



Inspired by personal growth and the realization for the need for a higher standard within healthcare, Peter Amato envisioned a wellness program that would unite both conventional and alternative medicine. We are dedicated to providing an environment that promotes integrative health services - a model combining the best of conventional, complementary and alternative medicine that cultivates awareness and empowers individuals in obtaining optimum health and well being. Ultimately, our goal is to transform our vision of inner harmony into a national integrative model of healthcare.

At the Inner Harmony Center for Well-Being, we are committed to improving total wellness by offering programs and services dedicated to assessing and enhancing the nutritional, physical, emotional, and spiritual needs of our patients. Integrative Medicine is a whole-person, relationship based model of care that uses a multi-disciplinary approach. Designed to create the best path of healthcare for each individual, integrative medicine combines conventional western practices with alternative and holistic therapies.

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innerharmony
wellness centers

THE INNER HARMONY WELLNESS JOURNEY



Choose just one of our three integrative wellness pathways or complete the entire three-phase Inner Harmony Wellness Journey for optimum results.

PROGRAM 1

The Vitality Reset

Restore energy, rebalance the body, and identify underlying root causes of health challenges through advanced functional evaluation and personalized wellness strategies.

Includes:

- ODX Functional Blood Chemistry Analysis
- Quantum Reflex Analysis (QRA)
- Autonomic Response Testing (ART)
- Detoxification & metabolic balancing
- Personalized nutrition & lifestyle planning
- Monthly progress consultations



PROGRAM 2

The Longevity Blueprint

A comprehensive program focused on anti-aging, brain health, and optimizing the body's natural regenerative potential.

Key Features:

- Brain health and cognitive testing
- Quantum brain mapping
- Peptide therapy education
- Liver detox and functional reset
- Emotional healing strategies
- Lifestyle optimization coaching



PROGRAM 3

The Conscious Living Blueprint

A meditation, lifestyle and spiritual coaching program designed to integrate mind, body and purpose.

Program Includes:

- Guided meditation training
- Mind-body awareness practices
- Stress resilience coaching
- Purpose and lifestyle design
- Group and virtual coaching experiences
- Emotional healing strategies
- Lifestyle optimization coaching

