

Sandaliz Solano, MD, a Family Physician with LPG Primary Care- Bonita Bay Lifestyle Center

Get to know Family Physician Dr. Sandraliz Solano, who serves patients in Bonita Springs, Florida; soon to offer independent concierge services in Naples, Florida.



New York City, New York Nov 7, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Solano is a distinguished family physician, a certified Cognitive-Behavioral Therapy (CBT) practitioner, a dedicated mindfulness coach, and a passionate advocate for the field of preventive and lifestyle medicine. She is in practice part-time with Lee Physician Group Primary Care at Bonita Bay Lifestyle Center in Bonita Springs, Florida. Dr.

Solano is also the founder of Solano Lifestyle Medicine and has an open waiting list for new patients interested in personalized boutique-like medical services in Naples, Florida.

Her patient-centric approach, emphasizing whole-person care, ensures that each individual receives the comprehensive, compassionate, and personalized attention necessary for achieving and maintaining a lifetime of health and wellness.

With her extensive medical qualifications as a family physician, Dr. Solano is equipped with a broad spectrum of expertise in diagnosing, treating, and managing a wide range of health conditions. Her comprehensive understanding of the intricacies of family medicine allows her to provide personalized care to individuals across all age groups, from infants to seniors.

Her certification as a CBT practitioner underscores her dedication to addressing not only the physical but also the psychological well-being of her patients. Dr. Solano leverages evidence-based CBT techniques to assist patients in managing and mitigating the impact of mental health issues on their overall health and quality of life.

In addition to her CBT expertise, Dr. Solano serves as a mindfulness coach, emphasizing the significance of mental and emotional balance in achieving optimal health. Mindfulness practices are integrated into her patient care approach to promote stress reduction, emotional resilience, and overall well-being.

Furthermore, Dr. Solano has earned acclaim for her expertise in chronic care management, where she employs innovative strategies to enhance the quality of life for patients living with long-term health conditions. Her goal is not merely to manage chronic diseases but to facilitate their reversal, helping patients regain control over their health.

Throughout her academic career, Dr. Solano graduated with her Medical Degree from the Universidad Iberoamericana (Unibe) School of Medicine in the Dominican Republic. She then relocated to the United States, performing her internship at Alabama Head and Neck Clinic, and her residency at Saint Joseph's Medical Center in Yonkers, New York.

With a diverse skill set and a profound commitment to family medicine, Dr. Solano is a Diplomate of the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Among her professional affiliations, Dr. Solano is an active member of the American College of Lifestyle Medicine, the American Academy of Family Physicians, the Florida Medical Association, and the Lee County Medical Association.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

In her leisure time, Dr. Solano engages in a diverse array of hobbies and sports, including reading, writing, and maintaining an active lifestyle through spinning, strength (resistance training), and yoga. She is also a dedicated enthusiast of SPENGA, PureBarre, and soccer, relishing the challenges and rewards they offer.

Furthermore, Dr. Solano cherishes moments spent by the beach, relishing the soothing waves and coastal ambiance, as well as pool swimming, which provides a refreshing escape from the heat. Her favorite place to vacation offers a choice between two contrasting yet equally enticing settings: the tranquil serenity of the forest or the sun-kissed shores of a beach. When it comes to vacation destinations, Europe and the Caribbean are top picks, each offering a unique blend of culture, history, and natural beauty.

Learn More about Dr. Sandraliz Solano:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83978682-Sandraliz-Solano-Family-Practitioner>, or through Lee Health, <https://www.leehealth.org/find-a-doctor/sandraliz-solano> or through her website www.solanolifestylemedicine.com

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Source : Sandraliz Solano, MD

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