

Welcome to The Care Group!

A Note from Dr. G ...



Welcome to our practice. You are now a valued patient at The Care Group.

Patients come to us with a wide range of issues – many of them have lost hope. Our use of [functional medicine](#) is often the missing approach for individuals to reclaim their health.

I am a board certified Internist and I have been in private practice in Aurora since 1985. Our practice is unique in that we practice functional and traditional medicine, accept most insurance, and can be your primary care home.

[Jessica Yates](#) is our lead Nurse Practitioner. Learn more about her by [visiting our website](#) and clicking on *About Providers*.

As your healing journey begins, I prepared some content to support you. Read on to discover:

- How to Get the Most Out of Your Office Visits
- What is Functional Medicine?
- What is Leaky Gut?
- The Keys to Supplementation
- What Should You Eat?
- How to Cook: Tips from Dr. G
- Nutritionists and Specialty Testing

I always tell patients: “You coming here today is not a single event – it is the beginning of a journey.” We look forward to guiding you on the road to optimal wellness.

In health,

Dr. G & The Care Group team