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# Dr. Pamela Cipriano, The Practice of Health and Wellness

## 10Best Holistic Center, Holistic Weight Loss Center, Integrative APRN/Nursing



I am honored to be voted into the Top10 Readers' Choice Awards in three categories: Holistic Center, Holistic Nurse Practitioner, and Natural Weight Loss. I am deeply grateful for this recognition, because it comes directly from the people I serve every day.

When I opened my holistic practice, my goal was simple: to create the kind of care I wished more people with complex, long-standing conditions—like Lyme disease and related tick-borne infections—could access. Over the years, my practice has grown into a place where we look beyond isolated symptoms to understand the full picture: infections, immune function, autonomic nervous system, sleep, trauma history, pacing oneself, and daily demands.

I care for individuals with both early and persistent Lyme, as well as overlapping conditions such as Long COVID, POTS, and chronic fatigue syndrome. I am actively involved in research with the World Health Organization, and I bring that evolving science back into the exam room. My aim is to translate complex research into clear, practical steps that help you navigate fatigue, pain, cognitive changes, and exercise intolerance more safely.

Being recognized as a Top10 Holistic Nurse Practitioner means so much to me. In each visit, I focus on helping you understand why things might be happening in your body and what options we have—from diagnostics and herbal and nutraceutical support to necessary medications and rehabilitation strategies—so you can make informed choices that fit your life.

The Top10 Natural Weight Loss award reflects another area of my work that I care about deeply. Rather than chasing crash diets or “quick fixes,” I focus on metabolism, hormones, inflammation, nervous system regulation, gut health, sleep, movement, and a more compassionate relationship with food and your body. The emphasis is on sustainable change that supports energy, mood, and long-term health—not perfectionism.

These awards are not just about me; they represent all the people who chose to share their health journeys with me and then took the time to vote. Every ballot tells me that careful, science-informed, whole-person care still matters.

Thank you for trusting me with your lives, your stories, your challenges, and your hopes. Being named to the Top10 Readers' Choice in three categories encourages me to keep doing what I do: integrating research and real-world experience to offer thoughtful, individualized care for every person who walks through my door.