

Patient of the Month

Sara S.

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

I have learned a lot! Videos, live question and answer sessions, in-depth reviews of test results, Monday Morning thoughts, book suggestions, and personal chats have helped me learn about my health and the protocol for resolving health issues.

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

My health has been slowly and steadily improving. I look forward to continuing the journey with Dr. Libby and her team.

WHAT DO YOU LOVE THE MOST ABOUT FUNCTIONAL MEDICINE?

I really like the way Functional Medicine digs deep into finding the cause and allows you to work along with the doctor in developing a plan to optimize your health. Dr. Libby and her staff are great examples of working together with patients. Their guidance and support is encouraging.

ANYTHING ELSE YOU'D LIKE TO SHARE?

“Life is Good” 😊



RECENT HEALTH HACKS

I have been switching from coffee to tea.

FAVORITE HEALTHY FOOD

Any fresh fruit or vegetable I can harvest from my garden.

TOP HOBBIES

Watching grandkids in their school and college sports and activities, gardening and pottery.

FAVORITE VACATION SPOT

Naples, Florida - by the beach of course!

FAVORITE BOOK OR PODCAST

The Untethered Soul is one of my favorites but I like to mix in humorous books by comedians like Carol Burnett.