

Our 2024 Who's Who in Health & Wellness | Special Ad Section

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January/February 2024

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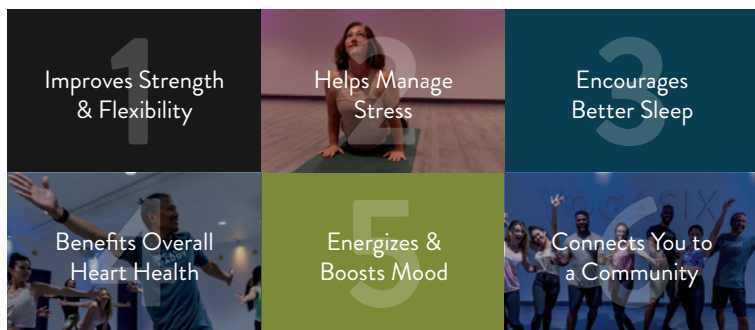


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Your Destination for Optimal Wellness

Make 2024 Your Best Year Ever!



Owners Judy Zabielski of **Acacia Organics**, and Lisa C. Pena-Tlapa of **Arcadia Body Contouring**, and 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 **Acacia Organics** and **Arcadia Body Contouring** 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 health and 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 create a healthier, happier world for them and their families."

Acacia Organics and Arcadia Body Contouring offers these and other therapies:

- Full Spectrum Infrared Sauna
- Quantum Reflex Analysis (QRA)
- Halo Therapy (Salt)
- Detox Foot Bath (Dynamic Lymph Flush)
- Salt Therapy
- Red Light Therapy

Red Light Therapy Can Help:

- Acne/ Scars/Ski Irritations
- Wrinkles, Fine Lines, Age Spots
- Hair Growth
- Inflammation/Pain Reduction
- Immediate Fat Loss
- Wound Healing
- Appearance of Cellulite, Stretch Marks
- Promotes Injury Recovery
- Osteo Arthritis
- Oral Health
- Cancer Side Effects

Acacia Organics

Arcadia Body Contouring

523 W. Old Northwest Highway #102A
Barrington

847-387-3174

judy@acaciaorganics.com

acaciaorganics.com | arcadiabodycontouring.com

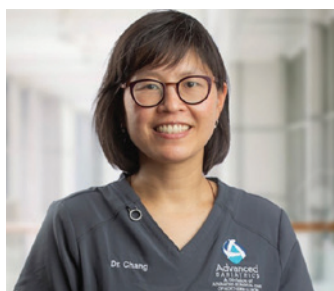
Advocate Good Shepherd Hospital's Comprehensive Weight Management Program



Advocate Good Shepherd Hospital offers a comprehensive weight management program, including bariatric surgery and medical weight management options. Recognizing every patient's weight loss needs are unique, our program features a multidisciplinary team, including surgeons, nurses, registered dietitians, and a clinical social worker, working together to help each patient achieve their goals.

The bariatric surgery program is recognized through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. Outcomes related to length of stay, complications, and re-admissions are tracked and measured against national benchmarks, which this program consistently meets or exceeds. All program surgeons are board-certified with specialized training in bariatrics.

Meet Our Provider Team



Dr. Hsin-Yi Chang, MD, FACS, Advanced Bariatrics, 847-350-9564

Dr. Chang is dedicated to transforming lives through advanced surgical interventions and compassionate care. She specializes in robotic and minimally invasive procedures such as gastric bypass, and sleeve gastrectomy.

Dr. Chang is committed to patient-centered care. Understanding each individual's weight loss journey is unique. By providing personalized treatment and comprehensive support, she empowers patients to achieve sustainable weight loss and improved overall health.



Dr. John Cheregi, MD, FACS, Advanced Bariatrics, 847-350-9564

Dr. Cheregi understands the challenges his patients face and has a personal passion for helping them achieve long-term success. By working closely with patients to choose the right procedure and make long-term lifestyle changes, Dr. Cheregi helps them envision (and realize) a new future.

"I want my patients to feel that I'm here at every step of the way. This is a life-changing journey. From the first conversation about the challenges you face—through surgery and follow-up—we are right by your side. We are committed to helping you reach your goals."



