

Barbara Bruton, MD, an Internist with Opulent Health and Wellness, Inc.

Get to know Internist Dr. Barbara Bruton, who serves patients in Marina del Rey, California.



New York, New York City, Feb 4, 2021 ([Issuewire.com](https://www.issuewire.com)) - Recognizing that the mind and body must be in sync for maximal good health, Dr. Bruton serves as the owner & operator of Opulent Health and Wellness, Inc. in Marina del Rey, California.

She offers the following services: addiction detox (opiate and alcohol), obesity management, and

treatment of general internal medicine issues. In addition, she strives to identify any underlying psychiatric illnesses that patients may be suffering from such as depression, anxiety, post-traumatic stress disorder, childhood trauma, sexual abuse, and others.

Even though her background is in internal medicine, Dr. Bruton has always had a keen interest in psychiatry and addictive disorders. She recognized early in her career that addiction is a brain disease. She witnessed many times the shattered lives of not only the addicted individual but family members which in many instances can be affected for generations.

“Every patient deserves the best of care. My job is to deliver that care. I will provide individualized, compassionate, and innovative care for treatment of your medical needs” as stated by the doctor.

Following the completion of her medical degree from the University of Nebraska College of Medicine in 1987, Dr. Bruton went on to serve her residency at Lac-King-Drew Medical Center in Los Angeles, California.

With over three decades of experience in her field, she is board-certified through the American Board of Internal Medicine, the American Board of Addiction Medicine, and the American Board of Preventive Medicine.

Furthermore, she is a Fellow of the American Society of Addiction Medicine, as well as a member of the American Medical Association, the California Society of Addiction Medicine, the American Academy of Pain Medicine, the National Lipid Association, the New York Academy of Science, the Los Angeles County Medical Association, and the Butte-Glenn Medical Society.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Among her numerous accolades, Dr. Bruton is the recipient of Compassionate Doctor Recognition (2011, 2012, 2014, 2015, 2017, 2018), On-Time Doctor Award (2015, 2017, 2018), and Patients' Choice Award (2011, 2012, 2015, 2017, 2018).

Learn More about Dr. Barbara Bruton:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/102975-Barbara-Bruton-Internist> or through her website, <https://provider.kareo.com/dr-barbara-bruton>

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