

The background of the entire page is a blurred photograph of a busy hallway. Several people are visible, some walking away from the camera and others towards it. The lighting is warm and the colors are muted, creating a sense of a professional, active environment.

QUINTESSENTIAL
BARRINGTON®

WHO'S WHO

— IN —

HEALTH

— & —

WELLNESS

2023

YOUR GUIDE TO THE BEST LOCAL HEALTH CARE PROVIDERS

SPECIAL ADVERTISEMENT SECTION



Red Light Therapy can improve facial texture.



Red Light Therapy is FDA-Cleared.



The Beauty of Red Light Therapy

What is Red Light Therapy?

Red Light Therapy is a clinically studied treatment that can improve the appearance of skin, aid in muscle recovery, and help other parts of the body heal. The FDA-cleared red light device, UltraSlim®, harnesses the power of red light and is clinically proven to provide facial rejuvenation, aid in fat loss, and reduce inflammation and pain.

How Does Red Light Therapy Work?

RLT has a powerful effect on cells. It stimulates a cell's mitochondria to produce more energy; therefore, giving the cell more power to perform whatever function that cell was designed to do. Whether that cell is a brain cell, nerve, muscle, bone, skin, etc., its function can be enhanced using red light therapy. In the case of fat loss, RLT causes the fat cells to release their fatty lipids into the bloodstream where they can be burned off or excreted. Our Red Light effectively increases the production of collagen and elastin and tightens the skin. UltraSlim® Professional is also the only red light therapy device designed for immediate fat loss without dieting, exercise, drugs or surgery. There are no side effects and no subsequent dysmorphic fat accumulations.

Red Light Therapy Can Help:

Acne/Scars/Cold Sores/Keloids
Wrinkles, Fine Lines, Discoloration
Appearance of Cellulite, Stretch Marks
Reduce Symptoms of Rosacea/Dermatitis/Psoriasis
Lower Inflammation/Pain Reduction
Enhance Fat Loss - Guaranteed results!
Speed Wound Healing
Promote Injury & Muscle Recovery
Relief from Osteo Arthritis

UltraSlim® is a Risk Group 1 body contouring device, which is safe as a tongue depressor and safer than any competing device.

Red Light Therapy Trained Professionals

Lisa C. Pena-Tlapa, the owner of Arcadia Body & Mind, and Judy Zabielski, the owner of Acacia Organics have joined forces in Barrington to offer services for your health and wellness. "We're committed to helping our clients through every step of their wellness journey by providing a variety of holistic services and support to ensure improved physical and mental health."

"Our mission at Arcadia Body & Mind and Acacia Organics is to change the way people think about health and wellness by providing superior products and integrated services that help people reach their health and weight loss goals. We strive to provide a comprehensive and holistic approach to one's appearance, health, and overall wellness that include non-invasive treatments, education, nutrition, and support with a focus on individualized care. We believe that by helping people reach their full potential, we can help them create a healthier, happier world for them and their families."



Acacia Organics
Arcadia Body & Mind
523 W. Old Northwest Highway
Suite 102A, Barrington
847-387-3174
judy@acaciaorganics.com
arcadiabodymind.com
acaciaorganics.com



Dr. Anna Christine Gurrera & Dr. Jehanzab Siddiqui

Doctors of Podiatric Medicine & Surgery

Our mission is to provide the highest quality foot and ankle care tailored to our patients needs and goals. We understand that healthy feet are essential to maintaining an active, healthy lifestyle and are constantly evaluating new cutting-edge treatment options to help our patients most efficiently. From toddlers to professional athletes and seniors, Alpine Foot Specialists is truly the place for your family's foot and ankle care. Make an appointment today to get your feet feeling and looking their best!

Treatments Provided:

- Achilles Tendon Treatment
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- Arthritis and Gout Treatment
- Bunion and Hammer Toe Correction
- Callus and Corn Treatment
- Custom Molded Foot Orthotics
- Diabetic Foot Care
- Foot & Ankle Fracture Care
- Heel Pain Treatment
- In-office X-ray
- Ingrown & Fungal Toenail Treatment
- Minimally Invasive Surgery
- MLS Laser Therapy
- Wart Treatment
- Wound Care



Alpine Foot Specialists, P.C.

