

Dr. Brody's Personalized Natural Medicine

Winter Newsletter

Winter, 2018-2019



A New Year, a New You!

Just as the new year gives us a chance to change our calendars and turn the page towards new opportunities, it also gives us the drive to make some positive changes in our lives. Whether the goal is working towards a healthier lifestyle or simply learning more about ourselves and how we can move forward, Dr. Brody can help us find the answers. Just as the largest of changes in our lives can happen in a moment, sometimes it's the smallest of changes that can make the biggest difference over time. Whether it's a dietary change or an additional supplement, Dr. Brody can help us take the first step into something new.

[Schedule your appointment here!](#)

What Does Your DNA Say about Nutrition?

by **Vinny Brophy**



Curious about your DNA? We can help!

At Personalized Natural Medicine, we believe that treatment plans should be as unique as the individual receiving them. DNA holds the answers to many of our questions, telling us about our ancestors, our heritage, and with improvements made by modern science, DNA can tell us about how different ingredients react within our bodies. Based on countless hours of research, we can tell what kinds of foods people should eat or avoid to feel better and get rid of specific health issues.

Dr. Brody can run tests to learn what your DNA is trying to tell you, or he can use a pre-existing test to determine what foods and supplements are best for you. Learn what's right for you so you can make the most out of your holiday meals!

[Read more on our website!](#)

Personalized Natural Updates!

Starting in January 2019, Dr. Brody is adding a new room to his practice! With the additional space, we are looking to add another specialist so we can take care of a wider variety of needs for you! Stay tuned for updates as we add another member to our team!

New Financial Policy

We have a new updated financial policy! For any new patients - or returning patients booking appointments in 2019 - we'll send you a new form to sign with all the new information. Rates aren't changing, this is just to clarify a question for those who go through insurance.

Business Hours

Monday 11am-9pm

Wednesday 10am-4pm

Friday 10am-7pm

Saturday 9am-4pm

[Have a question? Send us an email!](#)

Thank you for taking the time to read about the practice. We wish you all a warm and cozy winter!

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