



# 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  
Deer Park, IL 60010  
**Call 847-220-7386**  
tryretreat.com

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