765 Ela Road, Suite 100
Lake Zurich, Illinois 60047
alpinefootspecialists.com

Take care of your family's foot health this year!

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Club Pilates Barrington

Welcome to the Club Pilates Experience!

We believe that Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. And best of all, we believe that you can start anytime.

Born in San Diego in 2007, Club Pilates has expanded around the globe. Pure to Joseph Pilates' original Reformer-based Contrology Method, but modernized with group practice and expanded state-of-the-art equipment, Club Pilates offers high-quality, life-changing training at an affordable price.

No matter your age or level of fitness, there's a Pilates class that will work for you. Club Pilates studios feature a variety of apparatus, including TRX, Exo-Chair, Bosu ball, mats, rollers, and more.

Our instructors perform hundreds of hours of training to meet teacher standards so they can provide the highest quality Pilates workouts.



Here are 7 reasons you should consider starting Pilates in 2023.

Strengthen Your Powerhouse: Pilates trains the core (your "powerhouse"). A stronger core leads to better posture, a leaner looking stomach, and reduced back pain.

Reduce Back Pain: A strong core equals a strong back. That's why those with chronic lower back pain who practiced Pilates for just four weeks experience more relief than those who visited a physician and other specialists.

Go Easy on Your Joints: Pilates' slow and controlled movements puts minimal impact on your joints.

Improve Your Focus: Pilates trains you to focus on 1) your breath, 2) your body, and 3) how they move together.

Dominate Your Sport: You physically cannot do correct lunges without strong abdominals.

Increased flexibility: When you're tight, you shorten your muscles and limit your body's range of motion.

Boost Brainpower: Researchers believe Pilates may even hold potential as a treatment for people with brain-degenerative diseases and cognitive dysfunctions. We feel smarter already!

Whatever reason you resonate with, there has never been a better time to get started with Pilates.

Sign up for a free class now!



Announcing
the new
Club Pilates
in The Arboretum!



Club Pilates Barrington
500 North Hough, Suite 145
Barrington
224-401-0406
clubpilates.com/location/barrington

Dr. Vikram “Vic” Khanna

Board Certified Dermatologist

Founder of Dermatology Specialists of Illinois

One of the fastest-growing fields in healthcare is the practice of dermatology. Dr. Vic Khanna has seen many changes and advances in the field over his more than two decades of treating patients. As founder of Dermatology Specialists of Illinois (DSI), Dr. Khanna has locations in Algonquin, Barrington, Huntley, and Woodstock.

“For many, there is the concept that, when you hear the word dermatologist, you think skin cancer, surgery, moles, lipoma, skin rashes, or acne,” he said. “Though that is a significant part of dermatology, our practice has grown to include a broad range of cosmetic dermatology treatments that include spa services such as Botox, injectable fillers, chemical peels, and laser hair removal. In addition, we offer CoolSculpting, MiraDry, EmSculpt, IPL Photofacials, and CO2 Laser Resurfacing.”

The practice has evolved throughout the years and is complimented by Dr. Khanna’s medical philosophy in treating patients. He believes in supporting the “feel good” part of health care, the idea that, when someone feels better about their appearance outwardly, it helps them feel better inwardly, as well. Regarding skin cancer, he believes advances in dermatology technology and treatment have provided better prognoses even for advanced-stage skin cancer patients.

Dr. Khanna offers Mohs surgery, considered one of the most effective treatments for the removal of Basal Cell and Squamous Cell, the two most common skin cancers. The procedure is done in stages, removing layers of tissue, which are examined under a microscope until all cancerous cells are removed. The process spares healthy tissue and leaves the smallest possible scar.

“Yes, of course we see a fair share of patients with skin cancer, some serious like melanoma,” he says. “The key is to educate patients about sun exposure and protection, heredity factors, and the importance of yearly body skin screenings. Catching all types of skin cancers early is often the key to recovery.”