Dr. Daniel Hoeltgen, MD, FACS, Advanced Bariatrics, 847-350-9564

Dr. Hoeltgen is the medical director of the bariatric program. He stresses the importance of a comprehensive multidisciplinary program and appropriate long-term follow up to achieve the best results possible.

"It has been rewarding to see the growth of the program since we began 20 years ago. I take pride in the fact that we all do our best to select the most appropriate treatments for patients based on their individual medical history. We have an excellent program to provide care close to home. Seeing and helping patients experience a healthier, happier future is my goal."



Amy Paulus, APRN, FNP-BC, Advocate Good Shepherd Hospital, 847-620-3893

Amy Paulus is a Board-Certified Family Nurse Practitioner, certified in Obesity Medicine. She is the provider for the medical weight management program. Ms. Paulus specializes in helping patients achieve their weight loss goals through a comprehensive approach.

"I'm passionate about empowering patients to take control of their health and well-being, and I'm committed to providing compassionate care that meets their unique needs. We celebrate all wins, not just the movement of the scale, non-scale victories are often more important than the number on the scale!"

Contact any of our surgeons or nurse practitioner today to schedule a consult,
or e-mail GSHP-WeightManagement@aah.org for more information.

Compassionate Care for All Phases of a Woman's Life



Dr. Sonya Ephraim, a South Barrington resident, is the owner and medical director of Allure Pelvic Wellness and Aesthetic Gynecology, a women's wellness center and medical spa located in Deer Park, serving the community for over a year. Specializing in hormone optimization/ menopause care, medical weight loss, pelvic health, sexual health, and aesthetics. Allure reflects Dr. Ephraim's commitment to comprehensive women's healthcare.

Excitingly, Dr. Ephraim announces the inauguration of Allure Urogynecology, an extension of her practice. Drawing on nearly two decades of surgical experience, Allure Urogynecology will offer both surgical and non-surgical treatments to address various pelvic health concerns. This expansion aims to cater to the diverse needs of women in the community, tackling issues such as stress urinary incontinence, overactive bladder, pelvic organ prolapse, vaginal atrophy, painful intercourse, menopause, Lichen sclerosis, and sexual dysfunction.

After completing her residency at Rush University Medical Center in 2010, she pursued further training with a fellowship in Female Pelvic Medicine and Reconstructive Surgery (FPMRS).

Maintaining dual board-certification in Obstetrics/ Gynecology and FPMRS by the American Board of Obstetrics and Gynecology (ABOG), Dr. Ephraim upholds the highest standard of care. Her professional journey includes serving as Chief of Female Pelvic Medicine and Reconstructive Surgery at Mercyhealth – Rockford and as a Clinical Assistant Professor at the University of Illinois College of Medicine at Rockford.

Acknowledged as a leading expert, Dr. Ephraim has been honored as the 2023 Top Doc by Best in Illinois. She brings unparalleled expertise and dedication to her patients. Currently on the Medical Staff at Ascension Saint Alexius and Advocate Good Shepherd Hospital, Dr. Ephraim is committed to empowering women through education, enabling them to confront their health issues without shame or embarrassment.

Allure Urogynecology is now accepting most major health insurances and actively scheduling patients.



Allure Urogynecology: Accepting Most Major Health Insurance - Now Scheduling Patients

- To schedule an appointment: **847-807-3633** or book online by visiting our website
- Website: allureurogyn.com
- Email: admin@allureurogyn.com

Allure Pelvic Wellness and Aesthetic Gynecology: MedSpa - Now Scheduling Patients

- To schedule an appointment: **847-807-6255**
- Website: allurepelvicwellness.com
- Email: info@allurepelvicwellness.com

**21660 W. Field Pkwy.
Deer Park, IL 60010**

Dr. Ephraim actively participates and engages with her audience across various social media platforms:

Facebook.com/allurepelvicwellness | Instagram.com/allurebydrsonya | Youtube.com/@allurebydrsonya | Tiktok.com/@allurebydrsonya



Alpine Foot Specialists, P.C.

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



Mastering the Art of Bunion Surgery

A bunion can be a painful condition that affects many people of all ages. These bony protrusions at the big toe joint can cause significant discomfort, making walking, exercise and wearing shoes difficult. Professional care for bunions is crucial for effective treatment and relief, but many do not know where to seek help.

