

A Smarter, More Personal Approach to Your Health

You have read about what is possible: waking up with energy, thinking with clarity, moving without limitation, and experiencing the genuine joy of aging with strength and confidence. You have seen the evidence that the science of vitality and the science of longevity are the same pursuit. This is where that pursuit becomes personal.

This practice was created for individuals and couples aged 50 and older, like you, who refuse to accept that their best years are behind them. If you want a medical team that knows you, follows your health closely, and helps you stay ahead of problems rather than reacting to them after they have already taken hold, this is the care you have been looking for.

Your Medical Team

At the heart of your care is a husband-and-wife medical team with over 80 years of combined clinical experience, united by a shared commitment to helping people like you live longer, feel better, and age with strength and independence.

Dr. Daniel Thomas, DO, MS, is a highly regarded and sought-after physician whose medical expertise has been forged through extensive education and refined over nearly 40 years of clinical practice. Dr. Thomas has helped people around the world by providing innovative solutions that address immediate health concerns while laying the foundation for lasting wellness. His strength lies in his scientific curiosity, creative and analytical thinking, and practical application of cutting-edge research. In addition to a medical degree, Dr. Thomas earned a post-doctoral master's degree in Metabolic & Nutritional Medicine, and graduate certificates in Metabolic Endocrinology and in Clinical Neuroscience, all from the University of South Florida College of Medicine. He also completed a fellowship in Integrative Cancer Therapeutics.

Despite the demands of a busy medical practice, Dr. Thomas devotes 20 to 30 hours every week outside the office to reviewing the latest scientific literature and consulting with leading scientists. This extraordinary commitment means that every recommendation you receive reflects the most current, evidence-based strategies in metabolic health, disease prevention, and healthy aging. He shares many of his evidence-based insights at ThomasHealthBlog.com, where complex medical science becomes actionable health information.

In delivering this elevated level of care, Dr. Thomas is joined by his wife, Dr. Sylvia Torres-Thomas, PhD, APRN, FNP-C, an advanced practice registered nurse and board-certified family nurse practitioner with more than four decades of clinical experience. As a clinician, educator, and scientist, Dr. Torres-Thomas brings a uniquely comprehensive perspective to patient care. A former university professor and clinical nursing instructor, she excels at translating complex medical information into clear, actionable guidance, empowering you to make informed, confident decisions about your health. Her depth of knowledge and her ability to communicate with clarity and compassion make her an invaluable part of the patient experience.

What sets this team apart is a rare combination of expertise. Drs. Thomas and Torres-Thomas are nationally recognized leaders in integrative oncology, where their work focuses on addressing critical shortcomings of conventional cancer treatment to improve patient outcomes. That pursuit led them, by scientific necessity, to become equally adept in the science of longevity. The reason is both logical and evidence-based: advancing age is the single greatest risk factor for cancer, because decades of cell division gradually accumulate DNA damage while the body's repair and immune-surveillance systems become less effective. A growing body of research now strongly supports the hypothesis that by slowing the aging process, we may delay or prevent the onset or recurrence of cancer, as well as help repair the damage left behind by conventional treatment.

Once remission is achieved, most oncologists have no wellness-based strategies to offer their patients to help reduce the risk of cancer recurrence, and certainly no approach to reversing the leftover negative effects of treatment. Drs. Thomas and Torres-Thomas built their practice to fill exactly that void.

This dual expertise, in both the science of defeating cancer and the science of extending longevity, is what makes this practice unique. The same strategies that protect against cancer recurrence also protect against heart disease, cognitive decline, metabolic dysfunction, and frailty. Whether you are a cancer survivor seeking to reclaim your vitality or someone who simply refuses to accept decline as inevitable, the medical care we provide is built on the same foundation: optimizing the biological systems that determine how well, and how long, you live.

Drs. Thomas and Torres-Thomas do not simply preach the message of good health. They live it every day. Both are fit, energetic, and mentally sharp, a direct result of the very guidance they give to their patients. When they recommend a nutrition plan, an exercise protocol, supplement strategy, or hormone therapy, they speak from personal

experience as well as clinical expertise. This is not theoretical medicine. It is medicine practiced by two people who have made their own health a priority and who understand, firsthand, the difference that these interventions make.

The Concerns That Bring People to Our Practice

The adults who find their way to our practice share a common frustration: the healthcare system they rely on has no framework for addressing the concerns that matter most to them. These are not obscure complaints. They are the issues that men and women over 50 identify, consistently and overwhelmingly, as the things most affecting their daily quality of life.

For Women Over 50

The concerns women raise most often center on the sweeping hormonal transition of menopause and its far-reaching effects. Hot flashes, sleep disruption, mood changes, and brain fog are frequently the first things mentioned, but they are only part of the picture. Many women are also struggling with loss of libido, vaginal dryness, thinning tissues, and painful intercourse, symptoms that quietly erode intimacy, confidence, and emotional wellbeing but are rarely addressed with the depth they deserve in a standard medical visit.

