Welcome to a New Generation of Health Care

At the Waller Wellness Center, we are passionate about helping you live every day to the fullest, entering your life in optimum health and vitality.

Whether you are currently suffering from undiagnosed illness, have received unsuccessful treatments for your symptoms or are just seeking a more proactive way to ensure your future health, the Waller Wellness Center is the highest level of personalized care for you.

We are a healthcare practice that the 21st Century, with a science-based, natural approach that combines conventional medicine with advanced Functional Medicine and Anti-Aging principles and therapies. Our goal is to make a true difference in your health today. We offer a unique level of time, energy, and dedication that is common in the medical field today. Ultimately, this commitment is what enables us to help you achieve, restore and maintain your health and wellness naturally.

For your comfort and convenience...
- Thorough, time-intensive visits for optimal outcomes
- Evening appointments available
- Convenient location & new, state-of-the-art facility
- Visa & Mastercard welcome

Call today to learn how we can help you improve, restore and maintain your health... naturally!

248-844-1414
1854 W. Auburn Road, Suite 400
Rochester Hills, MI 48309
Fax: 248-844-2870
www.WallerWellness.com

Follow Our Path to Health & Vitality

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Catherine A. Waller, MD
Medical Director

Mary E. Wilson, ANP-BC
Certified Adult Nurse Practitioner

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"I was under 40 and felt like I was 80. After years of receiving hundreds of prescriptions and not seeing any improvement from the standard medical community, I found Dr. Waller. I now run four miles a day on the treadmill, travel the world with my family and love life. Thanks Dr. Waller!" — Thomas G.

"I was either told there was nothing wrong with me or given ineffective treatments for my symptoms. Frustrated and completely without hope, I was referred to Dr. Waller. Today I enjoy a priceless level of health and vitality that I’ve never known before and didn’t ever think possible." — Daniel D.

"Dr. Waller took about 20 vials of blood and also tested my urine and saliva. She looked at everything and fit the pieces together like a puzzle. After one treatment, I was amazed at how much better I felt. After six weeks, I was a new person." — Barbara D.

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We’re Here for You Through Sickness and Health

Promoting Wellness Through Balance

Natural Treatment Methods Based on Science

Customized Programs for Effective Results

Enjoy Relief From Illness and Pain

Despite the advanced state of modern medicine, you may be facing daunting, longstanding and life-diminishing health problems. Many people suffer for years or decades with chronic pain or illness, and see multiple doctors with no meaningful improvement in their symptoms.

The Waller Wellness team combines extensive training and decades of medical expertise to get to the underlying cause of your problems, develop an accurate diagnosis and provide effective treatment. We use comprehensive diagnostic testing to evaluate your body’s biochemistry and understand the contributing factors affecting your health. Because of Dr. Waller’s unique problem-solving skills and years of experience in Functional Medicine, our team is able to solve complex medical puzzles and get results where others have been unsuccessful.

Grow Old in the Best of Health

We can’t stop aging, but we can manage the process by slowing and even reversing its detrimental effects. We use the latest developments in diagnostic testing to assess your current health status and improve your vitality with scientifically proven therapeutic programs.

Advances in scientific research have revolutionized wellness as the state in which your body is functioning and evaluate conditions that may have previously been maldiagnosed or left untreated. Our goal is to treat the cause of disease, not just the symptoms. As Functional Medicine specialists, we work to optimize the eight interconnected biochemical processes that are essential for perfect health and restore balance.

Your first visit to the Waller Wellness Center will include a comprehensive interview with Dr. Catherine Waller or Mary Wilson, ANP-BC, our Nurse Practitioner. We will listen compassionately and ask questions no other doctor has thought to ask before.

We utilize a broad selection of specialized laboratory tests to measure how well your body is functioning and evaluate conditions that may have previously been maldiagnosed or left untreated. Our goal is to treat the cause of disease, not just the symptoms. As Functional Medicine specialists, we work to optimize the eight interconnected biochemical processes that are essential for perfect health and restore balance.

Science-based natural medical care for...
- Anti-aging, optimal health & wellness
- Depression, anxiety, ADHD, irritability & mood swings
- Headaches, migraines, memory loss & “foggy thinking”
- Joint pain, muscle aches & arthritis
- Hypertension, high cholesterol & blood sugar imbalances
- Thyroid disorders, adrenal fatigue, hair loss & sexual dysfunction
- Obesity & weight gain
- Autonomic disorders
- Chronic fatigue & fibromyalgia
- Intestinal bacterial overgrowth
- Menopause & Andropause symptoms

Empowering You Through Education

You are ultimately in control of your health. The more knowledge you have, the more empowered you will be to support your own wellness.

For this reason, our staff devotes time at each appointment to educate you about the important concepts and complex processes of the body. From recommended seminars and scientific research has validated the natural treatments we use to help you achieve optimal wellness. These include:

- Biomedical therapies including the prevention and treatment of age-related decline
- Nutrients and Botanicals
- Human: dietary: gut health
- Inflammatory diet
- Inflammatory diet
- Nutrients and Botanicals
- Fasting & diet
- Fasting & diet
- Mind & body connection
- Structural: musculoskeletal & energy flow
- Environmental factors (diet, genetics, bad habits)

The Waller Wellness Intravenous Therapy Suite

Intravenous (IV) therapy can deliver nutrient, minerals and nutrients directly into your bloodstream, bypassing any oral absorption by your body when oral nutrients just aren’t enough. Malabsorption of oral nutrients is common. So when this occurs, IV nutrients are the only way to achieve optimal health.

The Waller Wellness Center’s dedicated IV Therapy suite provides a spa-like atmosphere where you can relax in comfortable lounge chairs while we deliver IV nutrients to help you achieve your treatment.

The Waller Wellness Weight Loss Program

Our integrative approach to obesity offers a more successful model for weight loss and long-term maintenance without resorting to invasive bariatric weight loss surgery. We identify the root cause of your weight problem and create a comprehensive, individualized treatment plan utilizing a variety of effective strategies. Our registered dieticians, nurses, psychologists and health coaches work with you to help you achieve your weight loss goals.

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