Dr. Anna Gurrera, our local expert in bunion surgery, is the source to understanding the array of available surgical options to correct a bunion. With a career spanning 14 years, Dr. Gurrera has taken her experience and deep understanding of foot mechanics and bunion pathology to hone her skills and techniques to provide the most effective and personalized bunion treatment options. She is proficient in both traditional and cutting edge surgical techniques to correct and preserve the joint, as well as total joint replacement.

Dr. Gurrera meticulously plans each surgery tailored to each patient, taking into account their unique circumstances. Beyond the operating table, Dr. Gurrera prioritizes open communication, ensuring patients are well informed and comfortable at every stage of their journey. Every consultation involves not only a clinical and radiographic assessment, but also an exploration of the patient's overall health, activity level, shoe preferences, concerns, fears and expectations. Her empathetic approach instills confidence, fostering trust and a sense of reassurance.

The testament to Dr. Gurrera's expertise lies in the glowing testimonials and success stories of those whose lives have been transformed post surgery. Through Dr. Gurrera's skilled hands, patients have experienced relief from pain, regained mobility and rediscovered the joy of an active lifestyle. Her skill, compassionate approach and commitment to excellence make her a true gem in our community for podiatric care.

Call today to schedule your consultation!
(847) 540-9949





PILATES IS FOR EVERYBODY.

What is Pilates?

Pure to Joseph Pilates' original 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, our

comprehensively trained instructors will provide a restorative workout tailored to you. Our clean and welcoming studio features a variety of apparatus, including the Reformer, TRX, Chair, Bosu, Mat, Rollers, and more!

Pilates will help:

Reduce Back Pain • Improve Joint Health • Increase Strength • Boost Flexibility



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January/February 2024

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Creating Confident Smiles and
Lasting Relationships Through
Compassionate Care

**YOUR SMILE STUDIO
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TO MEET WITH DR. WERTKE**

Our 2024 Who's Who in Health & Wellness guide
will also be available all year on our homepage.

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Women's Club



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SCAN ME

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Ready, Set, GLOW!

Dr. Stacie Stephenson Leads the Way to Vibrant Health

Dr. Stacie Stephenson is America's leading lifestyle medicine doctor and a pioneer of functional and integrative medicine, who has dedicated her life's work to helping people create vibrant health from within to prevent chronic disease and improve health.

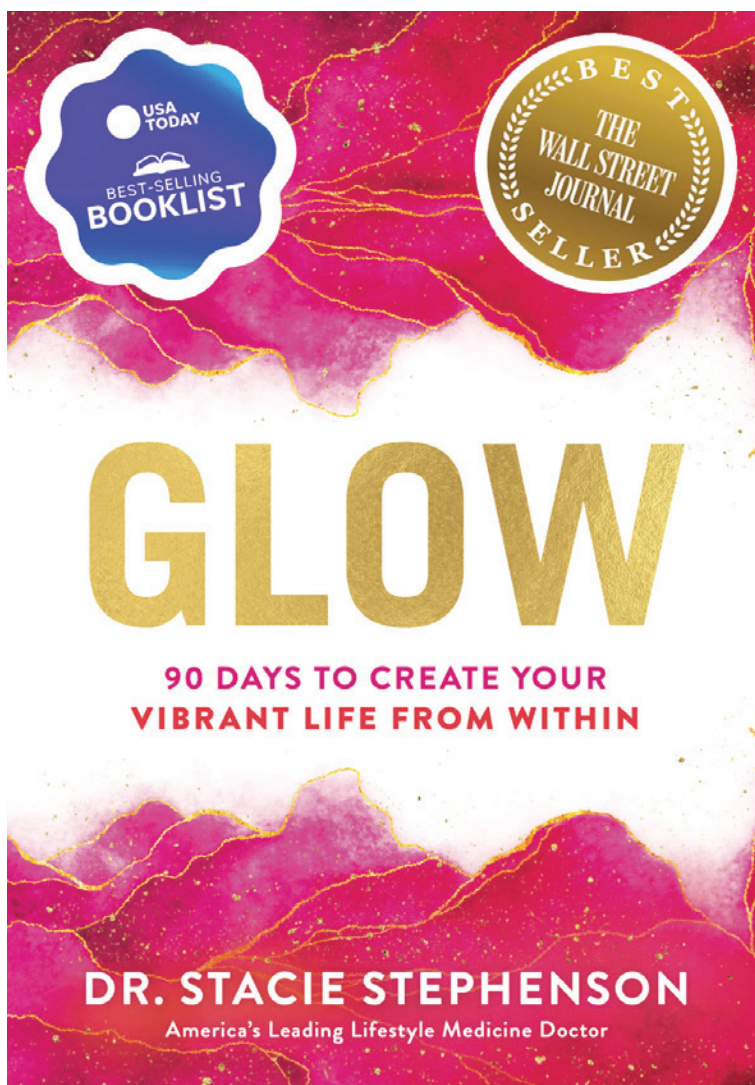
Currently, she is a board member of The American Nutrition Association and serves as the Vice Chair for Gateway for Cancer Research. She works tirelessly as a philanthropist, and is an advocate for children's health worldwide. She was a practicing physician for 15 years, the former Chair of Functional Medicine for Cancer Treatment Centers of America, and has partnered with the American Heart Association for nutritional outreach.

