in delivering very unique services to our community in order to guide our patients toward lasting healing.

We join forces with medical communities that have the same vision as us: to help patients like you on their way to recovery, with a individualized and integrative approach. We believe that everybody should have access to nutritious food, wellness education, efficient natural healing tools, and community support... All of which are shown to impact chronic illness favorably. Our patients want to get better through lifestyle changes and natural methods instead of remaining completely dependent on medicine prescribed by doctors.

Thank you for trusting us to walk alongside you in your health journey.

Cheers,

Dr. Cheng Ruan

YAY!

HELLO



MEET THE

TEAM



Dr. Cheng Ruan, MD

Dr. Ruan has a unique approach to practicing medicine, implementing both western and and alternative lifestyle changes to guide patients toward living their optimal lives. He comes from a family of Chinese Medical Doctors who use food and other natural regimens as medicine.



Dr. Deema Farah, MD

Dr. Farah is a Family Medicine Physician who assesses our new patients and passionately encourages them to make positive lifestyle changes that support their unique needs in order to reduce the need for prescription medications.



Dr, John Kelley, Integrative and Functional Medicine MD

Dr. Kelley is a Family Medicine Physician, highly skilled in both Functional and Integrative Medicine. He specializes in brain health, as he is certified in the Bredesen Protocol, a cutting edge method in treating and preventing neurodegenerative diseases.

MEET THE

TEAM



Michelle Rodriguez, Nurse Practitioner

Michelle is trained in functional medicine and is passionate about helping patients optimize their gut health and transform their sleep quality through the use of in- depth testing, sleep studies, and more.



Amy Bryant, Nurse Practitioner

Amy is a master of helping patients get to the root of complex conditions that many practitioners shy away from, while providing supportive therapeutic elements, and individualized protocols for her patients. Amy specializes in Functional Medicine and Infusion Therapy.



Ashleigh Chavez, Nurse Practitioner

Ashleigh empowers patients to take an active role in their health journey. She guides patients in their healing process through the use of individualized IV infusions and other functional tools that promote lasting improvements and increase quality of life.

MEET THE

TEAM



Geny Moreno, Mind-Body Medicine Practitioner

Geny is paving the way for the use of Mind-Body skills in a clinical setting. She holds a certification in Functional Diagnostic Nutrition, but her heart is in training patients to use powerful tools in order to resolve trauma, improve emotional resiliency, and cope through life's challenges in order to heal mentally and physically. She has graciously used her own painful experiences to develop tools and guide others in their healing process.



Ruben Lespron, Registered Dietician

Ruben is the most passionate person about food that you will ever meet! He knows that the real challenge is not only knowing what to eat, but implementing knowledge in a sustainable way in day to day life. Ruben has a way of keeping patients accountable to accomplish their goals, while compassionately holding space for them.



Dr. Francesco Amico, PhD

Dr. Amico uses the latest neurotherapy tools to promote emotional resiliency and optimal brain function for our patients. He uniquely tailors Neurofeedback Brain Training programs for each patient enrolled via Myndlift's technology based on their brainwave activity. He regularly monitors their progress and provides feedback based on their goals.

MEET THE

TEAM



Franklin Liao, Lifestyle Chef

Chef Franklin encourages patients to step out of their comfort zone when it comes to cooking. He shares healthy cooking skills and meal prepping strategies through virtual group Kitchen Behavior Training sessions.



Melissa Talwar, National Board Certified Functional Medicine Health Coach

Melissa faced her own health challenges after several injuries, with no real hope provided by the medical system after receiving unclear diagnoses and no guidance. Using Functional and Integrative Medicine principles she was able to reclaim her health and is now on a mission to empower patients to find wellness again through health coaching.



Carla Moss, National Board Certified Health and Wellness & Functional Medicine Health Coach

Carla coaches women navigating cardio-metabolic issues, gut issues, autoimmune conditions, and hormone imbalances such as PCOS, adrenal dysfunction, thyroid dysfunction, estrogen dominance, peri-menopause, and menopause. She has used her own health struggles as motivation to continue guiding others in their healing journey.

MEET THE

TEAM



Wendy, National Board Certified Functional Medicine Health Coach

Wendy specializes in Functional, integrative lifestyle medicine bringing in the five pillars of wellness to those suffering from autoimmune disorders, adrenal fatigue, thyroid dysfunction, digestive disorders, mold, weight loss and those wanting to prevent or reverse chronic health conditions. She leads through the lens of experiencing her own chronic health journey.



