

Patrice High, DO, DipABLM, Launches NuEmpowerment Health to Transform Lives through Lifestyle Medicine

Advancing Women's Health Through Education, Personalized Support, and Community Involvement to Improve and Prevent Chronic Lifestyle-Induced Illnesses



New York City, New York Dec 17, 2024 ([IssueWire.com](https://www.issuewire.com)) - Patrice High, DO, DipABLM, a highly respected physician with over 20 years of primary care experience, is proud to serve as the Founder and CEO of NuEmpowerment Health, a physician-led transformative health coaching telehealth organization dedicated to empowering women to reclaim their health and prevent, improve, and in many cases, reverse chronic diseases. Dr. High, dual board-certified in Family Medicine and Lifestyle Medicine, specializes in guiding women through the complexities of chronic illnesses such as obesity, diabetes, hypertension, early Alzheimer's, and early heart disease, with a focus on sustainable lifestyle changes and plant-powered nutrition.

At NuEmpowerment Health, Dr. High embraces a patient-centered approach where women take the driver's seat in their health journeys. By employing evidence-based lifestyle interventions, she collaborates with clients and their primary care providers to develop personalized wellness plans tailored to their unique needs. Dr. High's mission is to empower women to harness their body's inherent capacity for optimal healing. She focuses on identifying obstacles that hinder progress, addressing barriers to personal change, and creating a supportive community that fosters transformational change.

NuEmpowerment Health focuses on the six pillars of lifestyle medicine: nutrition, physical activity, stress management, restorative sleep, social connections, and avoidance of risky substances. Dr. High aims to support women in reducing medication dependency, lowering blood sugar and blood pressure, improving cardiovascular health, enhancing sleep quality, and alleviating inflammation and brain fog.

Dr. High's commitment to women's health is deeply personal. Having transformed her own health through these lifestyle tools, she understands the limitations of the conventional medical model. Dr. High believes that chronic illness is not a result of "bad genes" but can be addressed through sustainable lifestyle changes that enable women to thrive, not just survive. Through her own journey, she has achieved sustainable weight loss, improved her overall health, and grown both personally and professionally. Her passion now lies in coaching women to enhance the quality and quantity of their lives.

Dr. High earned her Bachelor of Science Degree from Rider University and her Doctor of Osteopathic Medicine Degree from Michigan State University College of Osteopathic Medicine. She completed her residency in Family Medicine in Lancaster, Pennsylvania, and is a Diplomate of the American Osteopathic Board of Family Physicians and the American Board of Lifestyle Medicine. Her involvement in various professional organizations, including the American Osteopathic Association, the Columbia Medical Society, the Lexington Medical Society, the South Carolina Osteopathic Medical Society, the American Academy of Family Physicians, the American College of Osteopathic Family Physicians, the American College of Lifestyle Medicine, and Sigma Sigma Phi, highlights her commitment to continuous learning and advocacy for patient-centered care.

In addition to her professional accomplishments, Dr. High is active in her community as a member of The Junior League of Columbia, Health Made Simple, and a supporter of Compassion International. When not working, she enjoys spending quality time with her loved ones, singing, participating in Zumba classes, listening to music, and traveling, with her preferred destination being anywhere tropical.

NuEmpowerment Health is more than a health coaching organization; it is a movement to inspire

women to take charge of their health and their legacy. Dr. High invites women from all states to join its physician-led health coaching community and embark on a journey toward wellness that promises to empower their lives and the lives of their families for generations to come.

Learn More about Dr. Patrice High:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2369171-Patrice-High-Family-Practitioner> or through NuEmpowerment Health, <https://www.doctorpatricehigh.com/>

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