In March of 2023 at the Women's Cancer Fund Gala in Beverly Hills, Dr. Stephenson and her husband Mr. Richard J Stephenson were awarded the Unsung Hero Award for their philanthropic efforts to support cancer research and patient-oriented treatment and care. "I was so honored to receive the Unsung Hero Award. To me, this is an acknowledgement of the work my husband and I have done with such passion and commitment over decades to support cancer research," Dr. Stephenson said.

Dr. Stephenson is also author of the bestselling books "Glow: 90 Days to Create Your Vibrant Life from Within" and "Vibrant: A Groundbreaking Program to Get Energized, Own Your Health, and Glow."

She has been featured across national and regional media including Dr. Oz, Good Morning America, Extra, Parade, KTLA, Purist, Women's Health, Prevention, and many more. Dr. Stephenson and her husband and children share their time between homes in the Midwest and Arizona.

**To learn more and connect,
visit drstaciestephenson.com**



For All Your Orthopedic Needs and Urgent Care

Located in the heart of Barrington, Fox Valley Orthopedics (FVO) offers a continuum of musculoskeletal care in the diagnostic and comprehensive treatment of acute or chronic orthopedic conditions and injuries. From treating broken bones and fractures to joint pain, FVO offers everything from conservative care to surgical solutions.

Throughout the last 50 years, FVO has strived to exceed patient expectations by adding a broad spectrum of orthopedic specialties so patients can receive quality care close to home. 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; Joint Replacement Surgeon Kenneth S. Chakour, MD; and, Foot and Ankle Specialist Gary M. Kazmer, DPM, are all board-certified and practice in the Barrington community.

For added seamless delivery of care, FVO offers:

- *The new Siemens Magnetom Free.Max MRI:* the world's most advanced magnetic resonance imaging (MRI) scanners on the market today. Its 80 cm wide-bore system sets a new paradigm in patient comfort, while providing high-resolution images for better diagnostics.
- *Physical and Occupational Therapy* to build muscles, improve range of motion, and restore function. FVO is excited to announce the opening of three new locations in Huntley, Aurora and Yorkville, for a total of 10 locations including Barrington.

For same-day bone, joint, muscle pain or injury, visit OrthoFirst Urgent Care. Open Monday - Friday, 8:30 am - 5 pm, OrthoFirst is less expensive than an ER visit and orthopedic specialists treat everything from sports injuries, dislocations, and sprains/strains, to broken bones, pulled muscles, and work injuries.

