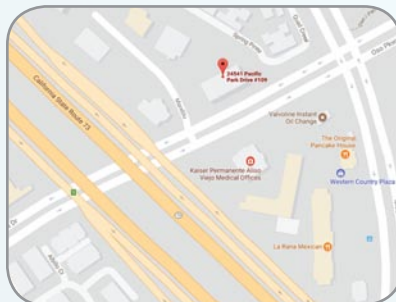


A Multidisciplinary Team of Specialists

- Anti-Aging Medicine
- Pediatrics
- Pediatric Sleep Disorders
- Internal Medicine
- Pulmonology
- Functional Medicine
- Breathing Disorders
- Physical Therapy
- Myofunctional Disorders
- Ear, Nose, Throat, & Airway Medicine
- Craniofacial Disorders
- Maternal & Fetal Health
- Lifestyle Medicine
- Diet/Nutrition
- Exercise Physiology

HEADQUARTERS



Multiple locations available.



Be Well

Collaborative Care

Breathe, Sleep & Be Well

24541 PACIFIC PARK DRIVE, SUITE 109, ALISO VIEJO, CA 92656

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A Collaborative Approach To Wellness

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives. ~ William A. Foster

www.breathesleepandbewell.com

Pediatric Services



- Pediatric sleep evaluations
- Sleep & relationship to co-morbid issues
- Pediatric sleep studies
- Sleep breathing concerns
- Pediatric CPAP desensitization
- Pediatric sleep hygiene
- Behavioral concerns/developmental pediatric evaluations
- Tethered tissues
- Eating difficulties
- Soft tissue dysfunction/tongue swallow
- Craniofacial growth and development
- Myofunctional evaluations
- Pediatric diet and nutritional counseling
- Pediatric total body wellness
- Mouth breathing/nasal breathing evaluations
- Proper breathing treatment
- Tonsil and adenoid evaluations
- Pediatric Ear, Nose, Throat, & Airway evaluations
- Craniosacral therapy
- Pediatric fascia release therapy
- Allergy evaluation
- Pediatric PT



A GLOBAL TIERED APPROACH TO COMPREHENSIVE CARE & TOTAL WELLNESS



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Adult Services



- Adult sleep evaluations
- Sleep & relationship to co-morbid issues
- Sleep breathing evaluations
- Adult sleep testing
- Sleep hygiene - Insomnia treatment
- Interim sleep breathing solutions
- Definitive sleep breathing solutions
- Craniofacial evaluations
- Myofunctional evaluations
- Craniosacral therapy
- Fascia release therapy
- Head and neck PT
- Ear, Nose, Throat, & Airway evaluations and treatment
- Nasal/diaphragmatic breathing evaluations
- Breathing treatment solutions
- Adult allergy solutions
- Sleep endoscopy
- Women's health and hormone balance
- Men's health and hormone balance
- Adult diet, nutrition counseling and weight loss
- Maternal and fetal health supportive care program
- Neuro-cognitive evaluation and rebuilding program