All medical, surgical, and cosmetic procedures are done at the DSI locations. Additionally, the Barrington clinic offers vaginal and pelvic floor rejuvenation. Some post-menopausal women have struggled with weakened vaginal muscles due to pregnancy and menopause, and they may experience urinary incontinence. For some women, this has affected so much of their life that they fear embarrassment of urinary incontinence and limit their daily activity, says Dr. Khanna. Vaginal rejuvenation offers these women a new lease on life.

Dr. Khanna trained at some of the most prestigious schools in the country, graduating from Feinberg School of Medicine-Northwestern University, completing an internship in Internal Medicine at Emory University Graduate School of Medicine, and finishing his residency in dermatology at Case Western Reserve University—one of the institutional leaders in the field. In addition to the supportive staff at the DSI locations, the team also includes the practice’s certified physician assistants and Dr. Khanna’s wife, Dr. Ruby Khanna, who is a Chiropractor. Besides running her own practice, Dr. Ruby Khanna



spearheads the day-to-day operations of all four DSI locations. The Khanna’s make their home in Barrington.

“We are committed to making Dermatology Specialists of Illinois a place where patients know they will be cared for in a warm and compassionate setting,” says Dr. Khanna. “Our patients are the cornerstone of our growth. It is why we continue to grow our practice and offer options for innovative solutions and care.”

Dermatology Specialists of Illinois

dermspecialistsil.com

Call 847-458-SKIN (7546) for an appointment.

Locations in Algonquin, Barrington, Huntley, Woodstock.





Fox Valley Orthopedics (top, from left to right) Jarod Schieler, PA-C; Lauren E. Matteini, MD, Spine Surgeon; Joshua M. Alpert, MD, Sports Medicine Surgeon; Shobhit V. Minhas, MD, Hand & Wrist Surgeon; and James R. Seeds, MD, Sports Medicine Surgeon. (Bottom, from left to right) Steven G. Bardfield, MD, Physical Medicine & Rehabilitation Specialist; Kenneth S. Chakour, MD, Joint Replacement Surgeon; and Alyssa Fletcher, PA-C.

Fox Valley Orthopedics (FVO) is the premier provider of musculoskeletal care in the diagnostic and comprehensive treatment of acute or chronic orthopedic conditions or injuries. Located in the heart of Barrington, FVO specialists include Sports Medicine Surgeons James R. Seeds, MD, and Joshua M. Alpert, MD; Spine Surgeon Lauren E. Matteini, MD, Hand and Upper Extremity Surgeon Shobhit V. Minhas, MD, Physical Medicine & Rehabilitation/Pain Management Specialist Steven G. Bardfield, MD, and Joint Replacement Surgeon Kenneth S. Chakour, MD.

Bringing technology to the forefront of treatment – FVO now offers robotic-assisted knee replacement, allowing the physician to customize the implants to fit the patient's specific anatomy with reproducible accuracy and less trauma to soft tissue. Dr. Chakour is the first physician in the Illinois western suburbs to bring this technology to an Ambulatory Surgery Center as an outpatient procedure.

For added seamless delivery of care, FVO offers:

Imaging services, including onsite Open MRI and x-ray with a team of board-certified professionals. X-rays are ordered and read at the time of an appointment for added comfort and diagnosis reassurance.

Physical & Occupational Therapy -- Whether a patient is recovering from a fracture, surgery, or suffering from joint pain, FVO's rehabilitation team will develop a cohesive treatment plan to help rebuild muscles, improve range of motion and restore function.

OrthoFirst is now in Barrington -- For walk-in same-day bone, joint, and muscle pain or injury, visit OrthoFirst. Less expensive than an ER visit, OrthoFirst connects patients with an orthopedic specialist to help get them on the road to recovery faster. OrthoFirst in Barrington is open Monday - Friday, 8:30 am-5 pm.

Fox Valley Orthopedics is located in Barrington, Algonquin, Elgin, and Geneva. To learn more, visit FVOrtho.com, or call (630) 584-1400.

