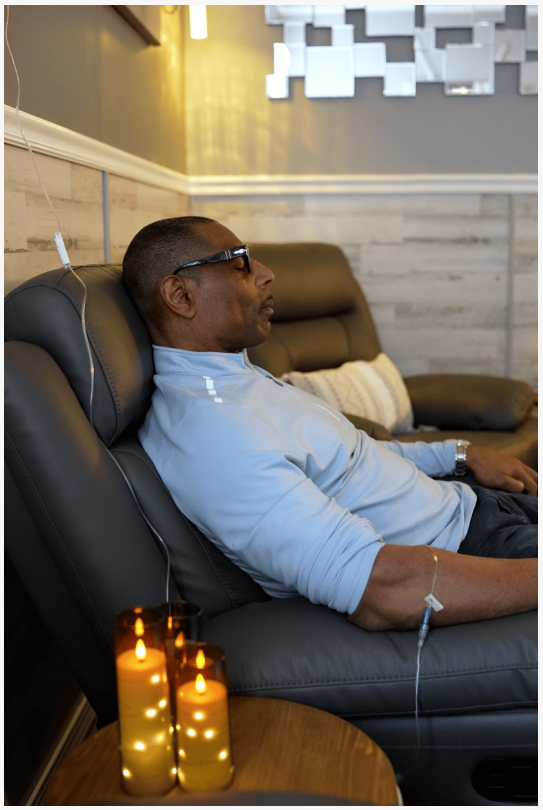
Recovery, Stress, and Wellness Support Become Larger Part of Integrative Care Conversations

Confidia Health Institute discusses personalized wellness strategies centered around recovery, resilience, and whole-body support



Patient relaxing in the MetaLounge IV therapy area at Confidia Health Institute as part of a recovery-focused wellness experience.

BRISTOL, CT, UNITED STATES, May 28, 2026 /EINPresswire.com/ -- From demanding schedules and chronic stress to poor sleep and ongoing fatigue, many individuals today are looking for better ways to support recovery and overall well-being as part of their long-term health routines.

At Confidia Health Institute, clinicians are having more conversations with patients surrounding stress management, recovery, energy levels, physical resilience, and the importance of supporting the body more comprehensively over time.

“Many people simply feel run down,” said Dr. Kevin Greene, Founder of Confidia Health Institute. “Patients often tell us they’re looking for ways to better support recovery, improve balance in their daily lives, and feel more resilient physically and mentally.”

As part of its broader integrative wellness offerings, Confidia provides EBOO therapy as one component within personalized care programs tailored to each patient’s goals and clinical needs.

EBOO, which stands for Extracorporeal Blood Oxygenation and Ozonation, is used within integrative wellness settings as part of broader recovery-support and wellness-focused approaches. Clinicians at Confidia emphasize that therapies are incorporated thoughtfully within individualized plans that may also include lifestyle guidance, nutritional support, stress management strategies, and ongoing clinical evaluation.

According to clinicians at Confidia, some patients pursuing integrative wellness support are navigating ongoing recovery concerns, chronic stress, post-viral fatigue, environmental wellness concerns, and other long-term health challenges that can affect overall well-being.

"We don't believe wellness should be approached through a one-size-fits-all model," Dr. Greene explained. "When the body is under prolonged stress — whether physical, environmental, or metabolic — recovery and resilience can become increasingly important parts of long-term wellness conversations."

Clinicians at Confidia emphasize that wellness support is not centered around quick solutions, but rather around helping patients build healthier routines and more sustainable approaches to self-care and overall wellness.

"The goal is to support patients in a thoughtful and individualized way," Dr. Greene added. "Many people are simply looking for more support and more comprehensive conversations surrounding quality of life and long-term well-being."



Patient speaking with a MetaLab team member during a wellness and performance evaluation at Confidia Health Institute.

Patient Access

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>
> *Dr. Kevin Greene, Founder, Confidia Health Institute*

Patients interested in integrative wellness services or EBOO therapy begin with a consultation with Dr. Kevin Greene to determine whether treatment may be an appropriate fit for their individual needs and health goals. To learn more or schedule a consultation, call (860) 378-2891 or visit ConfidiaHealthInstitute.com/eboo.

About Confidia Health Institute

Confidia Health Institute is a primary care and advanced health facility with offices in Bristol and Plantsville, Connecticut. Dedicated to comprehensive patient care and community wellness, Confidia combines cutting-edge medical services with a commitment to education, prevention, philanthropy, and community partnerships. The Institute upholds the highest standards of compliance, transparency, and ethical practices in healthcare, ensuring patients and the community receive trusted,

compassionate care. Its programs include MetaLab, a state-of-the-art metabolic testing and longevity lab, and Confidia Advanced Wound Specialists, an advanced wound care and general surgery program.

Learn more at ConfidiaHealthInstitute.com.

Olivia Rajotte
Confidia Health Institute
olivia@confidiahealth.com



Private EBOO treatment room at Confidia Health Institute designed to support patient comfort and restorative wellness care.



Patient receiving EBOO therapy at Confidia Health Institute as part of a physician-guided wellness and recovery support program.



Confidia clinical staff assisting Dr. Kevin Greene during an EBOO wellness therapy session at Confidia Health Institute.

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