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Clinic Sofia OBGYN Adds Functional Medicine Consulting

*Physician Assistant Allie Nowak now certified
as a Kresser Institute Trained Provider.*

MINNEAPOLIS (Oct 17, 2017) — Clinic Sofia OBGYN, which offers personalized care to meet the comprehensive needs of women, announces its patients now have access to a functional medicine specialist to consult about a variety of health issues. Physician Assistant Allie Nowak has completed her training with Kresser Institute, the only functional medicine and evolutionary health training company, and is now an ADAPT Trained Practitioner.

Clinic Sofia, with locations in Edina and Maple Grove, is one of the first OBGYN clinics in the Twin Cities to add functional medicine consulting to its suite of services. The clinic decided to offer functional medicine in response to a growing number of patients interested in a more holistic approach to dealing with chronic health issues or looking to live a healthier lifestyle.

“At Clinic Sofia, we’ve always taken a very thorough approach to women’s healthcare, to address the myriad factors that impact their health and happiness,” said Dr. Donna Block, founder of Clinic Sofia. “With Allie’s new functional medicine certification, we are pleased to offer our patients another level of support on their journey to better health.”

Patients who may benefit from functional medicine consulting include those experiencing weight gain, sleeplessness, anxiety, depression, low libido, headaches, fatigue or who have been diagnosed with polycystic ovary syndrome, perimenopause, menopause, thyroid disorders or fertility issues. Nowak will work with patients to help address the root cause of

their condition and devise an individualized plan that emphasizes preventative health through various lifestyle changes.

“When we address diet, lifestyle, environment and the mechanisms that underlie our systems, we can often prevent or even reverse the most chronic disease,” said Nowak. “I look forward to working one on one with Clinic Sofia patients to help them gain a more complete picture of their health and supporting them in taking steps to feel better and be healthier.”

Current or new patients interested in a functional medicine consultation can contact Clinic Sofia at 952.922.7600.

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, was founded in 2004 and is known for its personalized approach to healthcare that centers around giving women the tools, guidance and resources to help them stay healthy and happy. Today, Clinic Sofia serves thousands of women throughout the metro and is consistently ranked as one of the top OBGYN clinics in the area. For more information, please visit www.clinicsofia.com

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