



Back On Track Guide

Regain Control of Your Health Journey

WITH RENOWNED FUNCTIONAL MEDICINE EXPERT

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I've been a physician for a very long time now and during all of my years of practice, I've seen all types of patients from all walks of life. You name it, I've probably seen it.

As a doctor, I can try my hardest to help patients with all of my years of experience, skills and knowledge but if a patient isn't willing to take the First Step to Success on a journey to get well that I'm about to reveal to you...then it can lead to a life of unnecessary pain and even more suffering.

LET ME HELP





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My goal as a functional medicine doctor isn't to tell you WHAT to eat or HOW you should live your life. My job is to educate, examine and then give you the power to execute on what you know to be true.

Dr. Douglas J. Pucci

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Discover the Power of Personalized Care and Take Charge of Your Well-being

One of the most frequent questions I get when new patients join my practice is "Where do I start to get healthy?" My answer typically is "You take the first step, however small that may be."

As a functional medicine-trained practitioner, I look at the root causes of what's impairing your body's normal function, and then devise a game plan to restore your body's innate healing potential. So rather than giving you bandaid solutions, I'd love for you to start thinking about the following:

When Your Lab Tests Come Back Normal

Have your lab tests come back as normal - yet you don't feel that way? It's important to understand that "normal" is just an average of the population, not what's "optimal" for you. So beyond what the lab tests say... What do you feel is happening?

Lifestyle Changes To Address Lifestyle Diseases

A lot of people are looking for the "magic bullet" to fix their condition - whether it's diabetes, acid reflux, IBS or autoimmune diseases. But for lifestyle-driven diseases, the fix is lifestyle changes. So reflect on where your lifestyle is sabotaging your health

How Your Environment Influences Your Health

Many times, it could be things in your immediate environment (think mold in your home, poor water quality, toxic beauty products or household cleaners) that can contribute to chronic health complaints. More often, it's your internal environment that's out of whack. It helps to test!

The Corrosive Nature Of Stress & Chronic Inflammation

Inflammation is a useful response after an acute injury. But when it turns into a persistent state of inflammation, it is often the silent driver behind many diseases and the major cause of accelerated aging. How is your body adapting to physiological + mental stress?

How Stealth Infections Could Be To Blame

One of the often overlooked causes for low energy and chronic complaints are stealth infections and yeast overgrowths that usually go undetected by conventional practitioners. Have you been checked to see what's going on inside your GI system?

Optimizing Metabolism & Energy

When your body cannot convert food into energy, mitochondria (your body's energy generators) are unable to function their best. It's no wonder that you're

constantly fatigued. Nutrient deficiencies as well as impaired detoxification pathways could be to blame - so you may need to evaluate mitochondrial status.

Hormonal Imbalances

Hormones are the quintessential messengers that regulate critical functions in your body - so when your hormones are out of balance, everything is out of balance (think stubborn weight, fatigue, hot flashes, low libido and depression). What's your hormonal health?

What To Look For In A Doctor

At Pucci Wellness, we believe that health is not just the absence of disease, but a state of profound wellness and resilience. As such, we feel it's important to optimize cellular health and prioritize prevention - rather than just fixing what's obviously broken. Do you feel adequately supported by your current health provider to tackle your chronic health & wellness challenges?

As you make your way through the following pages, jot down any questions that come up for you. Sometimes it's general questions, but oftentimes, it's very specific questions pertaining to your situation that deserve a more in-depth conversation.

Once you're ready, book your **First Step to Success Call** by clicking the link & completing the form. I can't wait to meet you! ~**Dr. Pucci**

Regain Control of How You Feel

Are you feeling frustrated with your current healthcare experience? Struggling to find answers to your health concerns? It's time to get back on track and experience the benefits of working with our expert doctor who specializes in functional medicine. Let us guide you towards a personalized treatment plan that addresses the root causes of your health issues and helps you achieve optimal well-being.

Why Getting the Right Lab Tests is Essential for Detecting Root Causes & Personalizing Your Treatment Plan

-  **Uncover the Hidden Truth:** Generic lab tests often fall short in identifying the underlying causes of your symptoms. Our doctor utilizes advanced functional lab tests that dig deeper, revealing crucial insights into your body's functioning, hormones, nutritional deficiencies, and more.
-  **Tailored Treatment Approach:** Armed with comprehensive lab results, our doctor will develop a personalized treatment plan that targets the root causes of your health concerns. Say goodbye to cookie-cutter approaches and experience the power of personalized care that is uniquely designed for you.
-  **Optimize Your Well-being:** By addressing the root causes of your health issues, you can achieve long-lasting results and improve your overall well-being. Discover

the transformative potential of functional medicine and unlock a new level of vitality and vitality.