Elizabeth McHugh, Head of Coaching for Intensive Transformation Group Coaching Programs

Elizabeth is a Nationally Certified Coach who designs, facilitates, and oversees coaching programs used in TCLM. She implements behavioral health and wellness strategies to ensure excellent organization and delivery of highly effective group coaching programs.



Jillian Reissig, Outreach Coordinator

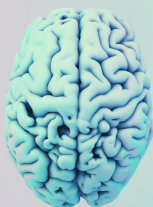
Jillian coordinates patient care through provider and organization outreach. Quality patient care is very personal to her, as she has walked through health challenges of her own. She wishes to use her former experiences to ensure patients receive the highest quality care at each step of their healing process. She holds certifications in Health Coaching and Molecular Genetic Technology.

OUR SERVICES



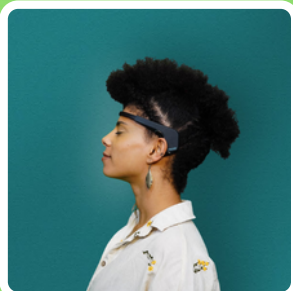
Individualized, Unique Provider Care

Rather than masking symptoms, providers use cutting-edge methods to get to the root of disease. We provide individualized care, tailoring treatment plans that are unique to each patient's needs. Both the mental and physical aspects of health are addressed through in-depth testing, non-conventional treatment plans, and powerful tools, to promote overall healing.



Brain Mapping

Ready to get to the bottom of your brain and mental health? With this state-of-the-art, brain mapping technology, patients get to the root of their cognitive health struggles. With clear diagnostic information, patients are able to discover their next steps in order to improve their relationships, boost emotional resiliency, increase energy levels, improve memory, and transform their overall mental health.



Technology Guided Neurotherapy.

Improve focus, memory, and enhance emotional resiliency with training you can do anytime, from anywhere! This brain training includes non-invasive neurofeedback activities that may be completed in the comfort of your home and reviewed by expert, Dr. Francesco Amico, who designs protocols specific to your brainwaves. Dr. Amico monitors progress and updates patients' activities, ensuring optimal brain function is achieved.



Mind-Body Medicine

Have you ever felt stuck in life, as if you are operating on autopilot with no control of your thoughts or responses? Discover and implement powerful mind-body tools to develop self awareness, cope with life's challenges, improve responses to triggers, resolve trauma and emotional turmoil, and learn healthy ways of expressing emotions. From breath-work, to meditation, tai-chi, and group share sessions, we have a plethora of tools for you! Have your pick from virtual or in-person, one-on-one or group opportunities to enhance your mind-body skills.



OUR SERVICES



Infusion Therapy

IV cocktails tailored to your specific medical needs. Infusions may benefit those with micronutrient deficiencies, immune deficiencies, those needing detoxification support, those with poor metabolic function, chronic fatigue, dehydration, dysautonomia, post viral syndrome, low blood pressure, chemical sensitivities, mold exposure, those needing immune support during and after cancer treatment.. and more! Infusions are ordered by Amy Bryant and Ashleigh Chavez.



Kitchen Behavior Training

Want to eat healthy but don't know how to get started in the kitchen? Lifestyle Chef, Franklin Liao and Ruben Lespron, RD, lead a virtual space where patients can share obstacles and learn valuable tips, tricks and healthy cooking hacks from the ultimate health foodies! Members walk away with healthy food inspiration, resources, and tools needed in order to jumpstart their healthy cooking progress!



In-Person and Virtual Group Coaching Programs

Coaching sessions led by Dr. Cheng Ruan, Geny Moreno, and Ruben Lespron regarding various important aspects of health. Sessions include nutrition education, mind-body medicine skills, development of emotional resiliency and self-awareness, as well as the background physiological mechanisms of the development of chronic illnesses.



Intensive Health Transformations Programs

A community-driven program designed by doctors and coaches who passionately guide members toward health and resiliency through education, guidance, group support, and ongoing accountability within a safe and supportive virtual space. The goal is to not only heal physically, but undergo character transformation with like-minded individuals.



OUR SERVICES



Medically Tailored Meals

Where food meets evidence-based medicine- Meals are prescribed and tailored specifically to your medical needs, and may even be covered by medical insurance. We prescribe ours through the cleanest source of food: Nutrition for Longevity. They provide high quality, organic, plant-based meals designed to support metabolic and immune function.



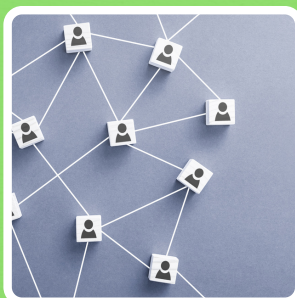
TCLM University

Learn at your own pace through online courses specific to your health goals/medical diagnosis. Courses are taught by leading experts in the field, various guest speakers, practitioners, and coaches who provide you with the latest evidence-based health education and healing methods. You don't have to wait for an appointment to start making progress!



