

What former clients have to say:

"After working with Dr. Howard, I was able to reverse my diabetes and go off many of my drugs within a few months. I feel better and am thankful to know that I found a way to become healthier."

D.R. Lynchburg, VA.

"After suffering from a heart attack I was grateful to learn from Dr. Howard that even serious heart disease can be reversed. He introduced me to a protocol for reversing heart disease that I followed and I'm thrilled that it worked. My cardiologist was amazed!"

K.K.D. Bombay, India

"I have suffered my entire life with high blood pressure and after only a few weeks following Dr. Howard's advice, my blood pressure came down and I'm getting free of meds. I had no idea this was possible. I feel so much better."

M.A. Orange, VA.

"I had painful gout and was over weight but after working with Dr. Howard I was able to lose weight and eliminate gout. I am thankful to see the amazing improvement in my health."

J.A. Pittsburg, PA.

Renovaré Lifestyle Consulting

Learn more at our website or make an appointment for a Renovaré consultation by email or phone

renovarelifestyle.com

renovarelifestyle@gmail.com

434-962-2108

409 8th St. NE • Charlottesville, VA 22902

Cost for consultations:

Single one hour sessions: \$100

Evaluation and treatment session: \$250

Follow up sessions: \$75

Due to the refusal of insurance companies to cover wellness care, Dr. Howard is not able to participate in insurance reimbursement systems. However flex spending is applicable.

Renovaré

Restoring Health

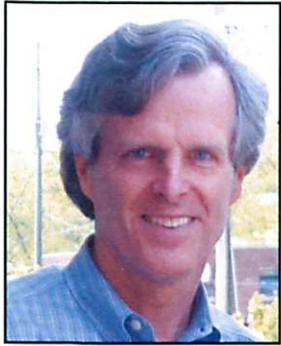
Reversing Disease

Renewing Life

Health by choice not by chance
Personalized lifestyle consultations by

Dr. Wesley Howard

Meet Dr. Wesley Howard



Dr. Howard has lived in the Charlottesville area since 1984. He has been involved for over three decades in the field of medicine and health care. He has extensive training in internal medicine as well as emergency

medicine, and more recently in the new emerging field of lifestyle medicine. Dr. Howard has a wealth of experience as a physician from teaching medical students, working in a variety of clinical settings, emergency rooms, and also practicing internationally in a hospital in Africa.

For the past five years, Dr. Howard has focused his attention on the root causes of chronic diseases and effective ways to eliminate them. This focus grew out of his concern over the health crisis in our country where traditional medicine is often ineffective. Dr. Howard has success in helping people reverse degenerative illnesses through the application of lifestyle interventions. His vision is to help people improve and eliminate chronic diseases that traditional medicine fails to cure. His emphasis moves from disease management to genuine health care which improves health and extends life.

*Dr. Howard is a member of
The American College of Lifestyle Medicine &
Physicians Committee for Responsible Medicine*

How Renovaré care may benefit you

Renovaré is evidence based health care able to address the following issues:

- diabetes
- heart disease
- hypertension
- cholesterol issues
- obesity
- food addictions
- autoimmune
- arthritis
- digestive issues
- acne
- osteoporosis
- chronic diseases

Renovaré care is able to improve your general health, increase your resistance to disease, and lower your risk factors for diseases that run in your family.

Renovaré will enable you to make informed and wise choices about when traditional medicine and drug therapy is appropriate and when it should be avoided.

Renovaré will help you navigate through the conflictual information relating to health by showing you how to make sense of the scientific literature and disagreements among the experts.

Renovaré care pays for itself as it helps clients reduce their use of drugs and supplements with fewer visits to doctors and reduced need for medical tests.

Services Offered

Single sessions with Dr. Howard

Single one hour sessions with Dr. Howard are available for clients who would like to explore lifestyle medicine and how it may benefit them.

Become a Renovaré Client

Initial visit of 90 minutes or more to include an intensive health evaluation resulting in an individualized treatment plan tailored to your health needs and goals. This includes a notebook of valuable resources and helpful instructions for implementation.

Skype, Phone, & Home Visits

These are made available for people who are unable to travel to the office, and for clients who live internationally.

Event Speaker

Dr. Howard is available to give talks to groups interested in health and lifestyle medicine.



Dr. Howard partners with his wife, Jackie, who coaches clients in learning new lifestyle skills such as cooking and shopping for healthy foods.