Your Complaints No Longer Fall on Deaf Ears: How You Can Finally Get the Care You Deserve

- Empowerment Through Education: Learn why we do what we do. We'll provide you with valuable insights and practical strategies to ensure your voice is heard and your needs are addressed.
- Partnership With You and Our Support: We believe in a collaborative approach to healthcare. We'll work together as a team, empowering you with the knowledge and tools to navigate your health journey.
- Comprehensive Evaluation: Experience the difference of being listened to and understood. Our doctor will take the time to conduct a thorough evaluation, ensuring that no symptom goes unnoticed and every concern is addressed.

Managing the Medication Merry-Go-Round: Tips for Avoiding the Slippery Slope

- Simplify Your Regimen: Juggling multiple medications can be overwhelming. Our doctor will review your current medicines and provide insights where he can to streamline your regimen or know when it's time to ask your prescribing doctor for a review.

-  Holistic Approach: We'll explore alternative treatment options, including natural remedies and lifestyle modifications, to reduce your reliance on medications you don't want and promote holistic well-being instead.
-  Continuing Support: Our doctor will provide ongoing guidance and support through 1-to-1 health coaching. Together, we'll monitor your progress, make necessary adjustments, and ensure that you're on the right track to optimal health.



Ready to Get Back On Track? Take the First Step to Success Today!

Don't let frustration and uncertainty hold you back from living your best life. If you have not already met with Pucci Wellness, schedule your [First Step to Success](#) "Discovery" Call and experience the personalized care and support you deserve. Take control of your health journey and embark on a path towards renewed vitality and well-being.

 Click the link below to book your appointment and receive your complimentary First Step to Success Call:

[**CLICK HERE**](#)

Get a Sneak Peek into Your Health Journey: Introducing Our Comprehensive Testing Packages

At our natural healthcare practice, we understand that seeing is believing. That's why we offer a range of comprehensive testing packages that provide valuable insights into your health and help guide your treatment plan. Here's a sneak peek into the kinds of testing packages we offer for addressing hormonal imbalance, gut health, and managing anxiety & stress:



Hormonal Harmony Package:

Uncover the underlying causes of hormonal imbalances and regain control of your well-being. This package includes advanced hormone testing to assess levels of estrogen, progesterone, testosterone, thyroid hormones, and more. By understanding your unique hormonal profile, we can develop a targeted treatment plan to restore balance and alleviate symptoms such as fatigue, mood swings, and irregular periods.



Gut Health Assessment:

Discover the key to optimal health through a comprehensive gut health assessment. This package includes cutting-edge tests that analyze your gut microbiome, digestive function, food sensitivities, and intestinal permeability. By

addressing gut health issues, we can help improve nutrient absorption, enhance immune function, and alleviate digestive discomfort, bloating, and inflammation.

Stress & Anxiety Management Profile:

Take a proactive approach to managing stress and anxiety with our specialized testing package. This comprehensive profile evaluates various factors that contribute to stress and anxiety, including cortisol levels, neurotransmitter balance, micronutrient deficiencies, and adrenal function. By identifying the root causes of your symptoms, we can develop a personalized plan to support your mental well-being and restore balance in your life.

Immune Resilience Assessment:

Take charge of your immune health and address the lingering effects of long COVID with our Immune Resilience Assessment. This comprehensive testing package is designed to evaluate key markers of immune function, identify potential deficiencies, and uncover any underlying factors contributing to immune system dysregulation.

This package includes advanced tests such as immune cell profiling, cytokine analysis, viral panel testing, and assessment of key micronutrients essential for immune function. By understanding the state of your immune system, we can develop a personalized plan to support immune resilience, enhance recovery from long COVID, and reduce the risk of future infections.

And that's not all.

These testing packages are just a glimpse into the comprehensive assessments we offer. Our expert team will guide you through the process, interpret the results, and develop a personalized treatment plan tailored to your specific needs. We believe in a holistic approach that considers the interplay of various factors affecting your health and well-being.

Ready to take the next step? Book a FREE 15-30min Minute First Step to Success "Discovery" Call today and gain deeper insights into your health with our comprehensive testing packages. Together, we'll embark on a transformative journey to help you reclaim your vitality and live your best life.

Don't wait any longer—take a sneak peek into your health and uncover the path to optimal well-being. Click the link below to schedule your First Step to Success Call now:

[**CLICK HERE**](#)

Let us be your partner in health and guide you towards a brighter, healthier future. We can't wait to join you on your health journey!

*Please note that the specific testing packages may vary based on your health needs, the details of your case and available resources.



Get the Health Guidance You Desperately Need from me

I believe that what we offer changes people's lives. But, health transformation is not something I can do for you....it's a health journey we are on together. To find a solution that suits your life and meets your needs, start by making your First Step to Success Call.

[Apply Now](#)

