

Provider Testimonials

Before I had enrolled in Dr Allison Hull's wellness program, Well-being, a tribe planted with purpose, I had established some very bad routines. I was feeling tired, dealing with recurring reflux, and making all the wrong choices when it came to lifestyle decisions. Dr Hull and her team helped me go through the change step by step, with a lot of useful information that was delivered in manageable sizes. It wasn't just a diet program, it was a holistic approach to wellness. Within 4 weeks my general fatigue, body pains, reflux all improved drastically. I was able to reframe my relationship with food, and lost weight, which was a great additional benefit. After experiencing this, i feel more capable of giving guidance to my patients who seek help with similar problems. I can't recommend this program highly enough and hope everyone considers giving it a try. You just might surprise yourself, like I did. – Dr. Imran Kayani

“To say that the Well-Being program changed my life does not cover it. The program provides a path to better physical and emotional states with a foundation in nutrition. As a physician, I respect the evidence based decisions Dr. Hull has made to formulate this program and I believe this is why the program is a success for participants from inception, but even years after completion.” – Sami Nallamshetty, MD

As the radiologist that is reviewing all of the liver ultrasounds before and after entering the program, I want to highlight a point about improving fatty liver disease. I find it quite remarkable how many of these patients are reversing their hepatic steatosis in only 2-3 months. Additionally, even for those patients who did not have ultrasound evidence of steatosis, liver sizes are consistently decreasing which may indicate diminishing fat and/or glycogen content. – Sion Carter, MD

This program is amazing. Dr. Hull's passion for health and well-being needs to be shared with as many people as possible. – Dr. S. Shah

I have had firsthand experience watching my patients who have autoimmune disease, diabetes, hypertension, depression with anxiety, and heart disease shed the pounds and get off of their meds that give them so many side effects. The unbelievable amount of energy these patients are able to regain is incredible! I have not had a single patient regret going through this program. This truly is the only program I believe in because it makes sense and it works and it's just that simple.

– Dr. Davis