



AbsoluteHealth

Presents



Dr. Lara Bland

- leaf Certified Health Coach with a Level 2 Certification
- leaf Specializes in identifying and addressing root causes of health issues
- leaf Focuses on whole-body wellness
- leaf Advocates for personalized, patient-centered care and solutions

Lara Bland is a compassionate Health Coach who stands out for her patient-centered, holistic approach to wellness. With a deep understanding of what it feels like to face chronic health challenges, Lara offers an empathetic ear and thorough attention to every patient she works with. Patients appreciate her ability to listen deeply, ask insightful questions, and dig into the root causes of their symptoms. This approach is what sets Lara apart from traditional health professionals who may focus on symptoms without fully understanding the person behind them. She's known for providing support, encouragement, and clear guidance, helping her patients feel seen, heard, and empowered in their health journeys.

Lara's path to becoming a health coach was born out of personal experience. After battling chronic health issues for years, she was frustrated by the lack of answers from conventional doctors who often dismissed her concerns. Determined to regain control of her health, Lara turned to self-education and research, discovering functional medicine's potential to uncover and address the root causes of illness. She earned her Level 2 Certification with the Integrative Health Practitioner Institute. Lara's method integrates scientific research with compassionate care, tailoring wellness strategies that address each patient's unique needs. She believes that true healing happens when the body, mind, and emotions are all nurtured and in balance.

Beyond her work, Lara is a devoted mother to two children, a daughter and a son, and shares her life with two dogs, making her household full of warmth and energy. Raised in a family that believes in forgiveness and standing by each other, Lara takes pride in the strong bonds within her family. They are quick to support one another and, most importantly, forgive easily. This is a value Lara cherishes and instills in her own children. Outside of her professional life, Lara enjoys spending time in nature, whether it's relaxing on the beach, camping under the stars, or getting creative with crafting. Her faith plays an essential role in her life, and she is deeply involved in Bible studies with close friends, finding strength in her community and spiritual growth. This personal connection to her family, her faith, and her love for the outdoors helps Lara bring a grounded and holistic approach to her work at Absolute Health, where she is a valuable addition to the team, providing a sense of calm, care, and clarity for all those she serves.

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