



Who Can Benefit?

Patients with chronic conditions (chronic pain, diabetes, high blood pressure, high cholesterol, etc.).

Individuals wanting to lose weight or gain energy.

Anyone motivated to improve their overall health and quality of life.

Those looking to eliminate or reduce tobacco, alcohol, and other harmful substances.



RegenLife

Call to schedule an appointment with our Primary Care Services today!

OH Office

RegenLife Center
3328 Westbourne Dr,
Cincinnati, OH 45248
513-506-9075

KY Office

RegenLife Center
162 Barnwood Drive,
Edgewood, KY 41017
859-957-0700

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Lifestyle Medicine

**A Healthier You,
Starting With
Everyday Choices.**



What is Lifestyle Medicine?

Lifestyle Medicine is a medical approach that uses evidence-based lifestyle changes to prevent, treat, and even reverse chronic diseases.

Instead of focusing only on medications, lifestyle medicine empowers you to take control of your health through small, sustainable changes.

The Six Pillars of Lifestyle Medicine

Nutrition

- Focus on a balanced diet
- Reduce processed foods and added sugars
- Fuel your body for energy, healing, and long-term wellness

We offer dietitian services and GLP-1 treatments.

Physical Activity

- Aim to get moving everyday.
- Movement improves heart health, strength, mood, and sleep

We offer Exercise Therapy.

Restorative Sleep

- 7–9 hours of quality sleep helps your body heal and your mind recharge
- Good sleep reduces stress, boosts memory, and strengthens immunity

We offer redlight therapy and brain tap that can promote relaxation and help with your sleep.

Stress Management

- Mindfulness, breathing, and relaxation practices
- Lower stress = better blood pressure, heart health, and emotional balance

We offer behavioral health and social services.

Avoidance of Risky Substances

- Eliminate or reduce tobacco, alcohol, and other harmful substances
- Protects your heart, lungs, liver, and overall well-being

Our lifestyle team can help with tobacco cessation and help find other resources.

Healthy Relationships

- Supportive social connections improve mental health and resilience
- Positive relationships are linked to longer, healthier lives

Our team is here to help you!

Why Choose Lifestyle Medicine?



Proven to reduce risk of heart disease, diabetes, obesity, and more



Helps you improve energy, mood, and focus



Complements or reduces the need for medications in many cases



Focuses on long-term, sustainable health