



## BreakFree Medicine

### *A Systematic and Integrated Guide to Balancing Your Body*

Author

Sarah LoBisco, ND

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#### Balboa Press

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Health/Fitness

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Amazon.com  
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## Local Naturopathic Doctor and Functional Medicine Practitioner to Have Book Signing on New Book Highlighting a Unique Approach to HealthCare

Albany, NY- May 13, 2016- In celebration of the recent release of her new book, *BreakFree Medicine: A Systematic and Integrated Guide to Balancing Your Body*, local naturopathic and functional medicine practitioner, Sarah LoBisco, ND, will be having a book signing at the Book House of Stuyvesant Plaza on May 26th. The event will take place from 7-8pm and is free to the public.

In her new book, Dr. LoBisco exquisitely combines a reader-friendly format for patients with convincing research citations to build their clinicians' confidence in the efficacy of naturopathic and functional medicine methods. She provides the reader with step-by-step instructions on how to rebalance the body with safe and scientifically based lifestyle, supplement, herbal, essential oil, and dietary suggestions. The reader will gain insight on how to integrate the body, mind, and spirit and discover the importance of biochemical individuality. They will also be provided with empowering information to form a true partnership with their health care providers in order to become their own best health advocate.

"I believe that the critical role of the doctor should be in assessing and bridging current scientific studies with patient-friendly applications and using this knowledge to create a healing therapeutic partnership," Dr. LoBisco explains.

*BreakFree Medicine*, published by Balboa Press, is available for purchase from online bookstores including Amazon, Barnes & Noble, and the Balboa Press bookstore.

"Dr. Sarah LoBisco is a shining example of an integrative doctor who is teaching modern medicine how to balance scientific progress with natural healthcare wisdom. Her book *BreakFree Medicine* is a treasury of wellness." -Robert Holden, PhD, author of *Happiness NOW!* and *Shift Happens!*

#### About Dr. LoBisco:

**Sarah LoBisco, ND**, is a graduate of the University of Bridgeport's College of Naturopathic Medicine (UCNM). She is licensed in Vermont as a naturopathic doctor and holds a Bachelor of Psychology from State University of New York at Geneseo. Dr. LoBisco speaks professionally on integrative medical topics, has several journal publications, and is a candidate for postdoctoral certification in functional medicine. Dr. LoBisco currently incorporates her training in holistic medical practices and conventional medicine through writing, researching, private practice, and through her independent consulting work for companies regarding supplements, nutraceuticals, essential oils, and medical foods. Dr. LoBisco also enjoys continuing to educate and empower her readers through her blogs and social media. Her blogs can be found at [dr-lobisco.com](http://dr-lobisco.com) and at [saratoga.com/living-well](http://saratoga.com/living-well).

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