Bone density loss and osteoporosis risk rank among the most serious concerns, affecting roughly 54 million Americans over 50. Estrogen decline after menopause accelerates bone loss dramatically, raising fracture risk in ways that can steal independence in a single fall. Joint pain and osteoarthritis, which become more common in women after menopause, further limit mobility and the activities that bring joy. Hormonal shifts in fat distribution and a declining metabolic rate make weight gain feel inevitable, while simultaneously increasing the risk for type 2 diabetes and cardiovascular disease. And cognitive and emotional changes, including memory lapses, persistent brain fog, and mood disruption tied to the menopausal transition, shake confidence at work, in relationships, and in daily life.

Every one of these concerns is addressable. Our advanced metabolic evaluations, hormone optimization protocols, personalized nutrition plans, and targeted supplementation strategies are designed to meet these challenges head-on, not with generic reassurances, but with precision interventions guided by your individual lab results and health goals.

For Men Over 50

Cardiovascular health is the foremost concern for men in this age group. High blood pressure becomes extremely common after 50, and heart disease risk rises sharply with age. These threats frequently develop silently for years, which is precisely why our advanced bloodwork analysis includes in-depth cardiovascular risk markers that standard panels miss entirely. Closely linked is metabolic health: type 2 diabetes risk climbs as muscle mass declines and abdominal fat increases, and obesity is connected to more than 20 chronic diseases. Detecting and reversing insulin resistance early, before it progresses to a diagnosis, is one of the most impactful things we do for our male patients.

Joint pain and mobility decline from osteoarthritis, often the accumulated result of wear-and-tear, old injuries, and years of reduced activity, limit what men can do and how they feel about their physical capabilities. Sexual health changes, including erectile dysfunction, reduced libido, and broader hormonal shifts, affect confidence, relationships, and self-image, and are frequently tied to the same underlying cardiovascular and metabolic dysfunction that drives so many other complaints. Vision and hearing changes, from cataracts and glare sensitivity to age-related hearing loss, become more noticeable after 50 and quietly diminish engagement with daily life.

Our practice addresses these interconnected concerns as what they are: symptoms of identifiable, measurable, and modifiable physiological processes. Through comprehensive metabolic evaluation, strategic exercise programming to preserve muscle mass and joint function, hormone optimization, and personalized lifestyle guidance, we help men reclaim the strength, drive, and confidence that standard medicine has no framework to restore.

Concerns That Affect Everyone Over 50

Beyond gender-specific issues, a cluster of quality-of-life concerns affects men and women alike and strongly influences independence and long-term wellbeing. Sleep disruption, whether driven by hormonal changes, metabolic dysfunction, or chronic stress, erodes energy, cognitive function, and immune resilience. Chronic stress and emotional load take a measurable toll on cardiovascular health and accelerate biological aging. Social isolation and shrinking social circles, increasingly common in this age group, carry health risks now recognized as comparable to smoking or obesity. Weight gain and metabolic dysfunction, reduced physical activity, and declining balance with increased fall risk form an interconnected web of challenges that, left unaddressed, compound one another and accelerate the very decline that brings people to our door.

These are the concerns our practice was built to address, and they are the reason our care is structured the way it is.

What Makes This Care Different

We focus on the essential areas that standard primary care rarely has the time or structure to address, the areas that most directly determine how well you age, how you feel every day, and how many healthy years you have ahead of you:

- **Advanced metabolic evaluation** that reveals what standard bloodwork misses, including biomarkers of chronic systemic inflammation that can predict both how you will feel in the coming years and your long-term disease risk.
- **Insulin-resistance detection and reversal**, addressing the root cause of most chronic disease before it progresses to a diagnosis.
- **In-depth cardiovascular and cancer-risk reduction strategies** tailored to your biology.
- **Personalized lifestyle, nutrition, and supplement guidance** based on your lab results, your goals, and your life.
- **Long-term disease-prevention and longevity planning** designed to keep you independent, active, and sharp for decades to come.
- **Extended visits and continuous follow-up**, because meaningful change takes time and attention, not fifteen-minute appointments.

What You Receive as a Member

1. Direct Access to Us

You are never just a chart or a time slot. No more waiting weeks for a callback or wondering whether your concern is “serious enough” to mention. Every question matters here. Membership includes unlimited email access for all questions and concerns with prompt reply, bi-monthly in-office or telemedicine visits focused entirely on you, and the time and attention required for thoughtful, personalized care.

2. Advanced Metabolic and Preventive Care

Most chronic diseases, including heart disease, diabetes, cancer risk, and cognitive decline, are driven by insulin resistance, inflammation, and metabolic dysfunction. These processes begin years or even decades before a diagnosis, and they are far

easier to reverse when caught early. Your membership includes regular metabolic evaluations, insulin-resistance and inflammation tracking, cardiovascular risk assessment, and personalized strategies to reduce your long-term disease risk. The goal is to identify and reverse metabolic dysfunction years before it becomes heart disease, diabetes, or cognitive decline, when the window for meaningful change is still wide open.

