

A Recipe for a Healthier America

by Dr. John R. Principe

Founder, WellBeingMD[®], LTD
Creating Wellness, Transforming Lives

Faced with being overweight, hypertensive, and with abnormalities in his lipid metabolism, Dr. John Principe at age 50 was on course for ill health and disability. Frustrated with conventional approaches to these issues, he took responsibility for his life, and slowly through the fundamental principles of nutrition, physical fitness and mindful living, educated and nurtured himself to better health. This journey took him to conferences and authorities across the country where he learned the necessary components to living a life in balance.

Subsequently, in 2009, he designed A RoadMap to Wellness, which is his fully integrated program for lifestyle change that can return an individual to optimal health. He began offering this to patients in an innovative method, the "group medical visit", where he is able to teach, discuss, and address individual issues related to lifestyle issues in six - 2 hour weekly sessions. These sessions are covered by most private insurances and Medicare. Assessing the need for continuing wellness education, Dr. Principe in 2010 constructed the WellBeingMD[®] Center for Life. The center is a 2,400 square foot facility that houses one of the first physician operated healthy teaching kitchens in America and is located in his office complex. The space also provides programs in continuing wellness education, functional physical activity, and mind-body integration for stress reduction. This is complemented by treatment rooms for acupuncture, chiropractic and massage therapy.

With now over 500 individuals that have graduated from this program, Dr. Principe's lifestyle medical approach has received both local and national recognition. A RoadMap to Wellness was recognized by David Eisenberg, MD Director of Harvard's Healthy Kitchens, Healthy Lives, as an exemplary model of how to transform health care by focusing on wellness and self care. Individual testimonials of lives transformed bear witness to the WellBeingMD[®] mission, Creating Wellness, Transforming Lives:

The RoadMap to Wellness changed my life by giving me the tools I needed to overcome the unhealthy habits that I have developed over my short lifetime. I started the program as a 45 year old man, overweight, out of shape, and looking for help. Since starting The Road Map to Wellness, I have lost 65 pounds, was taken off medication for high blood pressure, acid reflux, and improved the quality of life for me and my family. - M.B. Chicago, IL

A RoadMap to Wellness class is given throughout the year.

For more information, please visit the WellBeingMD[®] website, www.wellbeingmd.com, or either email us at wellness@wellbeingmd.com or call the office at **708.448.9450**.

Dr. Principe and his WellBeingMD[®] staff pride themselves on putting the "WE" in wellness.