

# A Contemporary Approach To Being Well

Is this you? Your alarm goes off at 6 a.m. and you tumble out of bed to make your first cup of coffee.

You get the kids going and start navigating a multitude of mini-crises before everyone is out the door. Then it's either off to work or on to the needs of your home. There is work to do, errands to run, and meals to prepare. And then the kids come home. There's homework, carpools, more mini-crises, and maybe you get everyone fed something halfway nutritious. After running around as a "human doing" instead of a "human being" you start to feel like this day was too much. You're exhausted, maybe your head hurts, and you just need a break. Perhaps you open a bottle of wine, find the chips and ice cream, and zone out for awhile on Facebook, Netflix, or Candy Crush. Tomorrow you know you will do it all again.

After a while, you may notice that your sleep is suffering from the coffee and wine that get you through your days. Perhaps your waistline is expanding as you soothe yourself with food and never quite find time to make it to the gym. You may look around at the things that aren't getting done because you were too tired, and instead used your time on less productive, often screen-based activities. You may notice that despite all the people you see, text, and email over the course of the day, everyone is so BUSY, and the quality of

your connection with them is not what you want it to be. You feel lonely and isolated.

## THE STRESS CONNECTION

Our fast-paced life with its many demands and infrequent opportunities for real connection is one of the major causes of stress related illnesses. Chronic stress leads to chronic cortisol release which leads to chronic inflammation and a wide range of diseases including obesity, high blood pressure, diabetes, heart disease, stroke, sleep apnea, chronic headaches, stomach problems, insomnia, and cancer.

Dr. Nance believes the answer to many of these health issues does not lie in a pill, a surgery, or some other expensive procedure. While she is well-trained in evidenced-based medicine from some of the most prestigious universities in the country, she knows from 15 years of practice in the Northwest Suburbs that most of us are not suffering from a bacteria, a virus, or a surgical problem, but rather from disease that is induced from the disconnected and frenetic way we live our lives. Dr. Nance believes that mindfulness training will lead to increased self-awareness, more satisfying relationships, and behaviors that are aligned with our true values. This is what enables a person to achieve their highest level of well-being. Mindfulness training enables a person to be present and experience joy in the midst of the full catastrophe of life.

## WELLESSENCEMD OFFERS A MULTITUDE OF PROGRAMS FOR INDIVIDUALS, FAMILIES, AND EMPLOYERS.

- **Internal Medicine:** WellesenceMD is a leading provider of internal medicine services for men and women in the Chicagoland area. The well-educated team combines its extensive knowledge of evidenced-based medicine with a multitude of integrated strategies to achieve the best outcomes.
- **Weight Management:** The WellesenceMD weight management program provides customized, multi-faceted, evidence-based approaches that enable patients to reach their healthiest weight. As a board-certified obesity medicine specialist, Dr. Nance is proud of her team's ability to assist the medically complicated patient. WellesenceMD patients may discontinue insulin and other medications over the course of treatment.
- **Stress Management:** WellesenceMD is the only certified provider of Mindfulness-Based Stress Reduction in the Chicago Suburbs.
- **Additional Services:**
  - Complete Physical Exams
  - Preoperative Consultations
  - Urgent Care Visits
  - Chronic Care Management
  - Cardiovascular and Diabetes Risk Assessments
  - School Sports Physicals
  - Urinary Incontinence Treatment
  - Full Lab Services Onsite
  - In-home Sleep Studies
  - Electrocardiograms
  - Spirometry
  - Indirect Calorimetry (Metabolism Testing)
  - Body Composition Analysis

KARA NANCE, M.D., F.A.C.P.

WELLESSENCEMD  
PRIMARY CARE PHYSICIANS



*Dr. Kara Nance is the physician and founder of WellesenceMD. She graduated with honors in molecular biology from Princeton University and has a concentration in neuroscience. Dr. Nance completed medical school at the University of Pennsylvania where she graduated 2nd in her class. She completed her Internal Medicine training at the University of Chicago in 2003 and became board-certified in Obesity Medicine in 2012. She completed the three-year Oasis training program for Mindfulness Based Stress Reduction in 2016. Dr. Nance is currently training to be a teacher of Non-Violent Communication in the tradition of Marshall Rosenberg. She is also well-versed in Enneagram studies. Dr. Nance also works as the senior medical advisor to Mindsciences, a company focused on digital solutions for working with craving and addiction. Dr. Nance has four children ages 10, 13, 14, and 19, and enjoys tennis, yoga, cooking, reading, and traveling in her free time.*

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