Call today. Life is too short to be limited by pain.



Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, Illinois 60010
630-584-1400
FVOrtho.com



HART Dental's mother and daughter team, Dr. Iwona Iwaszczyszyn (left) and Dr. Aggie Iwaszczyszyn (right) work together to help the Barrington community by creating a locally owned, one-stop shop for dentistry.

We offer family dentistry, cosmetic dentistry, as well as have an arsenal of dental specialists to help you—two pediatric dentists, two endodontic root canal specialists, one periodontist surgeon, multiple general dentist associates with a wide array of skills including orthodontics, surgery, restorative and preventative dentistry, as well as full mouth reconstruction. Our office offers 3D-imaging with our Cone Beam CT, as well as microscope dentistry. **We invite you into our family with all our “harts.”**

We speak English, Polish, Ukrainian, and Spanish.

Hart Dental Barrington

Located in the Foundry Shopping Center

728 W. Northwest Hwy

Barrington, Illinois 60010

847-865-HART (4278)

Info@HartDentalBarrington.com

HartDentalBarrington.com

Dr. Aggie Iwaszczyszyn

Doctor of Dental Medicine

Dr. Iwona Iwaszczyszyn

Doctor of Dental Surgery

Sometimes in dentistry, we are caught in a race for perfection. We even have a term for it, “The Hollywood Smile.”

While many people want this perfect smile, some of us do not, and promoting perfect smiles can alienate those of us who only seek health and function. Sometimes even the smallest comment from a dentist can feed into insecurities for a lifetime—and I think we often forget about that. We see social media “influencers” from overseas shaving down 75% of their tooth structure for “perfect” white teeth, because they cannot achieve this perfection in an affordable way. But trends change. Health does not.

Although we do offer cosmetic solutions, such as Bioclear smile rejuvenation, tooth whitening, veneers, crowns, implants, Botox and Juvederm, and gingival plastic surgery, we are also a team of general dentists who are here to serve our patients to meet their own goals—not ours—for their smiles.

Too many times we hear patients disparage their own teeth—they’re too dark, too crowded, too chipped, too ‘something’, and it breaks my heart. We want you to love your smile for the things it can do. We eat, we drink, we celebrate. Our teeth are there to help us enjoy our lives. Take care of them and they will take care of you, no matter how they look.

If you want The Hollywood Smile—we are here to serve. If you do not—we are also here to serve.

You are the patient. It is your smile and your teeth. We are here to guide and help you. Please give us a call for an initial visit to discuss your concerns. -Dr. Aggie



HARTdental

Meet Our IBJI Barrington Sports Medicine Physicians



From left: Harpreet Basran, MD, orthopedic surgeon with fellowship training in sports medicine and arthroscopic surgery; Craig Cummins, MD, orthopedic surgeon with fellowship training in shoulder surgery and sports medicine; and Justin Gent, MD, orthopedic surgeon with fellowship training in sports medicine.

Get Expert Care from Our Sports Medicine Specialists

At IBJI, our sports medicine experts offer a coordinated approach to diagnosing, treating, and recovering from sports-related conditions and injuries.

Whether you're a beginner, amateur, weekend warrior, elite athlete, or professional competitor, you can trust our fellowship-trained physicians to keep you at the top of your game.

The Barrington Sports Medicine Team

Harpreet Basran, MD

Dr. Basran is a fellowship-trained, board-certified physician specializing in sports medicine and minimally invasive arthroscopic procedures to treat injuries of the shoulders, hips, knees, and ankles.

Craig Cummins, MD

Dr. Cummins' primary focus is on the management of shoulder disorders and sports-related issues. He's board-certified in orthopedic surgery and one of less than 5% of orthopedic surgeons with additional board certification in sports medicine.

Justin Gent, MD

Dr. Gent is a fellowship-trained, board-certified physician specializing in sports medicine, with a special focus on open and arthroscopic complex knee and shoulder surgery, as well as patellar instability procedures.

