



HEALTH GROUP

Our Services



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WELCOME TO KIND HEALTH GROUP

Led by Dr. Georgine Nanos MD, MPH, a board-certified family physician with advanced epidemiology and public health training. She founded Kind Health Group to bring exceptional care to all her patients.

Kind Health believes that listening to each individual story and building a deep personal connection is the most rewarding part of medicine and the best way to get to the root cause of many complex medical issues. Dr. Nanos and her team proudly serve San Diego County with a unique and dynamic healthcare model designed to meet all of your medical needs. We want you to feel your best, both inside and out



**FEEL LIKE YOURSELF
AGAIN, WITH TMS**

TMS is a powerful way to improve problems with mood regulation, using technology rather than medications. TMS uses a magnetic field to stop brain loops responsible for negative thought patterns, bringing brain activity back into balance naturally. A remarkable 4 out of 5 people respond to TMS treatment, sometimes within just a few days. TMS has been FDA-approved since 2008, and has been shown effective in treating the following conditions:

- DEPRESSION
- ANXIETY
- MIGRAINES
- INSOMNIA
- EATING DISORDERS
- NICOTINE ADDICTION
- TINNITUS
- AUTISM SPECTRUM DISORDERS
- TRAUMATIC BRAIN INJURY (TBI/CTE)
- OBSESSIVE COMPULSIVE DISORDER (OCD)
- POST-TRAUMATIC STRESS DISORDER (PTSD)
- ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

WHAT HAPPENS DURING TMS?

During each TMS session, you'll sit in a comfortable chair while a paddle is placed on your forehead. During treatment, you will hear a tapping or clicking sound that usually lasts for a few seconds, followed by a pause. You'll also feel a tapping sensation on your forehead. Each of these sessions will last 5-10 minutes.

An entire course of accelerated TMS is 40 sessions, which we spread across 5 days. Each day's treatment lasts about 8 hours because although each session is only up to 10 minutes, we need to wait 1 hour until we can begin the next session. In the intervening 50 minutes, you may do as you like.



POSSIBLE SIDE EFFECTS?

The side effects are generally mild. The most common side effects are headaches or scalp discomfort in the treatment area on the days of treatment. We recommend having an over-the-counter pain reliever available (e.g. aspirin, ibuprofen, naproxen). You also may experience tiredness after treatment, and patients often report sleeping longer and deeper than their normal sleep pattern.

WHEN CAN I EXPECT TO FEEL RESULTS?

The majority of patients who respond to TMS start seeing positive results after a few weeks of receiving the treatment. However, some patients report positive results in 5 days while other patients can have a delayed response that happens 2-3 months after TMS treatment.

HEALTH COACHING + ACCELERATED TMS = BETTER RESULTS

The unique aspect of the Kind Health Group Accelerated TMS experience is the incorporation of daily health coaching and clinical support during the five days of treatment followed by regular ongoing support for a full year after your treatment. With this combination, 85% of our patients see an improvement in their symptoms.

Your health coach will be present throughout your treatment for emotional support and to help provide tools and guidance for upcoming days between sessions and to carry into your life after TMS. Examples of support include journaling, positive reframing, meditation, mindfulness, yoga, nature walks, and acupressure.



Dysport

FDA approved wrinkle relaxer that is commonly used to temporarily relax the underlying facial muscles to reduce dynamic lines. Dysport typically takes effect quicker than other wrinkle relaxers and lasts longer.



Jeuveau

A cutting-edge injectable wrinkle relaxer with approval from the FDA. Jeuveau helps to fight early signs of aging. Made with the same active ingredient as BOTOX and Dysport, Jeuveau relaxes overworked facial muscles to smooth dynamic wrinkles, like the frown lines that develop between your eyebrows.



Xeomin

Xeomin® is a double filtered neurotoxin that temporarily improves the appearance of moderate to severe frown lines.



PRP

A PRP (platelet-rich plasma) injectable for the face is a cosmetic treatment that involves injecting a patient's own platelet-rich plasma into specific areas of the face to reduce the appearance of fine lines and wrinkles, improve skin firmness and elasticity, and enhance overall facial contouring.



Restylane

Restylane is an injectable treatment that utilizes a hyaluronic acid formula to reduce unsightly wrinkles and add volume to the face and hands. We carry Defyne, Refyne, Contour, Kysse, and Restylane.



RHA Filler

The RHA® Collection of resilient hyaluronic acid (HA) fillers designed for facial dynamics. This includes RHA Redensity™, RHA® 2, RHA® 3 and RHA® 4.



Revanesse Versa

Revanesse Versa is perfect for treating fine lines and wrinkles, and for instantly giving you plump and full lips.



