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The Science of Sequential
Healing for Brain and Body

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

We utilize a combination
of FDA approved
medications and well as
bio-available dietary
supplements to re-calibrate
brain and body alignment
efficaciously.

Our customized protocols
are supervised by a board
certified Medical
Specialist.

SLEEP & SEX FITNESS
MEDICAL INSTITUTE
and more...



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SOLUTIONS

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8 Board Certifications

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

(718) 787-1900
sleeptobeslimnyc.com

the STRESS SOLUTION



MEDICAL STRESS
MANAGEMENT

SLEEP & SEX FITNESS
MEDICAL INSTITUTE
and more...



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THE STRESS SOLUTION

Solutions for common stress factor triggers:

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



STRESS
IS THE PRECURSOR
TO MANY HEALTH
CONCERNS.

Stress may be caused by, but not limited to life occurrences, financial pressure, emotional pain, trauma, loss of joy of life, hormonal imbalances or side effects from medications, and may encompass both physical and/or emotional components. If experienced over the course of extended time, these will have a cascade effect on the health of the entire body, demonstrating its first effects on quality of sleep. Learning how to manage your stress through several channels of intervention such as custom nutrition, activities and clinical therapies including psychotherapy can have a profound effect on the potential to prevent many common yet serious medical conditions.



STRESS
WILL HAVE A
CASCADE EFFECT
ON THE HEALTH OF
THE ENTIRE BODY -
DEMONSTRATING ITS
FIRST EFFECTS ON
QUALITY OF SLEEP.

Ask today
for a
customized
Solution
for help
with
managing
STRESS.