About Illinois Bone & Joint Institute (IBJI)

At Illinois Bone & Joint Institute (IBJI), we help you move better, so you can live better. Founded in 1990, IBJI is Illinois' largest independent orthopedic group with more than 150 physician partners representing every orthopedic specialty.

IBJI Barrington Doctors' Office
27401 W. Highway 22, Suite 125
Barrington, IL 60010
847-381-0388
ibji.com

HOURS

Monday-Thursday: 8:30 AM – 5:00 PM
Friday: 7:30 AM – 4:00 PM
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Reiki is a form of natural healing that works to balance the body's energies. By bringing the body back to a state of relaxation it allows you to heal from stress, injury, or disease. Reiki is a wonderful complement to Western medicine and works in conjunction with overwhelming medical treatments (surgery, chemotherapy, radiation, kidney dialysis) to relieve side effects and enhance recovery. In addition, it may:

- Reduce stress and anxiety
- Relieve pain and tension
- Improve sleep and mood
- Detox the body
- Boost your immune system
- Dissolve energy blockages

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Dr. Gary Motykie



STELLAR

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320 E. Main Street
Barrington, IL 60010
847 387 3803
stellarantiaging.com
motykiemedspabarrington.com

Dr. Motykie brings Stellar services to his Barrington Med Spa

Beverly Hills board-certified plastic surgeon reveals Hollywood's newest anti-aging secret, and it doesn't involve surgery!

Growing up in Chicago's Northwest Suburbs, Dr. Gary Motykie's knowledge of celebrity culture was limited to what he saw on television and in magazines. Fast forward to the early 00s, Dr. Motykie moved to Los Angeles and became a celebrity in his own right, performing plastic surgery for millions to see as a series regular on E!'s Dr. 90210.

"Moving to Beverly Hills, the epicenter of beauty, and being immersed in celebrity culture was a big adjustment initially," said Dr. Motykie. "I quickly realized how many advancements in the field of aesthetics and regenerative medicine hadn't been introduced to the Midwest, which is why I decided to open Motykie Med Spa Barrington."

Motykie Med Spa Barrington offers all of the innovative technologies that celebrities have become accustomed to at the namesake Motykie Med Spa location in Beverly Hills, including Dr. Motykie's latest offering - Stellar Anti-Aging.

"Plastic surgery is only one part of looking and feeling your best. Celebrities don't always have time to recover from surgery, and beauty and vitality truly start from the inside, which is why I developed Stellar Anti-Aging. The Stellar protocols can be used on their own or in conjunction with plastic surgery to accelerate healing."

Stellar Anti-Aging is a diverse set of regenerative therapies that reverse the signs of aging by essentially 'biohacking' the body to slow the aging process on a cellular level. Since aging is linked to chronic inflammation or 'inflammaging,' science-based IV treatments and stem cells can help to address the root cause of aging.

"Stellar protocols can mitigate the long-haul effects of Covid-19 and other diseases, rejuvenate the hair and skin, and make patients feel and look their very best. The fact that we can achieve this without surgery or anesthesia makes Stellar Anti-Aging especially popular. I am confident our patients in the Barrington area will love it!"





Nekter Barrington owner Loren Jaynes. Above right: The Buzz, an energizing freshly made juice filled with carrots, oranges, lemons, and ginger. Below right: The Greenie™ is the picture of health in a glass. This delicious handcrafted juice is overflowing with kale, spinach, parsley, celery, cucumber, lemon, and red apple. Both juices are low in calories and filled with over 2 lbs. of fruits and vegetables fueling your body and mind. *"We need to give our bodies the best chance we can. Nekter's juices helped me restore my health following a Covid-related induced coma. I'm a believer and take time to plan Nekter's juices into each day."* – Nekter Barrington Customer

Why Nekter Juice? It's All About Nutrition

Nekter's juicing is a natural way to feed our bodies with essential minerals, vitamins, and living enzymes. Almost all of the nutrients our bodies need can be found in the juice of raw fruits and vegetables. Nekter is not your typical smoothie place. Nekter is REAL food! No mixes, no pre-made or hidden ingredients. Just 100% fruits and vegetables. Let us help you save time and money while getting the freshest, healthiest foods!