Sculptra

Sculptra is a biostimulant injectable that helps restore lost face volume due to the natural aging process.



Radiesse

Radiesse is a dermal filler used for smoothing moderate to severe wrinkles on the face and body.



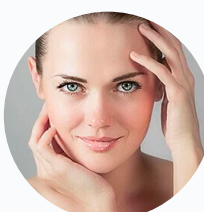
PDO Threads

PDO thread lifts are a minimally invasive alternative for patients who are not ready to undergo surgical procedures.



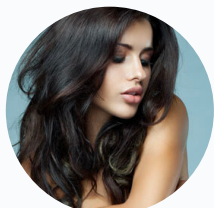
**Skin
Resurfacing**

Revitalize, Remove, Renew. Fractional, non-ablative laser skin resurfacing easily clears many undesirable skin imperfections including the appearance of fine lines, wrinkles, melasma, acne, and surgical scars.



IPL/ Photofacial

Reverse Sun Damage. Even your skin tone by removing sun damage, brown spots, and broken blood vessels. Promote collagen and elastin fibers to tighten skin, providing a fresher look.



Microneedling

Improve the Appearance of Your Skin. MICRONEEDLING® stimulates the body's natural production of collagen and elastin. This procedure reduces the appearance of fine lines, scars, enlarged pores, and stretch marks. It can be performed on all skin types while pregnant and breastfeeding. Stem Cells or PRP can be added to enhance microneedling treatments.



DEKA CO2 Laser Resurfacing

Our newest laser, the DEKA SmartXide DEKA CO2 laser is used for skin resurfacing. The DEKA laser improves wrinkles, texture of the skin, skin laxity, acne and traumatic scars and dyschromia (discoloration) and dark spots.



Vivace RF Microneedling

Stimulate your natural collagen and start glowing. This minimally-invasive treatment stimulates the natural production of collagen and is shown to be effective in alleviating facial wrinkles, decreasing fine lines while tightening and toning the face, neck, hands, or body. The Vivace delivers the most precise and pain-free microneedling experience with the option to customize each treatment by the provider. The results are immediate and improve over time with multiple treatments.



Facial Services

Personalized treatments for your unique face. We understand the importance of taking every patient's individual needs into account. Our medical aesthetician goes above and beyond to provide you with the best facial experience possible. Each facial is customized to suit your skin and goals, whether that is anti-aging, brightening, acne, or hydrating. Every facial includes an upper body massage and extractions as needed.



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Varicose Vein Removal

Sclerotherapy. The treatment of choice for spider and varicose leg veins. The treatment is minimally invasive. The procedure also can improve related symptoms such as aching, swelling, burning and night cramps. Treated veins tend to fade within a few weeks.



Emsculpt

Non-surgical Fat Reduction & Muscle Toning. This exciting nonsurgical procedure can burn fat, tone muscle, and sculpt and contour your body simultaneously without incisions or sutures. EMSCULPT® is a brand new, clinically proven technology that uses HIFEM (High-Intensity Focused Electromagnetic) technology to promote supramaximal muscle contractions at the cellular level. This means patients are able to attain a toned and youthful appearance in a few weeks.



SculpSure

Non-invasive Permanent Fat Reduction. Achieve a natural looking slimmer appearance. Permanently melt away unwanted fat in less than 25 minutes. Common areas of treatment include: under the chin, upper and lower belly, bra or back fat, love handles, arms, as well as inner and outer thighs.



Emtone

Cellulite Reduction. EMTONE raises the bar in the treatment of cellulite by being the first treatment to apply radio frequency and targeted pressure energy simultaneously. This innovative combination allows the treatment to address all major contributing factors to cellulite, making it the first and only effective solution for cellulite without any downtime. EMTONE treats the connective tissues that lead to cellulite, resulting in increased production of collagen and elastin to effectively address all major contributing factors to cellulite and smooth the appearance of dimpling. EMTONE can also be used on all body types with no BMI or skin color restrictions.



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Emsella

A Breakthrough for Urinary Incontinence. The BTL Emsella treatment provides non-invasive electromagnetic stimulation of the entire pelvic floor musculature for the purpose of rehabilitating weak pelvic muscles and restoring neuromuscular control for the treatment of urinary incontinence. A single session brings you thousands of effective contractions, beyond your ability to do on your own, to strengthen and re-educate your muscles.



Hair Restoration

Using Platelet Rich Plasma and Stem Cells. PRP involves a nurse drawing your blood into a special tube. The tube of blood is put into a machine called a centrifuge which spins the blood tube to separate out the red blood cells from the plasma. The plasma, rich in platelets, are then injected directly into the scalp at the level of the hair follicles. Platelet rich plasma helps stimulate the activity of the hair follicles to promote new hair growth. Additionally, we can use Stem Cells to achieve the same effect, typically we will use both in a treatment plan to gain even better results.