One on One Coaching (virtual and in-person)

One on one coaching may be an excellent option for those in need of additional support, intimate guidance, and accountability with a trusted coach supporting you each step of the way. One on one visits are a great way to establish a customized plan for you and be provided with more time and attention to address your needs and obstacles. Both nutrition coaching sessions and Mind-Body Medicine visits are available.



Collaborative Care

We partner with leading health experts and health organizations in the Houston area, as well as in virtual spaces, in order to deliver the highest quality care and optimal patient outcomes. We know it takes a village to heal, and we have developed an ecosystem consisting of healthcare specialists and workers committed to seeing you heal.



FAQ'S

Q: What is Lifestyle Medicine?

A: Lifestyle medicine takes into consideration your habits pertaining to nutrition, sleep, exercise, and stress in combination with your environmental exposures, and propensities in order to create a healthcare plan tailored to your needs and goals.

At TCLM, both western medicine and alternative methods are used in order to create a healing plan that targets both the physical and mental factors pertaining to wellness.

Non-conventional testing may be used to get to the root of disease vs. masking or managing symptoms. Lifestyle medicine address the person's whole being, psychologically, physically, spiritually, and socially in order to heal.



Q: Who might benefit from services at TCLM?

At TCLM, our services have been proven to prevent and promote positive outcomes for the following conditions and more:

- Gut issues (ranging from IBS, to SIBO, Crohn's disease, UC, etc.
- Cancer Support (During and post treatment)
- Metabolic diseases including diabetes management, obesity, heart disease, cholesterol issues, etc.
- Hormone Imbalances, including PCOS and thyroid disorders
- Those struggling with their brain/mental/neurological health, including anxiety/depression, ADD, cognitive decline, alzheimer's, brain fog, Mold Illness
- Dysautonomia/POTS
- EDS (Ehlers Danlos Syndrome)
- Primary Care Services
- Those looking to reclaim their health and safely get off of medications

Q: Does TCLM collaborate with other specialists/providers?

A: Yes, we do! In fact, we believe that it often takes a village in order to heal, so we love partnering with other experts and specialists, including but not limited to biological dentists, cardiologists, chiropractors, sleep specialists, ENT's, psychologists, and other health organizations in the Houston Community. Don't be surprised if you receive a referral from us if we believe it will help you along your path to wellness!



FAQ'S

Q: Does TCLM accept Insurance?

A: We sure do! Check out a list of Insurance Plans we accept here:

If you have further questions regarding your benefits, please give us a call!



Q: I don't have a PCP, does TCLM offer Primary Care services?

A: Absolutely, yes, we would love for you to be a part of our community. We also provide annual wellness visits and general checkups!

Q: Do I have to be seen by a provider before joining a community group or taking part in other health services listed?

A: Yes and no. In order to receive mind-body coaching, neurofeedback training, or other specific protocols/therapeutic tools, you must first be seen by a provider.

However, you may be referred by an outside physician or book with Ruben Lespron, Registered Dietician, without being seen by a provider in house. Intensive Transformational Group Coaching Programs are also open to all to join! Contact our clinic to learn more and get scheduled!

Q: Will Clinicians at TCLM prescribe medications?

A: Providers at TCLM are able to prescribe but will always utilize lifestyle changes as the primary tool to improve your health!



FAQ'S

Q: Is Lifestyle Medicine Effective in disease treatment and prevention?

A: The short answer is yes!

We have collected extensive data over the years of practicing lifestyle medicine. Here are some of the facts/statistics:

- TCLM is recognized by the ADA (American Diabetes Association) for creating lifestyle and medical programs that have shown to significantly reduce participant's a1c, a diagnostic marker for Type II Diabetes.
- Health Coaching is at the heart of lifestyle medicine. Data has shown that those who attend Health Coaching sessions drastically improve their a1c (diabetes marker) and overall wellness.



Q: What does a patient's journey at TCLM look like as a newly established patient?

A. Depending on your goals, your current health status, and the type of resources you need in order to reach your goals, your provider will establish an individualized plan with you at your initial consultation. This may include a recommendation for one on one health coaching, group visit programs, neurofeedback, additional testing/procedures, access to online communities, educational material, prescribed nutrition protocols, and more.

Because practitioners in our clinic have their own unique expertise, you may be referred to various physicians within our clinic in order to receive the specific care you need.



Contact us or scan the QR code to get started!
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