

Patient of the Month

David G.

WHAT HAS YOUR EXPERIENCE BEEN LIKE AT BEST LIFE FUNCTIONAL MEDICINE?

Outstanding! I had the privilege of not only working with Dr. Libby but also with Coach Lydia and Coach Lauren. It didn't matter if the concern was about blood work or nutrition or just life, each of them have helped me in their unique way.

HOW HAS YOUR HEALTH IMPROVED WHILE WORKING WITH DR. LIBBY AND HER TEAM?

Less stress, feeling better, lost weight, and sleeping 7 to 8 hours a night.

WHAT DO YOU LOVE THE MOST ABOUT FUNCTIONAL MEDICINE?

Being looked at as an individual instead of as an average.

ANYTHING ELSE YOU'D LIKE TO SHARE?

Be patient and trust the process.



PREFERRED SUPERPOWER

Time travel.

RECENT HEALTH HACKS

Meal planning.

FAVORITE HEALTHY FOOD

Home made pasta sauce.

TOP HOBBIES

Target shooting, travel and time spent with friends.

FAVORITE VACATION SPOT

Anywhere a cruise ship can take me. No phone/no internet so that I can unplug and relax.

FAVORITE BOOK OR PODCAST

The Bible in a Year with Father Mike