

about Dr. Dan Watts

The Renewal Point, founded in 2003 by Dr. Dan Watts, is an Integrative Medical Practice focused on the Four Cornerstones of Health - Hormone Balancing, Nutritional Health, Physical Conditioning, and Toxin Elimination.



Using state-of-the-art technologies and up-to-date testing and assessments, we offer our patients treatment plans specific to their individual needs. Taking an integrative approach, we combine the most reliable and effective therapies from traditional, metabolic, functional, and regenerative medicine.

As one of the first physicians to have achieved a degree in Metabolic and Nutritional Medicine, Dr. Watts provides his patients with a proactive and comprehensive approach to healthcare. This educational foundation helps clinicians better understand physiological and molecular foundations in order to incorporate new approaches that interrupt and possibly reverse disease processes. As he states, "medicine is always changing, always progressing, always evolving."

"At The Renewal Point, we believe you can spend the rest of your life discovering new levels of vitality and vigor – not simply trying to rescue what's left."

Dan Watts, MD, ND, MSMN

BOARD CERTIFICATIONS:

American College of Obstetrics & Gynecology
American Board of Integrative Medicine
American Board of Anti-Aging and Regenerative Medicine*
American Naturopathic Medical Board*

FELLOWSHIPS:

The American College of Surgeons
American Academy of Anti-Aging Medicine:
Anti-Aging, Regenerative, and Functional Medicine

**Specialty not affiliated with the Florida Board of Medicine*

What others have to say...

"The results of supplementing and balancing my hormone and nutrient levels were nothing short of miraculous! I fought for years to control the middle-age spread and my cardiovascular numbers were heading south. I worked out and dieted with little result. Within six months of beginning my program with Dr. Watts, my cholesterol, blood pressure, and other health indicators were within normal ranges. My body slimmed up, and I began to convert that fat to muscle. I look and feel ten years younger!"
– Bob

"I feel and look like a new person! Dr. Watts and all his staff are very personable, take time to listen to you, and are always very helpful with any questions. I have been really pleased with the care and customer service of the whole office. I travel six hours round trip to get here. I have my energy back and feel great! Love everyone!" – Francine

"I feel better, healthier, and more physically fit. I have already referred friends and family and I would tell anyone who is interested in The Renewal Point...It will change your life!"
– James

"How can I ever thank Dr. Watts and his team at Renewal Point enough? After 2 years of symptoms with "unknown" causes and countless appointments with doctors, Dr. Watts was such a breath of fresh air! He and his team at Renewal Point definitely know what they're doing. The entire staff are professional, timely and there to answer any of my million questions with a smile. Dr. Watts ran comprehensive studies and took ample time to explain and make sure I understood the results. He was able to put my mind at ease and provide me with answers within 6 weeks of entering their doors. I am feeling better today than I have in years!" – Blair

"I am so much happier and healthier! My attitude is so much better and I have a new lease on life. I always refer people and tell them how great and friendly the staff are and how much I value Dr. Watts and Helena as my primary care providers. I am so pleased with how great I feel and look and, again, I can't say enough about the Doctor, Nurse Practitioner, Nurses, and Staff. This is an awesome program. Anyone wanting to improve their lifestyle and make a healthy change needs The Renewal Point." – Cheryl

 **THE RENEWAL POINT**
Medical Center of Dan Watts, MD

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www.TheRenewalPoint.com

 **THE RENEWAL POINT**
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Integrative, Functional,
and Regenerative Medicine



Age Management | Men's Health | Gynecology
Bio-identical Hormone Balancing | Strength and Conditioning
Weight Loss | IV Therapy | Brain Health
Toxin Elimination | Digestive Health

SERVICES / PROGRAMS

DESCRIPTION

PROGRAM OPTIONS

	Age Management	Aging is the single biggest risk factor in virtually every significant disease. In this 12-month guided concierge program, our goal is to extend and enhance your healthy, high performance lifespan. The program is designed to harness advances in hormonal, genomic, functional and integrative medicine, with the expertise of a leading pioneer in this field.	<ul style="list-style-type: none"> Nutritional Health Hormone Balancing Physical Conditioning Toxin Elimination Heart and Brain Health Skin Health Body Composition Supplementation
	Bio-identical Hormone Balancing	Hormones are produced in various glands of the body acting as “messengers”, sending signals to your cells to: function, grow, regulate, or balance body processes. Almost ALL of these hormones diminish during the course of life causing signs and symptoms of aging. Maintaining hormone levels can not only lengthen the years of your life, but can also help ease many of the changes associated with aging.	<ul style="list-style-type: none"> Hormone Level Assessment (blood, salivary, and urine) Individualized Hormone Balancing Growth Hormone Follow-ups and Monitoring Physical Exam
	Men’s Health	Low testosterone and growth hormones steal a male’s virility and vitality. By detecting and treating hormone imbalances, our goal is to help you maintain the highest quality of life for as long as possible. Correcting the imbalance achieves rejuvenation of the body and mind.	<ul style="list-style-type: none"> Testosterone Assessment and Balancing Growth Hormone Physical Exam
	Weight Loss Program	This is a unique and proven medical weight loss program to assist you in achieving your healthy weight goals. Metabolic and hormone balancing have been found to be major components in long term weight management.	<ul style="list-style-type: none"> FDA Approved Prescriptions Metabolic Balancing Medical Supervision Individualized Activity and Nutrition Plan Healthy Dining and Grocery Guide
	Women’s Health Gynecology	All women, regardless of age, should be getting an annual check-up for general medical and cancer screenings. We provide a private and comfortable environment with time for open communication with your provider. Our Advanced Nurse Practitioners are available for patients seeking a female provider.	<ul style="list-style-type: none"> Physical Exam Pap Smear Complete Gynecological Care Gynecological Surgery (including laparoscopic)
	CKC Fitness Program	We use a researched, tested, and novel approach to fitness. From the person recovering from a major fall to the professional athlete looking to increase their skills, our fitness program can help. You will be tested to find out where imbalances, injuries, and weaknesses lie and then our Medical Fitness Specialist will design an individualized program to be executed on the Luedeka Body Weight Trainer at The Renewal Point.	<ul style="list-style-type: none"> Weight loss, fat burn, and body tone Injury recovery Balance, stability, and joint health Cardiorespiratory fitness Relief from back, neck, and shoulder pain Improve physical/ sports performance
	IV Therapy	There are a number of reasons people are choosing IV therapy, including: slowing or reversing the effects of disease processes, improving current states of health, improving performance, preparing for or recovering from surgical procedures, and removing toxic levels of heavy metals and chemicals.	<ul style="list-style-type: none"> Chelation Intravenous Vitamin C Myer’s Cocktail Glutathione
	Thermography	Using infrared imaging, this non-invasive test is able to detect areas of possible tissue inflammation and abnormal cell growth.	<ul style="list-style-type: none"> Breast Thermography Full Body Thermography
	Brain Health	Testing and correcting for imbalances in nutrition, neurotransmitters, toxin levels, and genetics play a central role in correcting many brain health problems. Patients participate in our brain health program for a number of reasons, including improving: memory, alertness, concentration, mood, emotional stability, relationships, and more.	<ul style="list-style-type: none"> Neurotransmitter Testing and Balancing Toxin Elimination Genetic Testing and Balancing Nutritional Testing and Balancing
	Nutritionals	Due to soil depletion, processing, and growing practices, it is difficult to get all the necessary vitamins and minerals from our diet. Correcting deficiencies with quality grade supplements can prevent, slow down, and in many cases even reverse disease processes.	<ul style="list-style-type: none"> Vitamins and Supplements Meal and Snack Bars Protein Powders