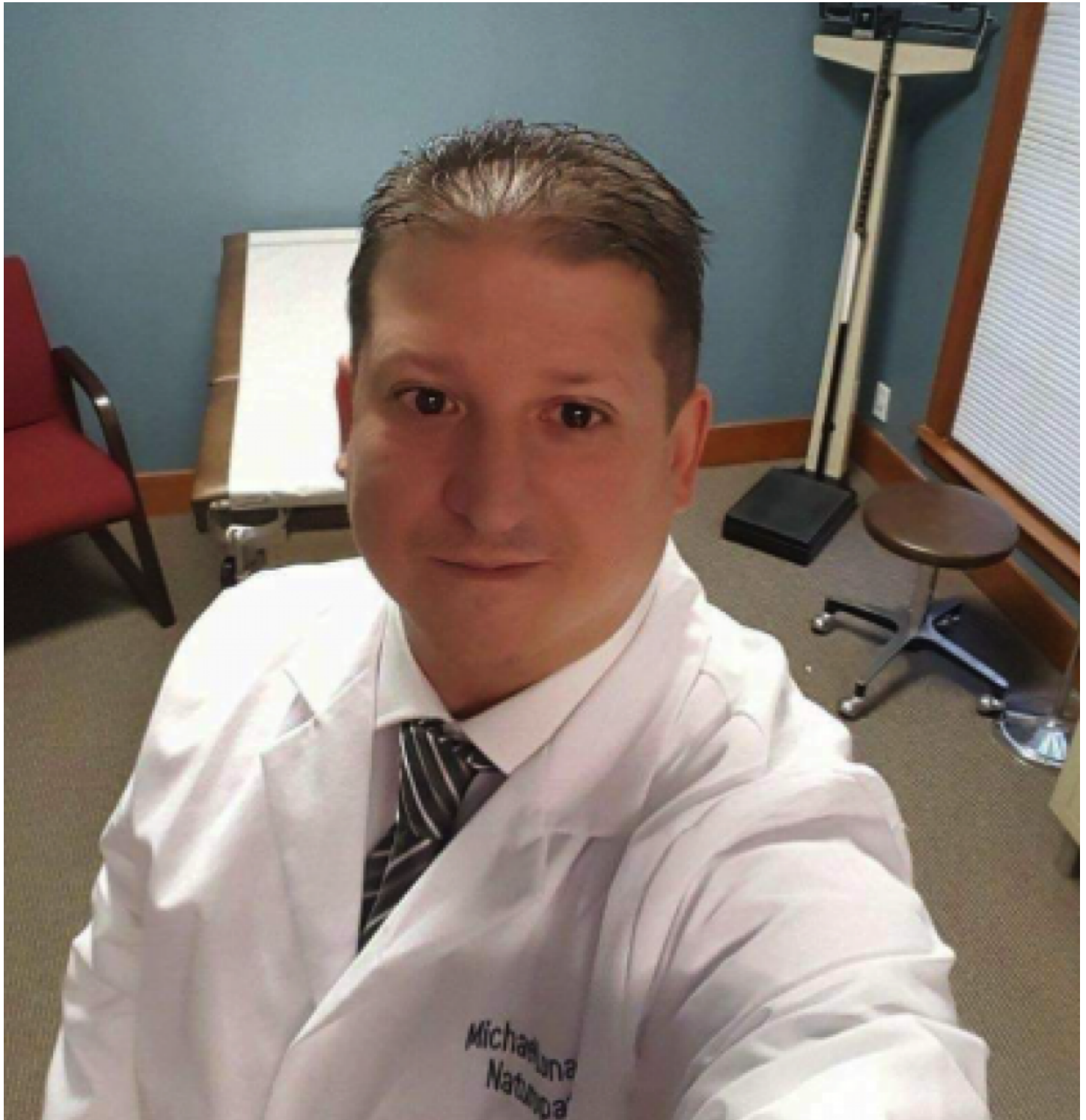


Michael Lonardo, BCDNM, HMD, TND, BCCt, BCHt: Leading Primal Integrative Health Group in Raleigh with holistic healing.