From superfood smoothies to açai bowls to fresh juices and wellness shots, there is truly something for everyone. Embrace healthy living through nutrition. Check out our app Nekter Juice Bar and loyalty program. You can pre-order through the app. Skip the line, order online, save time, and earn rewards by ordering through the Nekter app.



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nekterjuicebar.com
App: Nekter Juice Bar

GET YOUR DAILY DOSE

Juicing is one of the easiest ways to get your daily recommended servings of fruits and veggies in every day.

IMPROVE DIGESTION

Raw juice is digested quickly and easily, allowing us the opportunity to increase our body's natural digestive efficiencies.

BOOST IMMUNITY

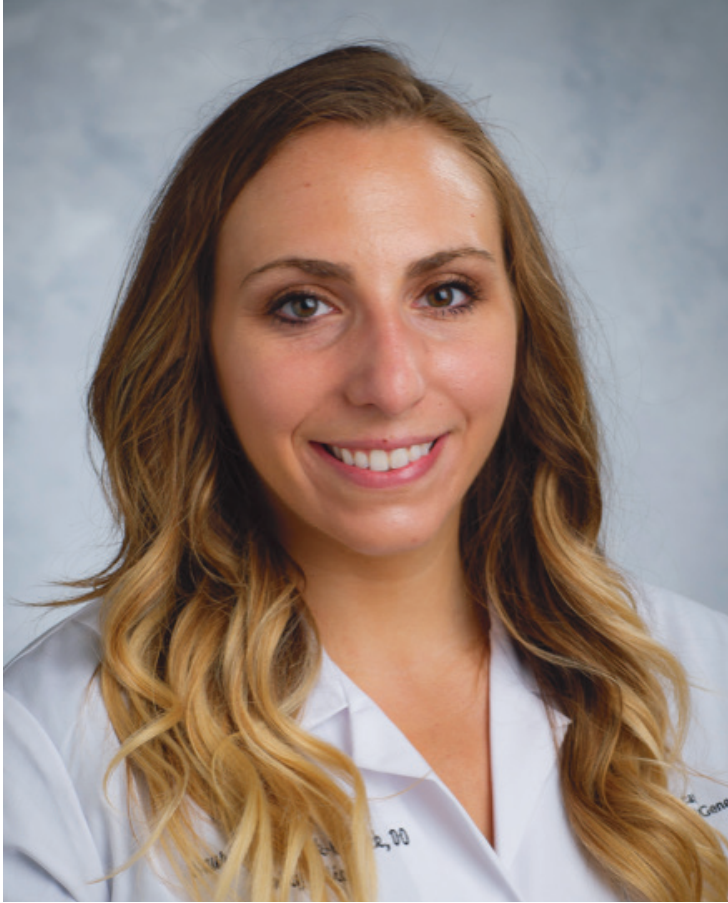
Fresh juice floods your body with antioxidants that boost your immune system.

INCREASE ENERGY

Juice essentially cuts out a step in digesting and metabolizing nutrients, allowing our bodies to better spend our energy elsewhere.

GLOW FROM WITHIN

Antioxidants in fresh juice can lead to healthier and more radiant hair, skin, and nails that glow from the inside out!



Dr. Maura Fitzpatrick completed her medical training at Lincoln Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, Tennessee. She then completed her comprehensive and high-volume OB/GYN residency locally at AMITA Consortium in Chicago and the Northwest Suburbs where she had the opportunity to work with our other doctors in both Obstetrics and Gynecology at Saint Alexius Medical Center.

Originally from Ohio, Dr. Fitzpatrick completed her undergraduate degree in Exercise Science and Nutrition from Miami University in Oxford, Ohio.

Dr. Fitzpatrick enjoys all aspects of the OB/GYN specialty and is particularly interested in minimally invasive robotic and laparoscopic gynecological surgery. She is a proponent of individualized patient centered care and creating the best birthing experience for her expectant patients.

