

## **About Us**

Integrative Health Solutions is Tampa bay's premier provider of Non-Surgical Knee & Joint Pain Relief, structural supplementation, and Weight Loss Treatments. Our mission is to help people avoid unnecessary medications and surgery as much as possible by activating their own self-healing abilities. IHS has over 40 years of combined experience to fundamentally impact Tampa bay residents who suffer from chronic conditions and pain. Located on Floridas Gulf Coast, we use a modern approach to sustainably improve chronic pain, weight management, and inflammation, making lasting impacts on our patients' lives. Our dedicated care team is here to help you along the journey to your optimized health. by Dr. Sanford Epstein DO, Dr. Damon J Stafford DC, & Joey N. Peralta MSN, APRN, FNP-BC. We Believe In Simple Guiding Principals & strive to implement the most effective treatment protocols based on the latest medical findings and optimal patient outcomes.



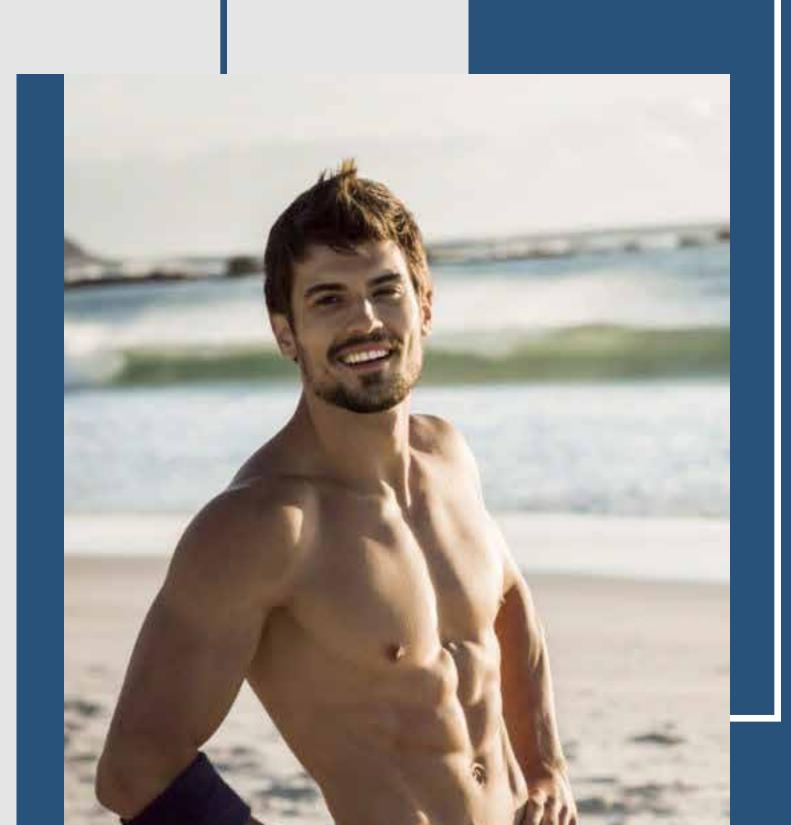
Welcome to Integrative Health Solutions, Tampa bay's premiere pain-relief office! Located on US 19 in the Flagship Bank Building, just south of curlew road, dedicated to providing a caring and uplifting experience for our patients. With us, you'll always feel confident that you are getting the high-quality care you need to enjoy a long, exciting life. Our mission is simple – to help as many people as possible to get out of pain and become healthy and stay that way so they can have a happy and healthy life!





Integrative Health Solutions combines the latest advanced technologies and protocols to create an unparalleled system for pain relief and better health. We stay ahead of the curve to bring you faster recovery for acute and chronic pain.

When injured or invaded by disease, our bodies have a natural defense mechanism and an innate response to heal. Connective Tissue Supplementation is a field of medicine that is working to restore structure and function to damaged tissues, and joints. You will experience minimal downtime, avoid surgery and drugs.



## Contact Us

(727) 807-2224

## Thank You