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

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



Joshua M. Alpert, MD



Kenneth S. Chakour, MD



Gary M. Kazmer, DPM



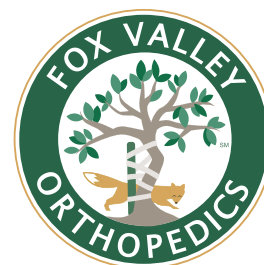
Lauren E. Matteini, MD



Shobhit V. Minhas, MD



James R. Seeds, MD





Dr. Greg Brebach ***Illinois Bone & Joint Institute,*** ***"Loves Barrington, Even in the Winter!"***

One might say, there's "no place like home." Certainly, that is the case for Dr. Greg Brebach a 1983 graduate of Barrington High School. Dr. Brebach finished first in his class at Rush Medical College and completed an Orthopedic Spine Fellowship at the prestigious William Beaumont Hospital in Royal Oak, Michigan. A board-certified Orthopedic Surgeon with a focus on disorders of the cervical, thoracic, and lumbar spine, he set his sights on joining a successful practice in his hometown in 2003. As that practice, Lake Cook Orthopedics, continued to grow the team transitioned in 2016 to Illinois Bone and Joint Institute (IBJI).

For over 2 decades Dr. Brebach has served the community that he loved as a boy. He says, "There are so many nice people here. They're down to earth, salt-of-the earth types, and they appreciate good service. That's always what we want to provide—the best service available."

For the vast majority of his patients, treating injuries or age-related effects will involve noninvasive measures such as medications, therapy, and injections. Dr. Brebach estimates that 3-5% of patients he sees require surgery. The vast majority improve with conservative care, but for those that don't, surgery can be quite effective.

Dr. Brebach pursues minimally invasive techniques as much as possible. The result is often life changing. "It's always a good feeling when you get a hug from somebody saying you really changed my life, thank you," says Dr. Brebach, who's part of the IBJI team that covers a variety of orthopedic services.

"You get a smile and a handshake or even a hug when you discharge a patient from care, and you know they're a different person because of what you accomplished together. That feeling is especially gratifying. What makes it even more special is the fact that I am serving the community that my friends and family are a part of as well."



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About Illinois Bone & Joint Institute

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.

Practice Locations for Dr. Brebach

Barrington

27401 W. Highway 22
Suite 125
Barrington, IL 60010
Phone: 847-381-0388
Fax: 847-381-0811

Crystal Lake

815 Cog Circle
Suite 1
Crystal Lake, IL 60014
Phone: 847-381-0388
Fax: 847-381-0811

McHenry

406 Front Street
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Fax: 847-381-0811

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*In back from left: Marius Gradianu, D.O.,
Kevin J. Kovach, M.D., and Mateen K. AliNiazee, M.D.;
In front: George Ludwig, Managing Director*

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Lakeland Dental Is Truly a Hidden Gem!

Dr. Amrit Virk, BDS, DDS is a resident of North Barrington and the proud owner and practicing general dentist at Lakeland Dental serving the greater Barrington and Wauconda areas.

Lakeland Dental, located in Island Lake, is the leading female-founded dental practice in our community with state-of-the-art facility, equipment, and technology. We are committed to maintaining a standard of excellence in a relaxed and family-oriented environment. Holding ourselves to this standard allows us to provide the quality of dental care that our patients deserve. Dr. Virk and her team provides comprehensive treatment, combining the most current restorative and cosmetic dentistry techniques to help patients achieve optimal oral health and their ideal smile.

We want our patients to feel comfortable knowing that we are a team of highly trained clinicians committed to continual education and learning. Our team members have been in the field of dentistry for over 30 years and are proud to serve Barrington families at our dental clinic through generations.

It is our primary focus to build a foundation of compassion and trust by treating each of our patients as individuals. At Lakeland Dental, we aim to consistently provide our patients with the highest quality of dental care and to make each visit as comfortable and pleasant as possible. We encourage you to express any questions or concerns you may have about improving your dental and oral health.

Our team of experienced professionals hope to build lifelong relationships and strive to provide you with healthy smiles for life. Come smile with us!

