

Holistic Medicine For Optimal Health with Dr. Jamie Walraven

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

In this episode, Dr. Jamie Walraven shares her passion and expertise for holistic healing that transcends the limitations of traditional medicine. As a functional medicine doctor, she explains the why, what, and how of her work that exposes the core of her patients' problems and helps them achieve wellness so they can thrive in life. Jamie is a wealth of knowledge and a bright light in the lives of so many she impacts. This interview is enlightening and encouraging for all.

During our conversation, Jamie:

- Shares her life experiences and struggles that made her the warrior woman that she is today.
- Walks us through her journey of becoming a physician.
- Enlighten us on how she started her transition to functional medicine and explains what it is.
- Discusses what she believes keeps people stuck in struggling, striving, and surviving.
- Shares her message of encouragement to people who are losing hope in getting the right answer for their health.

Dr. Jamie Walraven is the Lead Physician at Ageless Wellness Center. She created the practice to serve her patients holistically through functional medicine and aesthetics.

Since the age of three, Dr. Walraven knew that she wanted to be a doctor. Her love of science and helping people fueled her path into medicine. She completed her Pre-Med requirements and earned her B.S. in Chemistry from Judson College. Proceeding on, she finished her M.D. at The University of Alabama School of Medicine. After graduation, she went on to serve our country for six years as an active duty army doctor, including deployments to Egypt and Iraq. In addition to her military duties, she also worked in emergency medicine. After a decade in emergency medicine, Jamie ventured into aesthetics and anti-aging, which eventually led her to functional medicine.

Jamie passionately strives to get to the root of patients' problems and help them find health solutions, which may have not been possible through traditional medicine. Helping patients achieve long-term wellness is deeply meaningful to her. She enjoys supporting patients in reaching their goals and restoring their confidence.

In her free moments, Dr. Walraven loves to spend time with her boys and her friends, particularly cheering on the Yellow Jackets at Georgia Tech games. She also enjoys reading, riding horses, cooking, and doing art projects

Quotes from this Episode - Jamie Walraven

“We are more than the medicine we prescribe.” — Jamie Walraven

“That's what we want for people. We want everybody to live their best life.” — Jamie Walraven

Resources:

Website: <https://agelesswellnessptc.com/>

Facebook: <https://www.facebook.com/agelesswellnessgeorgia/>

Instagram: <https://www.instagram.com/agelesswellnesscenter/>

Golden Timestamp:

58:01-58:46 - Talks about why people are stuck in struggling, striving, and surviving.

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