

# NICOLE FARMER, M.D.

*Now scheduling patients  
@ Third Space Wellness*

How Dr. Farmer can help your health ...

## HOLISTIC LIFESTYLE MEDICINE CONSULTS

How we lead our lives determines the state of our health. Lifestyle medicine seeks to improve our health through optimizing our food, movement, community and sleep.

- Specialty nutrient testing available-
- Recommended nutritional supplements shipped to you-

## ACUTE CARE VISITS

Available for acute care visits on Saturday afternoons. Offering evaluation and treatment with conventional (prescription) as well as natural suggestions for common acute illnesses such as sinusitis, bronchitis, allergies.

Flu tests, rapid strep, urine testing, blood sugar and blood pressure checks available.

## TELEMEDICINE VISITS

For ongoing care needs related to lifestyle medicine consultations, telemedicine visits may be scheduled.

## LIFESTYLE GROUP VISITS

-Blood pressure and diabetes group visits  
with food demonstrations and yoga instruction



Nicole Farmer, MD is board certified in both Internal medicine and Integrative medicine and is passionate and knowledgeable about living well to optimize health.

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*"You are your best  
medicine" – Dr. Farmer*

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**To request an  
appointment call  
301-859-3672**

## PATIENT COMMUNITY GROUPS

**Farmer's market tours  
Garden groups  
-Starting Summer 2017-**

**Location: Third Space Wellness  
8001 Kennett St Suite B, Silver Spring, MD**

## Lifestyle Medicine Approach to Health

### FOOD

Choosing the best foods for you will help to nourish your body and help you meet your health goals. Through visits we offer food as medicine approach to common health conditions, guidance with low allergy or elimination diets and cooking demo group visits.

### MOVEMENT

When we move in our daily life or for exercise we are energizing our body. By providing exercise prescriptions based on your health concerns we are able help improve your function and metabolism.

### RELATIONSHIPS & COMMUNITY

How we control our health is also determined by our community and our connection to our environment. Through holistic lifestyle group visits we help expand your supportive community while providing information about details for improving health.

### MEDICINES & VITAMINS

When medicines are needed we will responsibly prescribe and utilize them during acute illness and for chronic disease care. Vitamins and supplements may be needed to help medicines work better or enhance your lifestyle. We work with select well respected companies and offer delivery of supplements to your home.

### PERSONALIZED PLAN

At holistic lifestyle medicine consults a personalized plan for your health is provided. Updates to your plan can be made throughout the year as you progress in your health.

### Specialties

Blood pressure & blood sugar control

Digestive wellness

Food sensitivities and intolerance

Healthy cooking

## PRICING

Lifestyle Medicine  
consult \$150.00

Telemedicine \$50.00/  
Visit 30 min

Acute visit \$60.00  
plus cost of  
testing

Rapid flu \$30.00

Rapid strep \$20.00

Urine test \$10.00

### Group visits

- Schedule starts  
Summer 2017-  
\$30-40/pp

Patient Community  
Groups FREE

- Schedule starts  
Summer 2017-

Dr. Farmer's services are currently direct pay and no insurance is accepted.

All fees are due at the time of visit. Credit cards accepted.

For all visits, patients will receive an invoice with diagnosis codes for submission to insurance.



