

# Dr. Eliza Parker MD details Cadella Medical Spa's approach to wellness

*Chicago's Dr. Eliza Parker MD takes both beauty and wellness incredibly seriously and details some of her methods here*

CHICAGO, ILLINOIS, UNITED STATES, September 24, 2018 / EINPresswire.com/ -- At [Cadella Medical Spa and Wellness Center](#), Dr. Eliza Parker MD and her team take a [patient-centered approach](#) toward wellness. Using clinical and scientific evaluation to customize the most beneficial treatment plans for clients, the business has earned its title as one of the city's most highly regarded medical spas.

"It's never too early or too late to improve your quality of life by making healthy lifestyle changes," suggests Dr. Parker. This approach, says the doctor, allows Cadella Medical Spa and Wellness Center to provide personally customized treatment plans, ensuring that clients receive precisely what they both want and need.

Cadella Medical Spa's wellness services currently include integrative medical and nutritional consultations, bioidentical hormone replacement therapy, and temporomandibular joint headache treatments among others and alongside a range of weight loss and detoxification programs. These are supported by medical grade supplements and full laboratory testing.

Explaining integrative medical and nutritional consultations in more detail, Dr. Parker reveals that at Cadella Medical Spa, nature and science are blended artfully together for the process. "Through science-based salivary hormone tests, we're able to assess female and male hormones, for example, as well as hormones connected to stress. With this information, my team can customize a herbal and nutritional supplement plan to aid the body in restoring natural balance," says Dr. Parker.

Cadella Medical Spa and Wellness Center's preferred weight loss option meanwhile is built around a medically designed protocol and focuses on two key components. "These components," explains Dr. Parker, "are sustainable weight loss and healthier lifestyle education to assist clients in maintaining their results after dieting."

Dr. Parker's program features structured weight loss while supporting muscle mass and fosters a new understanding of how food affects, and is utilized by, the body, including what causes fat storage.



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Cadella Medical Spa and Wellness Center

"With weekly one-on-one coaching, lifestyle education, and guidance, Cadella Medical Spa's personalized approach to setting weight loss goals, based on clients' health profiles, supports weight loss while improving blood sugar and cholesterol levels, and reducing blood pressure," Dr. Parker adds.

Lastly, Dr. Parker touches on laboratory testing. "At Cadella Medical Spa, full laboratory panels are used to determine if clients are suitable candidates for particular treatments, such as bioidentical hormone therapy," explains the doctor.

"These full laboratory panels," she adds, wrapping up, "also provide much of the necessary information needed to carefully and individually customize a fantastic wellness plan for each client's personal needs."

To find out more about Dr. Eliza Parker, Cadella Medical Spa and Wellness Center, or to set up a consultation, please visit <https://cadellamedspa.com/>.

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