



Vibrant Wellness
Clinic

by Dr. Emi Hosoda

Unlock the Secrets of Your Health and Thrive

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Frequently Asked Questions

What is the Vibrant Wellness Clinic?

Vibrant Wellness Clinic is a close-knit membership wellness medical practice under the direction of Dr. Emitis Hosoda (Dr. Emi). Grounded in integrative and functional medicine, this new style of practice brings to fruition Dr. Emi's desire to offer patients an enhanced way to collaborate and work toward optimal vitality and health.

Vibrant Wellness Clinic's personally tailored wellness services expand the possibilities of what a traditional medical practice and plan reimbursement can achieve; it also delivers the quality of care Dr. Emi would expect her family members to receive.

How does Vibrant Wellness Clinic work?

In return for a monthly membership fee, patients enjoy a wide variety of wellness services to aid in their journey towards better health and well-being. In addition to providing thorough primary care, these additional services include an annual comprehensive holistic wellness exam (also known as a Functional Medicine exam) that examines the whole person—*mind, body, spirit*—and incorporates a wide range of diagnostic and integrative approaches to assist with lifestyle changes and improving health outcomes.

The annual holistic wellness exam serves as the basis for follow-up guidance as Dr. Emi and her team work together with you toward achieving and maintaining healthy weight, implementing longevity services to help combat the changes of aging, along with supportive educational programs and classes.

Who is Dr. Emitis “Emi” Hosoda?

Dr. Emi is an award-winning Board Certified Internal Medicine Doctor, who entered her profession to make a positive, transformative difference in people's lives through healthcare. She firmly believes that a strong wellness relationship—a combination of advanced diagnostic, integrative programs, and supportive educational classes—will empower patients to play a more active role in their health and advance a common goal to achieve optimal health and wellness.

Dr. Emi received her Medical Degree from the University of Texas Southwestern Medical Center, where she was elected to Alpha Omega Alpha Medical Honor Society. After an internship at New York Hospital Cornell Medical Center, she completed her Internal Medicine Residency at Parkland Memorial Hospital, Dallas. For the past 16 years, Dr. Emi has served patients throughout Western Washington as an integrative and functional medicine practitioner at Enumclaw Internal Medicine and Diagnostics. She also sees critical needs patients at a local hospital's Intensive Care Unit (ICU).

Vibrant Wellness Clinic best leverages all of the skills Dr. Emi acquired during her career in integrative and functional medicine, plus her work in Intensive Care. This new close-knit wellness

practice allows Dr. Emi, her staff and patients the opportunity to build deeper relationships, set ambitious goals, explore a wider variety of potential causes and cures for health issues, and achieve dramatic results.

What is the difference between a Board Certified doctor and a licensed doctor?

Medical licensure sets the minimum competency requirements to diagnose and treat patients. However, it is not specialty specific. Board certification requires extensive specialty-specific training, beyond the medical licensure requirements, and passing a medical exam for each medical specialty. According to the American Board of American Specialties (ABMS), Board Certified doctors demonstrate their desire to practice at the top of their profession and deliver high quality care to their patients.

What is Functional Medicine?

Functional Medicine introduces a new paradigm in how medical practitioners view the human body and treat illness. Instead of treating the body as a collection of silos or independent organs, Functional Medicine **views the body as a whole integrated system** and seeks to **identify and treat the root cause** of disease; not just the symptoms.



DISCLAIMER: What follows are stories from Dr. Hosoda's actual patients. Names have been changed to ensure their privacy. In medicine, outcomes vary for every patient, even between people experiencing similar symptoms. While neither path of medicine, conventional or functional, can guarantee a positive outcome; by doing a thorough assessment of each person's needs and following the path that appears to be most favorable, we strive to increase the chances of reaching our goals. Along the way, we continually monitor success and make changes to our plan as needed



Rob, Age 67

Occupation: Business owner; PhD in Engineering; JD, Environmental Law



ROB'S HEART ATTACK EXPERIENCE

SYMPTOMS: Chest Pain

CONVENTIONAL MEDICINE APPROACH:

Tests: EKG, blood tests, cardiac catheterization

Treatment: Stent in major artery of heart. Physician prescribed statin and blood thinner; was unable to determine root cause. Perhaps it's age related?

