

DR. SONI **SOULUTIONS**



## MISSION STATEMENT AND PRACTICE PHILOSOPHY

It is our endeavor to identify the dynamics of how the relationship between the brain and body influence your health because of their interdependent alignment.

Conventional protocols take a one dimensional approach, that is addressing either the physical or mental symptoms. It is our philosophy however that it is the brain that spearheads initial actions propelled by thoughts, then it is these that perpetuate the body's responses. This cohesive approach takes the complexity of the body's intricate design into consideration as part of its efforts to recalibrate the individual as a complete entity, restoring both the brain and the body to balance in alliance with one another.

Dr. Soni Soulutions primary interventions are integrative, multi-specialty medical assessments coupled with customized treatment protocols yielding superior results without the risk of side effects.

Our primary treatments are life choice upgrades and re- education, NOT medication.

SLEEP & SEX FITNESS  
MEDICAL INSTITUTE  
and more...



DR. SONI  
**SOULUTIONS**

Prabhat Soni, MD,  
FCCP, DABSM, DABOM,  
DAAAM, ABAARM

### 8 Board Certifications

Bariatric / Obesity Medicine  
Sleep Medicine  
Anti-Aging / Hormone / Regenerative  
/ Stem Cell Medicine  
Aesthetic and Cosmetic Medicine  
Pain Management  
Pulmonary and Allergy Medicine  
Critical Care  
Internal Medicine  
Assistant Professor at Weil Medical  
College-Cornell University

(718) 787-1900  
sleeptobeslimnyc.com

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## THE STRESS SOULUTION

Soulutions for common stress factor triggers:

- Life occurrences
- Financial pressure
- Emotional pain
- Trauma
- Loss of joy of life
- Medication side effects
- Hormone imbalances

## THE SKIN SOULUTION

Protocols for:

- Fillers (Juvederm, Radiesse)
- Neurotoxins (BOTOX, Dysport)
- Mesotherapy
- PRP
- Chemical Peels
- Micro Needling
- Microdermabrasion
- Lasers
- Hair restoration
- Lipo suction
- Fat grafting
- Skin Care

## THE SEX SOULUTION

Protocols for:

- Hormone Balancing
- E.D. treatments with Gainswave technology
- Menopause (dopamine)
- O-Shot for women
- P-Shot and erectus shot for men

# 7 INTEGRATIVE APPROACHES

## THE SPIRIT SOULUTION

We employ FDA approved therapies as well as medical and/or integrative protocols to restore joy of life and a sense of well-being to manage depression. These are specifically tailored (where possible) to address not only the symptoms but the origin(s) of depression, including but not limited to genetics, brain biology and chemistry, life events or medical conditions.

## THE STEM CELL SOULUTION

Regenerative Medicine for:

- Arthritis and joint pain
- Heart
- Lungs
- Autoimmune and Neurological issues
- And more...

## THE SLIM SOULUTION

Supervised by a board certified Bariatric/Obesity Medical Specialist.

Custom protocols to address:

- Digestive health
- Balancing good and bad bacteria ratios
- Addressing food allergy issues
- Causes and treatment of constipation
- Dietary modifications-establishing healthy habits to make better choices on what to eat what not to eat
- Appetite control/ suppressants (FDA approved medications)
- Balancing Cortisol levels
- Balancing Thyroid T3 and T4
- HCG Diet
- Lifestyle re-education coaching

## THE SLEEP SOULUTION

Protocols for:

- Sleep apnea
- Insomnia
- Sleep interruption or deprivation
- Achieving and optimizing sleep stages
- Narcolepsy