

## Dr. Ashleigh Patrick Enhances Care In Southern Colorado

Board-certified family and integrative practitioners deliver patient-focused medical consults to help patients not only treat disease but find ultimate wellness.



**New York City, New York Jul 7, 2025 ([Issuewire.com](https://www.Issuewire.com))** - Colorado Family Health Network is proud to introduce Dr. Ashleigh Patrick, DO, a dedicated family medicine physician committed to serving patients in southern Colorado with comprehensive, empathetic care. Equipped with broad clinical expertise and a compassionate approach, Dr. Patrick provides high-quality holistic care that addresses the unique needs of individuals.

Dr. Patrick earned her Doctor of Osteopathic Medicine, completed residency training in family medicine, and culminated her training with a two-year fellowship in integrative medicine.

At a time when more individuals are seeking healthcare that addresses not only symptoms but root causes, Dr. Ashleigh Patrick offers a unique and deeply personalized approach at Integrative Medicine of Pueblo. Combining the best of modern medicine with time-tested holistic practices, Dr. Patrick helps patients heal and thrive—naturally.

A board-certified family medicine physician with advanced training in integrative and osteopathic medicine, Dr. Patrick works with patients to uncover the underlying contributors to chronic conditions such as fatigue, pain, anxiety, gut issues, hormonal imbalances, and more. Her goal is to empower each individual to take charge of their health through natural therapies, lifestyle changes, and hands-on care.

At Integrative Medicine of Pueblo, Dr. Patrick offers:

- **Integrative Medicine Consultations:** A comprehensive, root-cause approach that weaves together conventional diagnostics with functional and lifestyle medicine to create a personalized wellness plan.
- **Osteopathic Manipulative Treatment (OMT):** A gentle, hands-on technique that restores structural balance and relieves pain—especially effective for musculoskeletal pain, headaches, and fibromyalgia.

“I’m the medicine expert, and my patients are the experts in themselves,” says Dr. Patrick. “My role is to act as a guide, providing the tools to help patients restore their health naturally—without relying on unnecessary prescriptions or procedures.”

### **Learn More about Dr. Ashleigh Patrick:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84290609-Ashleigh-Patrick-Family-Practitioner>

### **About FindaTopDoc.com**

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Source : Dr. Ashleigh Patrick

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