



## **New Comprehensive Medical Weight Management Practice**

*A Concierge Medical Weight Loss, Preventive Health & Health Coaching Practice*

**FRISCO, Texas - Oct. 23, 2018 - [PRLog](#)** -- A new physician-led, medical weight management practice is now open in Frisco. Founder, Dr. Richa Mittal, brings her vast experience and expertise as an internal medicine physician to the Frisco community by establishing Radiant Health Weight Loss & Wellness. She is board certified in Internal Medicine and a Diplomate of the American Board of Obesity Medicine.

Dr. Mittal offers *Your Journey, Your Way*: A comprehensive program that includes medical evaluation, body composition analysis, specialized lab testing, personalized dietary and nutritional counseling and individualized medical treatments. She offers treatments using a holistic approach, including, FDA-approved weight loss medications, intensive lifestyle modification with one-on-one health coaching, intermittent fasting and nutritional supplements.

According to her patient Ms. Sidhu, "I have been seeing Dr. Mittal for a few weeks and am so impressed! I have learned so much from her. She really listened to me and customized an approach that works for me."

Dr. Mittal is well-versed in the use of various diets and she works with her patients to customize the optimal solution, based on their medical evaluation and personal preferences. Meal supplements are used as an adjunct as she believes that long term, true health is achieved using real food.

Dallas-based Bariatric Surgeon Dr. Sachin Kukreja states "Dr. Mittal is a smart and compassionate physician who cares about the wellbeing of her patients. She is committed to their health and giving them the resources to ensure success with their long-term health."

Dr. Mittal is passionate about nutrition and preventive medicine; and therefore also offers a Diabetes Prevention & Treatment Program for those at risk for diabetes or for those looking to optimize their diabetes treatment with intensive lifestyle changes. She works with patients before and after bariatric surgery and also offers a maintenance program for those that have reached their weight loss goals.

If you would like more information about Radiant Health Weight Loss & Wellness, please visit <http://www.radianthealthdallas.com>, call Dr. Mittal at 469-294-3501, or email [info@radianthealthdallas.com](mailto:info@radianthealthdallas.com).

### **Contact**

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Source	Radiant Health Weight Loss & Wellness
City/Town	Frisco
State/Province	Texas
Country	

Industry           United States  
                          [Health](#)  
Tags                [Medical Weight Loss](#)  
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