Renowned Holistic Medicine Practitioner Offers Comprehensive Natural Health Solutions for Individuals, Families, and Pets



BCCT, BCHt, a distinguished leader in holistic health and wellness, is the founder of Primal Integrative Health Group, Inc., a pioneering health center dedicated to empowering individuals through a comprehensive approach to natural medicine. With a plethora of titles and certifications, including Board Certified Doctor of Natural Medicine, Board Certified Doctor of Holistic Medicine, Board Certified Hypnotherapist, and Certified Cryo-Sculpting Therapist, Dr. Lonardo brings a wealth of knowledge and experience to the Raleigh community, offering cutting-edge, personalized health solutions that focus on the whole person—mind, body, and spirit.

“Our mission is simple: to empower you to achieve optimal health and well-being through a holistic approach that respects the unique needs of each individual,” states Dr. Lonardo. “We believe in the body's innate ability to heal and thrive when given the right support and care.”

Primal Integrative Health Group offers a range of reputable and dependable services designed to address diverse health concerns. These include:

- *Primal Health*: Tailored natural medicine solutions for adults, addressing anxiety, depression, mood disorders, and healthy weight management through a combination of traditional and alternative therapies
- *Primal Pediatrics*: Specialized natural medicine care for children, including personalized treatment plans for autism and other developmental disorders.
- *Primal Vitality*: Focusing on sexual health, body contouring, and overall body optimization, this service provides personalized care designed to enhance vitality and well-being.
- *Primal Performance*: Dedicated to athletes, this service offers sports medicine treatments, including Eros & Eros Plus (Radial & Focused Shockwave Therapy), to help athletes achieve peak performance and recover from injuries.
- *Primal Pets*: Holistic veterinary care that ensures the health and happiness of pets through an integrative approach.
- *Primal Senior Care*: Compassionate, non-medical in-home care that supports safety, independence, and quality of life for seniors.
- *Primal Aesthetics*: Advanced, noninvasive treatments designed to enhance natural beauty, providing results that reflect how clients feel inside and out.

Dr. Lonardo's journey into holistic health began with a deeply personal experience that revealed the limitations of conventional medicine. Witnessing a loved one endure the cycle of diagnosis and prescription without addressing the root cause of illness ignited his passion for natural medicine. “I realized that medications often treat symptoms rather than the underlying issues, leading to a cycle of dependency,” says Dr. Lonardo. “Our bodies are designed to heal when given the right nourishment, support, and care.”

Dr. Lonardo's practice emphasizes proactive prevention and holistic care, combining various modalities such as naturopathy, Traditional Chinese Medicine, herbology, homeopathy, and essential oils. His extensive expertise spans alternative medicine, psychiatry, sexual dysfunction, autoimmune disorders, and healthy weight loss, making him a versatile practitioner dedicated to the health of his patients.

“I have a deep passion to see men, women, and children walk in optimal health emotionally, mentally,

physically, and spiritually,” Dr. Lonardo shares. “The more I study the body and its intricate systems, the more I realize how much there is to learn. I absolutely love what I do—walking alongside those who seek greater health and wellness.”

Dr. Lonardo’s dedication to his craft has not gone unnoticed; he has received numerous accolades, including Best Holistic Medicine (2018, 2022, 2023), Best Doctor (2018), Top Alternative & Holistic Medicine Specialist (2020), Best Naturopathic Service (2022), Raleigh Best (2022) for Alternative Medicine, and Best Holistic Medicine (2023). These honors reflect his commitment to excellence and the profound impact he has made in the field of holistic health.

On a personal note, Dr. Lonardo is a proud father of four, cherishing the joys and challenges of parenting while balancing his professional life.

Primal Integrative Health Group, Inc. is open for consultations, welcoming individuals and families seeking a holistic approach to health and wellness. With a commitment to individualized care and a belief in the body's natural healing abilities, Dr. Michael Lonardo and his team are poised to make a significant difference in the lives of their patients.

Learn More about Dr. Michael Lonardo:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/81865566-Michael-Lonardo-Naturopath>, or through Primal Integrative Health Group, Inc., <https://primalihealth.com/team-member/dr-michael-lonardo/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept their insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

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Source : Dr. Michael Lonardo

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