

Welcome! We are pleased to have you as a new patient and look forward to working closely with you on your comprehensive program.

Our focus is the early detection, prevention, treatment, and reversal of age-related decline by optimizing your body's endogenous mechanisms of self-repair. We use an integrative, science-based healthcare approach that treats illness and promotes wellness by focusing on your bio-chemically unique aspects, and then individually tailoring interventions to restore physiologic, psychological, and structural balance. We strive to understand fundamental physiological processes, environmental inputs, and genetic predispositions that influence health so that interventions are focused on treating the cause of the problem, not just masking symptoms.

Our program is individualized for your specific health needs. We don't subscribe to a "one size fits all" philosophy – rather we recognize that you are as unique as your finger prints.

Thank you for trusting us with your health care needs and we hope to earn your confidence as we take this journey together.

Allen Smolenski, MD  
Costal Medical Clinic PC