

# Launch of Start Healthy Magazine – February 2025

*The Center for Intentional Health is proud to announce the launch of the inaugural issue of Start Healthy magazine, set to debut in February 2025.*

OVERLAND PARK, KS, UNITED STATES, January 30, 2025 /EINPresswire.com/ -- [The Center for Intentional Health](#) Launches Start Healthy Magazine: A New Era of [Functional Medicine](#) Awareness

The Center for Intentional Health is proud to announce the launch of the inaugural issue of Start Healthy magazine, set to debut in February 2025. This publication marks a significant milestone in bridging the gap between traditional and functional medicine, empowering individuals with evidence-based and integrative approaches to health and longevity.

The featured article, Embracing Functional Health: A Personalized Path to Health, sets the stage for this exciting new publication. It explores how functional medicine shifts the focus from symptom management to root-cause resolution, emphasizing nutrition, lifestyle, [integrative therapies](#), and personalized healthcare.

## A Philosophy Rooted in Education & Personalized Care

The Center for Intentional Health believes that knowledge is the foundation of health empowerment. The practice is built on the philosophy of providing clients with up-to-date, evidence-based educational resources through seminars, functional medicine consultations, and integrative wellness strategies. By combining clinical expertise with innovative therapies, the Center ensures that clients receive not only accurate information but also access to cutting-edge treatments that help support progress and sustain long-term results.



Start Healthy Magazine - Reach New Heights This Year!

Through Start Healthy Magazine, readers will have access to expert insights and practical guidance on the latest research and therapies, including:

- Personalized Healthcare – How functional medicine adapts treatments based on individualized considerations.
- Integrative Therapies – Exploring IV nutrition, peptide therapy, interventions to improve longevity and cognitive processes, and more.
- Preventative Strategies – Clinical nutrition, movement, stress management, and metabolic health optimization.
- Client Success Stories – Real-world transformations showcasing the power of intentional health.

### **\*\*What Readers Can Expect from \*\*Start Healthy**

Each issue will introduce new cutting-edge treatments, lifestyle insights, and practical guidance to support individuals in achieving optimal wellness. The magazine will be available digitally and in print, serving as a trusted resource for those seeking an intentionally designed, science-backed approach to their health journey.

### Join Us in This Movement Toward Intentional Health

The February 2025 issue is just the beginning! As we continue to expand Start Healthy, we invite readers to explore monthly topics, expert interviews, and exclusive content designed to empower lasting wellness transformations.

For more information, media inquiries, or partnership opportunities, please contact:  
The Center for Intentional Health, Inc.

### About The Center for Intentional Health

The Center for Intentional Health is a leader in functional medicine and integrative wellness, offering science-driven, patient-centered care to support optimal health, longevity, and disease prevention. We are committed to redefining the future of healthcare through community education and clinical expertise.

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