MonaLisa Touch

Vaginal Restoration. MONALISA TOUCH® is a hormone-free, revolutionary new procedure proven to reverse peri- and post-menopausal symptoms of vaginal dryness, painful sex, urinary incontinence or discomfort. Patients are calling it "life-changing." If painful intercourse is a problem, MONALISA TOUCH® is your solution. If you cough, laugh or sneeze and unexpectedly urinate, MONALISA TOUCH® can help you. MONALISA TOUCH® laser treatment is a simple, painless, in-office procedure that takes less than 5 minutes. It delivers both immediate and lasting relief without anesthesia or downtime.



Laser Hair & Scar Removal

Reveal smooth flawless skin. Our state of the art lasers reduce skin issues including unwanted hair, surgical scars and stretch marks. All you need is a few simple treatments to get lasting results. Treatments are fast, easy, and practically pain free.



Therapeutic Massage

Rid yourself of aches and pains and add relaxation. Our massage therapist uses a combination of Swedish and deep-tissue techniques to promote relaxation and soothe sore muscles. Light stretching and hot towels are added for a special, personal touch.



**ZO Skin
Health, inc**

ZO SKIN HEALTH, INC.® develops and delivers innovative skin care solutions that optimize skin health based on the latest advances in skin therapy technologies, unique delivery systems, bioengineered complexes, and exclusive formulations.



**Alastin
Skincare**

We carry Alastin's Restorative Neck Complex, TransFORM Body Treatment and Award Winning Restorative Eye Cream, all formulated with their proprietary TriHex technology. We also offer Alastin's Gentle Cleanser, HydraTint Pro Mineral Broad Spectrum & Renewal Retinol .5% for daily use.



AnteAGE MD

The regenerative stem cell technology behind ANTEAGE® MD is cutting edge and published in multiple peer-reviewed medical journals. This powerful anti-aging, pro-healing and anti-inflammatory formula is ideal for use to promote rapid healing after laser, microneedling, abrasive, and other ablative or collagen inducing treatments.



Aloisia Beauty

A line of high-performance skincare that blends traditional Korean beauty principles with modern science, signature formulations, and clean, responsive ingredients to attain healthy, glowing skin. Aloisia products respect the skin and re-imagine the daily skincare ritual as an effective and pampering experience. Aloisia Beauty uses only pure, proven, high-quality ingredients to repair, nourish, and protect the skin with the highest level of care.



CONCIERGE DERMATOLOGY

Led by Kellye Vogel, PA-C, our personalized service offers exclusive care to patients seeking dermatological treatment. With same-day or next-day appointments, extended appointment times, and direct communication with your dermatologist via email or phone, you can rest assured that your skin is in good hands.

With a per-visit fee, you can enjoy a range of services including routine skin checks and the management of chronic skin conditions. Our goal is to provide you with comprehensive care that goes above and beyond your expectations.

Our patients love the level of attention and care they receive from their dermatologist. With direct access, they can receive prompt treatment and have their questions or concerns addressed quickly. Plus, they have the opportunity to develop a personal relationship with their dermatologist, which can lead to a more effective treatment plan.



S.M.A.R.T GOALS

- **SPECIFIC**
- **MEASURABLE**
- **ATTAINABLE**
- **RELEVANT**
- **TIME BOUND**

HEALTH COACHING

Our unique health coaching program inspires you daily, weekly and monthly to meet your individualized health goals.

Through the combination of our personalized services and advanced technology, open lines of communication flourish as we maintain constant contact with each other.

You can reach out to our team at any time and likewise, we will reach out to you on a regular basis. We encourage the use of Fitbits, Apple Watches and other wearable health monitors that we can sync with our system. By actively tracking measurable and customized health data points, such as steps, sleep, water/veggie intake, stressors, blood pressure or blood sugar, we can work together to keep you accountable.

From exercise programming and nutritional guidance to support and motivation, we take a holistic approach to working one-on-one and understand the science behind true behavior modification.

We focus on education, inspiration, wellness and accountability. We understand and promote the emotional, physical, behavioral, nutritional and lifestyle factors that are needed to enhance overall health and well-being.

Kind Wellness and Weightloss:

Our program encourages long-lasting achievable goals with results that are sustainable. We are not a temporary quick fix solution; we are a lifestyle change. Our goal is to provide you with a safe, medically supervised weight loss program that is designed to your specific needs.

