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Improve Your Foundation. Optimize Your Health.

Optimal Health Solutions is a holistic healthcare practice that focuses on the individual as a whole.

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Meet Dr. Stacy

At Optimal Health Solutions, we believe in whole body wellness, with our unique holistic approach. Our services focus on rebuilding the physical foundation and the mental foundation of your health.

Traditional Western medicine treats the body as if each part is separate or unique. At Optimal Health, we believe each part is connected, creating a highly functioning, complex system that does not want to fail.

Dr. Stacy Oliveira received her Doctorate in Physical therapy in 2016 from American International College. She founded Optimal Health Solutions with a focus on identifying the body's underlying causes of pain and dysfunction. Her unique and intuitive methods of treatment reject the "quick fix" that commonly has us experiencing cycles of pain that so commonly force us to live in chronic pain.

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