Services We Offer:

- Pediatric Care
- Dental Cleanings and Examinations with TMD and oral cancer screenings at each visit
- Scaling and Root Planing
- BOTOX®
- Tooth-colored (composite) Fillings and Bondings
- Crown and Bridge Veneers/ Bondings Dentures/Partial Dentures Implant Restorations Dental Extractions/ Socket Preservations/PRF Invisalign®/ Sure Smile/Clear Aligners Teeth Whitening



Dr. Amrit Virk, BDS, DDS



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Steve Best, M.D. provides the highest level of neuropsychiatric and psychiatric care to child and adult patients suffering from complex illnesses, treatment-resistant illnesses, and high-comorbidity disorders. Dr. Steve Best is board-certified in psychiatry and has been the director of The Neuroscience Center in Deerfield, Illinois, since 1996. He specializes in brain disorders that affect emotional health, cognitive ability, and everyday behavior. His professional interests include:

- *Treatment resistance (for mood, pain, consequences of stroke, dementia, concussion, or traumatic brain injury)*
- *Disorders of learning, learning disability, learning differences, and/or developmental disorders*



The Neuroscience Center
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Steve Best, M.D., Director

The Neuroscience Center
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847-236-9310

Email us at schedule@neuroscience.md

Suffering or in Pain? Don't Just Live with It!

At The Neuroscience Center, we treat the most challenging and complex cases of depression and brain illness. This type of pain, most often invisible, affects not only the patient, but their loved ones as well. Their suffering can deteriorate a person's judgment, transform their whole being and affect every aspect of life. At some point, it might cause the support system to fail, leaving someone alone during their darkest time.

We strive to build a healthy relationship with our patients and their support system, which can be just as important as the treatments we provide. We work with a patient's existing care providers and together help create a personalized treatment plan. Our extensive testing can better identify root causes, which then inform our interventions and recommendations. Pain can be "local" (i.e., a broken bone), "central" (phantom limb, depression), or "mixed" (local pain that "morphs" into Complex regional pain syndrome). Autoimmune diseases and other inflammatory illnesses are notorious for mixed pain syndromes. Mixed pain benefits from our specialized diagnosis process and personalized treatment plans. Common causes include:

- RSD/CRPS (Reflex Sympathetic Dystrophy / Complex Regional Pain Syndrome)
- Rheumatoid Arthritis
- Systemic Lupus Erythematosus
- Lyme and Other Post-Infection Pain
- Traumatic Brain Injuries (TBI)
- Major Depression Disorder (MDD)
- Errors of Metabolism
- Toxins/Parasites
- Sleep Disorders
- Hormonal Imbalance/Deficiencies
- Panic Disorder
- Anxiety

If you or your loved one have tried everything and nothing seems to work, please consider what we have to offer.

Treatment Professionals:

If you are a treatment professional who is working with a patient who has been unable to improve and stabilize through traditional methods, please reach out. We offer a practical approach using cutting-edge therapies. We work to collaborate with and support other health care professionals to help ease suffering and improve outcomes. We believe that in the recovery community, we are 'better together.'



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.

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!

retreat
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- Emergency Dental Care



Creating beautiful smiles for over 30 years

Confident smiles and lasting relationships through compassionate care

Choosing Your Smile Studio as your dental home means choosing a dental partner that prioritizes your well-being and satisfaction at every step of your oral health journey.

Dr. Rob Wertke is the private owner and dentist at Your Smile Studio, a practice that has been proudly serving the Barrington community for over 38 years. After dental school at the University of Kentucky, Dr. Rob completed an advanced dental residency at Advocate Illinois Masonic in order to expand his skill set and train on handling more complex dental cases. This has allowed Your Smile Studio to provide dental care for all ages and families, while also offering more advanced dental care solutions in restorative, cosmetic and implant dentistry.

“What makes going to the dentist a major point of fear and anxiety to so many? Is it a lack of feeling heard? Fear of pain? A bad memory from a previous experience? Finding the answer to these and trying to rewrite the narrative on them is our mission at Your Smile Studio.”

We are proud to take the time to truly get to know you, and focus on your oral health needs and desires. We utilize state of the art technology to deliver efficient, accurate and pain free results. We now offer virtual consults to make it easier for you to start your journey to the smile you've always wanted, and we will always make you feel at home from the moment you walk into our office, to the moment you leave

Everything we do is curated so that you and your whole family feel like you are part of our family, and that our dental community feels empowered by their oral health care team.

We offer affordable payment options and in office membership plans, as well as always working to maximize your dental benefits.

We can't wait to meet you! Give us a call to get appointed.



Want to know more about what's possible for your dream smile? Submit a free Virtual Consult and receive back a personalized video from Dr. Rob regarding your care.



Your Smile Studio
Cosmetic, Family, and Implant Dentistry

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