When not working, Dr. Fitzpatrick enjoys spending time with her fiancée, riding her Peloton, traveling, cooking, and trying new restaurants.

Novas Dohr Coll & Gadson OB/GYN Associates

**Change Is in the Air
And We Are So Excited!**

In 2023 we will have a name change: Novas Dohr Coll & Gadson OB/Gyn Associates, S.C. will soon be Dohr Coll & Gadson OB/Gyn Associates S.C.

In 2023 look for our new website domain and a new patient portal allowing you to see your results and send messages to our providers.

In 2023 we will have a new addition to our expert providers team! Please join us in welcoming Dr. Maura Fitzpatrick.

With all these changes, that doesn't change our past as a leader in comprehensive obstetric and gynecologic care since 1994, with state-of-the-art diagnosis and treatment, as well as alternative choices in health and wellness. Whether a high-risk or low-risk patient, we strive to provide individualized care. Our Medspa further completes our healthy patient approach with wellness from the inside out.

- + We have a team of all women expert providers—4 doctors, 1 PA, and 1 NP. We are proud to be independently managed and founded by women.
- + We manage both high-risk and low-risk pregnancy, even “natural” options tailored to you, working with both Advocate Good Shepherd Hospital and Ascension Saint Alexius Medical Center.
- + We provide all aspects of GYN Surgical Care in office and at the hospital.
- + We offer convenient and highly skilled on-site ultrasound, bone density, and lab tests with your provider.
- + Our Medspa provides the latest in care. We offer Botox, fillers, peels, facials, and laser treatments as well as in-office massages as directed by your physician.

Novas Dohr Coll & Gadson OB/GYN Associates

600 Hart Road, Suite 310
Barrington, Illinois 60010

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Get Balanced with Retreat Care Group

A Natural, Preventative, Holistic Approach to Your Health

Why Retreat?

A client's journey at retreat care group starts with blood work and in-depth diagnostic testing to identify hormonal imbalances and vitamin deficiencies. These include testing for key levels of food hormones, metabolic hormones, stress hormones, mood hormones, and sex hormones. The optimal functional ranges for these hormones vary from person to person, and the customized plan we put in place is based on the individual's findings. There is always a reason why someone's body is not feeling balanced, so we work on these axes to allow the body to feel more optimized.

Most traditional therapies aim at treating the symptoms, which is essentially placing a band-aid over the problem. At retreat, we get to the root cause by identifying what the body is missing. Once we determine exactly where the issue is, we begin the healing process step by step. When focusing on prevention, we can assist in eliminating risk factors for possible diseases in the future.

Symptoms such as fatigue, bloating, and brain fog can often be attributed to a hormone imbalance or toxicity within the body. Retreat provides the tools to detoxify the cells and identify exactly which hormonal axis needs to be balanced, thus clearing

the body and mind of inflammation. Our work is guided by improving the 5 Pillars of health: detoxification, hormone balancing, nutrition, fitness, and stress management.

Functional Medicine for You

You are welcome to see any traditional provider that you trust and have a relationship with for all your medical needs. Retreat offers a different, more holistic approach to healthcare. To us, you are not a kidney, lung, or heart alone. You are a whole person and everything in the body is integrated. Through education, our goal is to partner with you on your path to not only feeling better, but to understand how your body works and reacts to your environment.

IV Vitamin Therapy

There are several methods we use to replace nutrients in your system. These include intramuscular, oral capsule, and intravenous (IV). The IV route is the fastest and best way to introduce nutrients to the body. It does this by supporting the immune system, detoxifying pathways, and rehydrating with electrolytes. Depending on the health goal, it is a great tool to utilize!



Introducing Irina Frenkel, FNP

Irina Frenkel, FNP is a nurse practitioner who obtained her nursing degree from Loyola University and received her Master's degree from DePaul University, Chicago. She has both taught and researched chronic disease reversal and has been practicing functional medicine for the majority of her career. She has made it her mission to help each individual patient identify alternative methods to keeping their body balanced and healthy.

