

Who We Are

New Beginnings is a hybrid membership and fee-for-service medical office and spa. We provide functional medicine services to the greater Ruston area and beyond. With a combined experience of over 30 years in the medical field, our providers are passionate about delivering holistic, individualized care in an atmosphere that is welcoming and compassionate.



You are not a one-dimensional being. You are a complex masterpiece deserving of time, care, and consideration.

Membership medical clients receive 10% off spa services!

(Excludes fillers/injectables and products)

Call or visit our website to learn more!

New Beginnings
Wellness Center & Spa
927 N. Trenton Street
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www.newbeginnings-ruston.com




newbeginnings
wellness center and spa

*Functional
Medicine*

What is Functional Medicine?

Functional Medicine is a patient-centered approach aimed at identifying the root cause of illness, rather than treating symptoms alone. It integrates traditional medical practices with what are sometimes considered “alternative” or “integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques, among others

(Institute of Functional Medicine, 2014).



“Let food be thy medicine and medicine be thy food.” -Hippocrates

Our Services

- Acute care
- Chronic care
- Wellness visits/Physicals
- Advanced laboratory testing and interpretation
- Diet/nutrition, exercise, stress management, and other lifestyle intervention counseling
- Gut restoration protocols
- Vitamin infusions
- Hormone replacement therapy
- Aesthetics, injectables, and spa services (see separate spa menu for details)

What We Treat

- ADD/ADHD
- Adrenal Dysfunction
- Allergies
- Anti-Aging
- Anxiety/Depression
- Autoimmune Disease
- Diabetes
- Fatigue
- Fibromyalgia
- High Blood Pressure
- High Cholesterol
- Hormonal Imbalances
- Thyroid Disease
- And More!



“The mission of New Beginnings Wellness Center & Spa is to deliver comprehensive, holistic healthcare services, including health promotion, disease prevention, and disease management. Our goal is to unite the mind, body, and spirit through natural and conventional methods to improve patients’ vitality, quality of life, and wellbeing.”
