



We Make a Great Team!

By Melissa Parra, CFNP

As a Family Nurse Practitioner of 14 years, I am really excited to join Dr. Weiss' practice. Over the 15 years I've known Dr. Weiss, I have enjoyed exchanging knowledge and information about Herbal Medicine and Nutritional supplements (shared passion subjects). It is very rewarding to consult together and share case studies, as we are both deeply committed to utilizing the very best that Western and Alternative medicine have to offer; and by utilizing *both* we can provide optimal care to our patients. The qualities of kindness, integrity and a vast knowledge of medicine are qualities we also both share, which makes for an easy flow through the day in working together.

Throughout my career, I have worked with a variety of patients from infants to adults of all ages. In my role as a Primary Care Provider, I bring a strong background in both Western and Alternative Medicine to my patients. Specialties include Bio-identical hormone replacement for women and men. Treatments are customized and unique to each individual. By testing hormones with saliva or blood work and conducting an extensive history of the patient's symptoms and goals as well as a physical exam, the majority of their health issues are alleviated.

If you have symptoms such as weight gain or loss, fatigue, stress, thyroid or bowel issues, fibromyalgia, food allergies, to name a few, I can help. Some of my clients are athletes or in the body building profession. My *In Body Machine* provides an accurate percentage of body fat, lean muscle, Basal Metabolic Rate, water intake and segmental muscle analysis. These reports are used to gauge their training goals.



As someone with both a Native American and Hispanic background, I believe in the importance of addressing the spiritual and mental aspects of the individual as well as the physical...essential for the body to be in "harmony" or balance.

The most important part of my job is "you" and listening to what your goals are. So many practitioners have ten minutes or less to deal with their patients' concerns and many leave not understanding what their lab values mean, what to expect from their supplements and/or medications or their plan of care. My patients leave with a better understanding of what their diagnosis is and what treatment options are available. We mutually agree on a treatment plan for compliance.

Now accepting new clients and patients! Call 505-872-2611. It would be my pleasure to assist you in achieving vibrant health and living the life of your dreams. www.HolisticMedicineHeals.com

Introducing Melissa Parra
 CERTIFIED FAMILY NURSE PRACTITIONER



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WOMEN'S HEALTH BIO-IDENTICAL HORMONES FOR WOMEN & MEN
 HERBAL MEDICINE
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Melissa Parra is a Certified Family Nurse Practitioner who has been in the medical field for the past 24 years. Melissa is highly knowledgeable about bio-identical hormones, herbs and supplements, as well as Western Medicine techniques/methods. She has lectured at several herb schools and colleges in Albuquerque and studied with many experts in hormonal health. Her practice is broad spectrum, and includes focusing on hormonal symptoms, emotional stress, diet and lifestyle changes with a goal of maximizing one's health and well-being. Melissa treats each client individually rather than the mainstream belief that "one medication or treatment fits all". By involving each client to participate in their own treatment plan this results in improved outcomes. <http://melissaparracnp.com/>