

Barbara D. Bartlik, MD, Psychiatrist with Barbara D. Bartlik, MD

Get to know Psychiatrist Dr. Barbara D. Bartlik, who serves patients in New York, New York.



New York City, May 30, 2019 (IssueWire.com) - Dr. Barbara Bartlik is a psychiatrist and integrative medicine specialist in Manhattan who has over three decades of experience in clinical practice.

She uses mainstream medications, psychotherapy, natural therapies (dietary modification, detoxification, supplementation with vitamins, minerals, essential fatty acids, and herbs), and cutting edge technologies. Whether the problem is psychiatric (anxiety, depression, OCD, ADHD, PTSD, schizophrenia, autism, or bipolar disorder) or medical (fatigue, pain, insomnia, dementia, sexual dysfunction, hormonal-related problems, traumatic brain injury, weight or autoimmune issues), this integrative approach is effective and tends to minimize adverse effects.

Dr. Bartlik does recognize that sometimes natural approaches are not enough and it is necessary to prescribe medication, temporarily or on an ongoing basis. Even then, Dr. Bartlik believes that natural therapies and lifestyle interventions can enhance the effect of medications and overall health, allowing for a reduction in dosage or eventual discontinuation of the medication.

Dr. Bartlik seeks to uncover underlying causes of ills, rather than just narrowly prescribe medications. Causes or contributory factors can include inflammation, infection, exposure to toxins, deficiencies in

hormones and nutrients, inadequate sleep, and poor lifestyle habits. A holistic examination of the patient's health will suggest more options for recovery.

Dr. Bartlik also uses sophisticated laboratory tests and always seeks to offer the best of both mainstream and integrative care. Her approach to psychotherapy is supportive, practical and problem-oriented.

Some conditions that Dr. Bartlik has considerable experience treating include Anxiety/ Trauma, Attention Deficit Hyperactivity Disorder (ADHD) / ADD, Autism Spectrum Disorders, Chronic Fatigue, Depression, Family/Marital conflict, Fibromyalgia, Helping people express healthy sexuality (of any age or orientation), Insomnia, Memory problems.

Dr. Bartlik also treats conditions like Obsessive Compulsive Disorder (OCD), PMS/ Postpartum/Menopausal problems, Sexual problems (low desire, orgasm problems, erection problems, sexual pain, sexual addiction) as well as Weight loss issues., MD, <http://www.drbarbaramd.com/>

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