Health and Wellness Expert Dr. JoAnn Campagnuolo of JAC Wellness Recently Feautred on Close Up Radio



FREEHOLD, NJ, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Doctor JoAnn Campagnuolo is the founder of JAC Wellness, but truly she is much more than a name or set of initials could ever explain. She is a woman with extensive knowledge and training in health sciences and nutrition, and a solid foundation of caring for people's health needs. She holds a Master's degree in Nutritional Medicine. She later received a medical degree from New York College of Osteopathic Medicine and did a residency in anesthesiology. Eleven years later she turned and did a fellowship in functional medicine. She has a clear passion for fitness and health, and helping people to overcome conditions related to age, hormones, or metabolic function. In 2018 she founded her own business, a concierge style medical service, which helps people by listening intently, answering their concerns, providing timely intervention, and utilizing a variety of up-to-the-minute therapeutic and assessment solutions.

When JoAnn, a former bodybuilder who competed at the national and international levels, had menopausal symptoms and underwent a hysterectomy, she understood the patient's dilemma. Her concerns were dismissed, she was told to just deal with it, and she felt nobody really listened or cared. By learning to identify and treat her own health challenges, she was able to expand her skills and help others as well.

She now supports both men and women who are coping with hormonal changes, weight gain, fatigue, and other factors that interfere with their health and quality of life. Dr. JoAnn supports

people through weight loss journeys and bariatric surgery, provides hormonal replacement therapy, and offers peptide treatments for better sleep, brain and thyroid function, and elevated wellness. Nutritional counseling and changes are usually part of the regime.

"Doctors didn't always understand women in their 40s. There is a better way to go through life than feeling sluggish or yelling at your kids. I'm doing my best to test, analyze, and help women preserve wellbeing and longevity. We have to listen to our bodies, and take the best care of it, because well, you only get the one."



By coming to the Close Up Radio podcast, she hopes to raise awareness of health and wellness and being your own best advocate. In addition to seeing patients, she does lectures around Florida to help spread the word. She tells people to do extra testing, know their calcium score, and understand the endocrine system. When first meeting a patient, she will fully conduct and assess blood testing, refer clients to other health professionals (such as a cardiologist or OB/GYN), and guide clients on how to make the choice that feels best for them.

This enlightened doctor realizes that many of the services she offers might not be covered by traditional health insurance plans, but she says you will get what you pay for in terms of her time and attention. She is even amenable to treating people on a barter system if they have a valuable service to offer in return.

“I get most of my new patients by referral, so I know it’s all working. There is one guy, an Iron Man competitor, who posts about how I enhanced his ability. And there is a young woman who lost 20 pounds and now sleeps well and has no more headaches. This is what makes me happy--when I hear how my passion and hard work make the difference for someone. I can help anyone to be their best self, safely and confidently.”

Learn more about all that JAC Wellness offers people everywhere from its New Jersey base. Telehealth and Zoom appointments can be arranged, and appointment times will vary with the intake one being the longest.

Close Up Radio recently featured JoAnn Campagnuolo of JAC Wellness in an interview with Jim Masters on Tuesday September 1st at 3pm Eastern

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For more information about this amazing woman and her health passions, visit www.jacwellness.org

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