DR. EMI'S FUNCTIONAL MEDICINE APPROACH

Tests: Reviewed conventional practice lab results. Conducted advanced cardiac testing. MTHFR mutation detected. Elevated highly sensitive CRP test. Detected inflammation in Rob's vessels

Rob's wellness plan included Methylated B vitamins, Curcumin, and a modified diet. He was eventually taken off blood thinner. Rob was prescribed Mind Body Wellness classes for stress reduction; this helped him gain discipline in eating and relax more between the stressful hours of his job. He was encouraged to spend more time with the scholarship hobby he enjoys so much. He is currently leading a vibrant life, 11 years after his heart attack.



Maggie, Age 36

Occupation: Homemaker, starting new career



MAGGIE'S "FIBROMYALGIA" EXPERIENCE

SYMPTOMS: Abdominal pain bloating, sleep issues, easily distracted, acid reflux, ADHD

CONVENTIONAL MEDICINE APPROACH:

Tests: Lab tests for rheumatoid arthritis and lupus (both negative)

Treatment: Fiber for bloating. Maggie was told she may have fibromyalgia.

DR. EMI'S FUNCTIONAL MEDICINE APPROACH

Tests: Reviewed conventional practice lab results. Ordered detailed thyroid testing, which showed hypothyroidism. Adrenal testing showed early morning cortisol spike had migrated to around midnight, causing Maggie to awaken in the middle of the night. Food sensitivity showed severe reaction to bananas, which she ate every day.

Maggie's wellness plan included allergy elimination and an anti-inflammatory diet. She takes glutamine and glycine powder to help reestablish her intestinal barrier; magnesium gel for joint pain and sleep. curcumin and fish oil for joint pain and Omega 3 deficiency. Adrenal support with Holy Basil Extract. Rhodiola Roseola for sleep & cortisol spikes. Maggie started Mind Body Wellness classes, which helped with stress. Counseling to deal with anxiety issues. Her anxiety significantly lessened and she is looking forward to a new life.

Can anyone join Vibrant Wellness Clinic?

Vibrant Wellness Clinic has a maximum member limit of 200 patients. Memberships will be considered on a first-come, first-served basis. Once the maximum is reached, a waiting list will be started for interested members.

What is the cost of membership?

Please call our clinic for membership fee information.

What services are included with membership?

An annual, in-depth holistic examination, also known as a functional medicine examination, will set the stage for the personalized care patients will receive in the year ahead. This exam of the whole person—body, mind, spirit—will serve as the basis for follow-up guidance as Dr. Emi works with her patients toward achieving and maintaining healthy weight, implementing longevity services to help combat the changes of aging, and enrolling patients in supportive educational programs and workshops.

Does Vibrant Wellness Clinic accept insurance?

Yes. Medical services provided by Dr. Emi at Vibrant Wellness Clinic are billed through insurance, including Medicare and Private Insurance. Dr. Emi also offers Cash-Priced Medical Services for members lacking health insurance plan coverage.

Membership fees for Vibrant Wellness Clinic's enhanced wellness services, including personal health coaching and health & wellness classes are not covered or reimbursed by Medicare or healthcare plans.

Can I reach Dr. Emi remotely?

Yes. Vibrant Wellness Clinic offers Electronic Communication Connection, which is the ability to electronically communicate with the doctor, discuss your medical and wellness needs, and engage in select services without having to come into the office. Our direct electronic communication connection, created to support your annual wellness exam-based health guidance, includes secure video visits to meet your patient education and exam support needs in a timely manner, no matter where you are. By using both video and voice communications through a secure patient portal, you will receive virtual assistance as we work together toward achieving your important health and wellness goals.

Are you ready to feel vibrant?

For additional information or to schedule a free, no obligation 15 minute consultation with Dr. Emi, please contact our office at 360-367-2060. Thank you.