

Institute of Family Health and Wellness takes patients to another level

BY SUSAN MCFARLAND

Tribune Correspondent

A new type of healthcare is coming to northeast Houston with the grand opening of the Institute of Family Health and Wellness (IFHW) on May 26 from 3pm to 7pm. The new healthcare facility is located at 5206 FM 1960 West Ste. 100, near Champions Forest Drive.

The practice will provide an extensive range of services.

Founder Dr. Jennifer Lableu said, "We offer an array of services, including general family practice, adult and adolescent psychiatric medicine management, medically monitored weight loss and management for all ages, medically monitored hormone programs (HCG, testosterone), thyroid evaluation for bioidentical and hormone replacement, micro-nutrient evaluation, and therapeutic wellness. IFHW is Houston's first medical establishment dedicated to rudimentary principles of health and wellness, family medicine, and the overall rejuvenation of the individual. At the institute, we pride ourselves on the diverse aspects of medicine utilizing both functional and integrated medical disciplines."

The idea to open the institute came after Lableu spent years working as a nurse practitioner for Houston area hospitals.

"I became frustrated with the current state of medical care in the United States. It is no secret, medicine has changed dramatically in terms of quality provided to patients. At the institute, we want to change the universal premise of medicine as it pertains to the individualization of patients' care and experiences. Working in a hospital, I was often frustrated by the lack of time I was allotted to spend with patients who often direly needed my attention. Patient care has become a bit of a 'conveyor belt,' which in my mind is not ethically or morally right. We are looking to create a new paradigm at

IFHW. We truly desire for our patients to leave us more educated then when they first arrived. We see each patient visit to IFHW as an opportunity for us to teach and properly inform our patients about their health and wellbeing. At IFHW, the spectrum of care is literally a 180-degree difference from what is provided elsewhere," said Lableu.

Lableu grew up in the Humble/Atascocita area and has trained extensively in the medical profession.

"I am a board-certified family practice nurse practitioner. I received my MSN from Charles R. Drew University of Science and Medicine and my BSN from UTMB Medical School. I also completed an A4M Fellowship in Anti-Aging, Regenerative and Functional Medicine and am certified in geriatric psychiatry and pain management," said Lableu.

"My partner Kenneth Joseph received his undergraduate degree in biology and chemistry from Texas Southern University."

Lableu hopes to one day expand the institute to become a teaching facility for the next several generations.

"Our Medical Director, Dr. Ignacio Valdez, has a long history of being a student mentor in addition to being the founder of Blue Bonnet Clinic. In addition, we are committed to serving our community. We have spent time volunteering with Dr. Sonya Good, who works with the Robinson Foundation, Enactus and Urban Renewal Programs," said Lableu.

A grand opening celebration, to which the public is invited, will be held May 26 from 3 p.m.-7p.m. with several sponsors and medical affiliates on hand. For more information, visit the-institute-of-family-health-and-wellness.business.site.

To schedule an appointment, call 281-919-2065. The practice is offering free consultations, and Tribune readers that come in with this article in hand will receive a free B-12 injection while supplies last!

**Everyone is invited
to our
GRAND OPENING
CELEBRATION
May 26
3 pm - 7pm**



OWNER:

**Dr. Jennifer Lableu
RN, FNP, ABAAHP**



OPENED DOORS:

January 12, 2012

FAVORITE QUOTE:

**Old ways won't open new doors.
IFHW, where health and wellness meet
functional and integrated medicine.**