

Denise R. Bogard, MD, FAARFM, ABAARM: Championing Holistic Wellness at Well Aging Med

Specializing in Anti-Aging, Integrative & Functional Medicine for Optimal Health



New York City, New York Jun 17, 2024 ([Issuewire.com](https://www.issuewire.com)) - At Well Aging Med in Roseville, California, Dr. Denise Bogard, a seasoned internist and integrative functional medicine physician, offers exceptional services to individuals seeking to enhance their overall well-being and combat aging using natural and proven methods.

Taking a personalized approach to patient care, Dr. Bogard delves into various factors such as gut health, hormone balance, inflammation, stress, toxins, nutrient deficiencies, and immune system disruptions to identify the root causes of symptoms. Utilizing cutting-edge treatments, she addresses these underlying issues to promote long-lasting wellness.

Among the comprehensive services provided at Well Aging Med are weight management support, IV therapy, nutrition counseling, peptide therapy, bioidentical hormone replacement, platelet-rich plasma (PRP) therapy, and specialized testing tailored to individual needs.

Dr. Bogard's medical journey began with qualifications as a registered nurse and further training as a certified registered nurse anesthetist. Pursuing her passion for holistic medicine, she attended the University of Nebraska Medical Center and completed her Medical Degree. Subsequently, she undertook an internship in internal medicine at the University of Nebraska Medical Center and a residency in anesthesiology at the University of California, Irvine (UCI).

After nearly four decades as an anesthesiologist, Dr. Bogard realized the toll her demanding schedule had taken on her health. Seeking rejuvenation and vitality, she turned to anti-aging treatments and underwent training in age management medicine with Cenegenics®. Dr. Bogard further honed her expertise by completing fellowships in anti-aging and regenerative medicine through the American Academy of Anti-Aging, and obtaining certification as a biofeedback specialist.

Recognized for her dedication and expertise, Dr. Bogard has been honored as a Best Doctor, with her practice receiving accolades as the Best Medical Clinic in the region for the past four years. Beyond her professional achievements, she actively supports Hearts4 Heroes, where she sponsors dogs for first responders.

In her leisure time, Dr. Bogard enjoys engaging in sports such as softball, pickleball, and bicycling. She finds solace in vacationing in Hawaii, rejuvenating her spirit to continue her mission of promoting holistic wellness at Well Aging Med.

Learn More about Dr. Denise R. Bogard:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1909263-Denise-Bogard-Functional-Medicine> or through Well Aging Med, <https://www.bogardhealth.com/about>

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