Retreat Care Group, PLLC
21660 W. Field Parkway
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tryretreat.com

retreat



Right at Home Barrington

847-380-3370

info@rahnw.com

The Northwest Suburban office of Right at Home proudly provides live-in and come and go caregiver services to older individuals living in Barrington and the surrounding area.

As a charter member of the Dementia Friendly Barrington Task Force we are also focused on providing information and education for families and local businesses to raise awareness and foster better lives for those living with the disease.

Caring for an aging loved one whether they have some form of dementia or not, can be hard. Caregiving brings emotional rewards but can be physically and emotionally demanding. Caregivers feel stressed-out as they struggle to balance caregiving duties with their work and other family responsibilities. Juggling all these tasks can lead to caregiver burnout along with anxiety and guilt.

If you're a family caregiver, make caring for yourself a priority. Our team of professional caregivers can provide many of the typical tasks as family caregivers, such as hygiene care, assistance with managing healthcare appointments and medications, light housekeeping and laundry, meal preparation ... whatever tasks need doing, so you can stop being a caregiver and focus on your relationship again.

Right at Home is an award winning agency that has stepped up to today's challenges with ongoing health monitoring of their staff. Our proprietary dementia and cognitive support is person-centered care that focuses on empowering current abilities while minimizing cognitive decline.

Choose the Right Care for your aging loved ones — call us at 847-380-3370.



NEUROBALANCE CENTER

People come to us when a diagnosis has changed their daily life and threatens their independence.

WHO WE SERVE:

- Multiple Sclerosis
- Parkinson's Disease
- Traumatic Brain Injury
- Stroke
- ALS
- Cerebral Palsy
- Epilepsy
- Muscular Dystrophy
- All balance & mobility challenges

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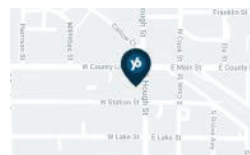
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847-381-5225

Your Smile is Healthy. Your Smile is Confident. Your Smile Studio

Having been a part of Barrington for over 35 years, Wright Dental has built a legacy around trust, dental excellence, and community. Our goal moving forward is and always has been to honor this legacy and continue to positively impact the many lives we have the privilege of caring for. That is why we are excited to launch the next generation of our practice that comes with a new name, transition of ownership, but the same commitment to our patients.

Dr. Rob started practicing at Wright Dental in 2018 and he immediately felt the sense of pride that surrounded being a part of the Barrington community. Originally from Winfield, he grew up around his late father's dental practice and in doing so, he watched his father play a major role in the community and support local businesses. Dr. Rob has always looked to emulate that by finding this same feeling with his dental practice and in Barrington, he quickly knew he had found that.



Dr. Rob, his wife Chelsea, and son Leo

Our new name, Your Smile Studio, represents an incredible legacy, our authentic style of practice, and the creation of lasting relationships. Dentistry is a combination of artistry, healthcare, education, and service. The most important part of it all is feeling comfortable in an environment where you are cared for, receive clear communication, and have the utmost confidence that you are in the best of hands.

When we committed to Your Smile Studio, we committed to ingrain in our patients that our care and focus is fully on them, their health, and helping them bring to life their version of a confident smile.

It is Your studio to express your concerns, questions, or ideas. It is Your studio to feel heard and cared for. It is Your studio to feel connected to the staff and overcome the standard fear of going to the dentist. And it is Your studio to collaborate on bringing to life the healthiest and most confident version of your smile. We want you to know this is your smile studio, as much as it is ours. Our priority will always be you, your health, and your experience in our care.

We feel very fortunate to serve the Barrington and greater Northwest Suburb communities through our passion for care and pursuit of providing an unparalleled dental experience.



"The patients that I became introduced to through the practice emulated what it meant to take pride in where you live. Everyone was so incredibly welcoming and very helpful in becoming acclimated to a place that they love so clearly. Over the last 4 years this feeling has only grown and I am very fortunate to have the opportunity to serve and give back to a community that welcomed me with open arms."