This is precision prevention, not routine checkups.

3. Comprehensive Testing and Ongoing Monitoring

Your care includes full metabolic and preventive lab panels, insulin-resistance markers (fasting insulin, HOMA-IR, metabolic indices), inflammation markers, body composition and metabolic health tracking, and optional CGM (continuous-glucose monitor) interpretation. You will understand your body at a level most patients never get access to, and more importantly, you will know exactly what to do with that information.

4. Personalized Lifestyle, Nutrition, Hormone, and Supplement Guidance

Everything is individualized. Nothing is generic. Recommendations are tailored to your biology, your goals, and your medical history. Your membership includes nutrition plans designed to reduce insulin resistance, exercise strategies that improve metabolic health, symptom-based hormone optimization to support energy, cognition, sleep, metabolism, and overall quality of life, supplement review and safety guidance, and sleep optimization. Every element of your plan is built specifically for you.

5. Proactive Disease Prevention

The goal is simple: catch problems early, prevent what can be prevented, slow what can be slowed, and improve what can be improved. Your care focuses on cardiovascular prevention, cancer-risk modification, cognitive health, and longevity and healthy aging. This means more years of independence, more confidence in your health, and fewer medical surprises.

6. A Medical Team Who Makes Time for You

In a system where the average primary care physician manages over 2,000 patients, we deliberately limit the number of patients in our practice so that every member receives the time, attention, and follow-through that good medicine requires. You receive more attention, more follow-up, more thoughtful decision-making, and more continuity. You

gain the benefit of a physician who is fully present and deeply invested in your health. This is long-term, relationship-based healthcare.

What Four Decades of Clinical Experience Means for You

Experience at this level changes what is possible with your health. It means fewer unnecessary tests, fewer missed diagnoses, and less time spent chasing the wrong answers. It means earlier detection of disease patterns, often years before they would be caught by standard care, giving you the widest possible window for effective intervention. It means confident management of complex, multi-system cases that confuse less experienced clinicians, so you spend less time bouncing between specialists without answers. And it means a level of reassurance and trust that comes only from thousands of patient encounters over many years: the peace of mind of knowing your doctor has seen what you are going through before and knows what to do about it.

This kind of judgment cannot be rushed, automated, or replaced. It is earned through decades of real-world practice, and it is one of the greatest benefits of being a member of this program.

Membership Options

Individual Membership: \$500/month

Ideal for anyone who wants direct access to an expert medical team, advanced metabolic and preventive care, personalized guidance and continuous monitoring, and a proactive plan for long-term health and longevity.

Couples Membership: \$750/month

If you read the words “you are giving your grandchildren the version of you that shows up, that plays, that remembers, that stays” and thought of your spouse too, this membership was designed for you. Health is easier, and more successful, when you pursue it together.

Couples receive coordinated visits when helpful, shared nutrition and lifestyle plans, joint accountability and support, and a unified approach to long-term health. When one partner changes how they eat, move, and manage stress, the other benefits too. Shared

health goals are more sustainable and more rewarding. This option offers exceptional value for partners who want to age well together.

How This Membership Fits with Your Existing Healthcare

This is complementary care, not a replacement. We do not replace your Medicare or insurance-based primary-care physician. All of our patients must maintain an active primary-care provider in order to be part of this practice. Instead, we provide a level of metabolic, preventive, and longevity-focused care that is simply not available in the traditional healthcare system.

Your insurance-based primary-care doctor continues to handle routine sick visits, vaccinations, insurance-required documentation, referrals within your insurance network, and urgent issues requiring same-day evaluation. Together, these two layers of care create a more complete, more proactive, and more protective approach to your long-term wellbeing.

Due to the concierge nature of our practice, membership fees are not covered by insurance or Medicare.

What Our Members Tell Us

What our members tell us most often is not that their labs improved or their weight changed, though those things happen. It is that they feel like themselves again. They have energy for the things that matter. They sleep better. They think more clearly. They stopped accepting decline as inevitable, and they are surprised by how much better they feel.

They also tell us something else: that for the first time, they feel like someone is actually paying attention. That their health is not being managed in fragments by rushed specialists who have never spoken to each other. That they have a plan, not just a prescription. That they finally understand what is happening in their own bodies and what to do about it.

And perhaps the most meaningful thing we hear is that the people closest to them notice the difference too. A spouse who says, "You seem like yourself again." A son or daughter who stops worrying. Grandchildren who get the version of you that can keep up, stay present, and be fully there. That is the change that matters most, and it is the one our members never expected to be the most rewarding.

That is what this practice was built to provide.

The Next Step

The next step is a free 15-minute phone consultation. Just a conversation to see whether this is the right fit, and to answer the questions that matter most to you.

To get started, email us at office@healthyandstrong.com.