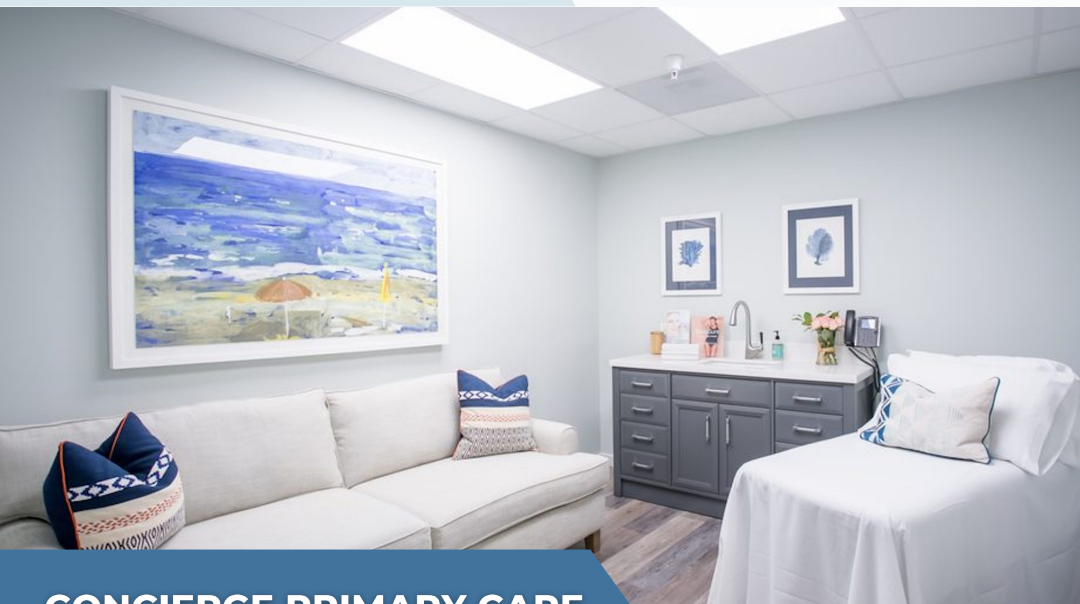


WEARABLE DEVICE MONITORING

The integration of biometric wearables with our concierge primary care and accelerated TMS programs revolutionizes healthcare by combining personalized medical services with advanced technology. This fusion enables a comprehensive view of a patient's health through wearable devices like OURA rings, Apple watches, and FitBits. It provides personalized insights and real-time monitoring for timely interventions, enhancing treatment outcomes by refining protocols based on individual needs. For example, monitoring sleep patterns with the OURA ring allows for informed adjustments to improve rest, while tracking heart rate variability (HRV) with an Apple watch helps individuals manage stress levels throughout the day.

Embracing this integrated model empowers patients to actively participate in their healthcare journey. They have constant access to health information, enabling them to track progress, achieve fitness goals, and gain a deeper understanding of their well-being. Real-time monitoring and alerts ensure prompt interventions, while continuous engagement and communication foster a strong doctor-patient relationship within the concierge primary care program. This patient-centric approach promotes proactive approaches to health, combining personalized insights, real-time monitoring, and enhanced treatment outcomes.

Our integrated approach of concierge primary care and accelerated TMS with wearable device monitoring offers a proactive, holistic healthcare experience. It maximizes the potential of data science and technology, optimizing patient care by leveraging biometric tracking to identify sleep patterns, manage stress, and promote overall wellness. With personalized insights, real-time monitoring, and refined treatment protocols, individuals gain control over their health and well-being, embracing innovation and empowering themselves in their healthcare journey.



CONCIERGE PRIMARY CARE

Kind Connected Care is a dynamic new model of healthcare emphasizing the power of prevention through nutrition, exercise, and mental health.

The Kind Connected Care experience begins with a comprehensive health history and laboratory testing. Together with our expert team of health and wellness coaches, we will closely analyze all your health information to develop a customized plan tailored to your unique needs to help you best achieve your health goals.

Whether you already have good health and are motivated to stay healthy or have a long and complicated history of disease, this model will help you enjoy better overall health for many years to come.

CONCIERGE PRIMARY CARE SERVICES:

- Same-day appointments are available Monday through Friday from 9:00 am to 5:00 pm
- After-hours visits are available as needed for medically indicated cases
- Email and telephone support is available after office hours
- Urgent problems can be addressed by calling our staff or answering service, which is available 24/7
- Comprehensive primary care is available in-person, via phone, portal messaging, and telemedicine
- Health Coaching: In person or virtual once a month for up to one hour or on an as needed basis.



MEET THE DOCTOR Georgine Nanos, MD, MPH

Dr. Georgine Nanos, MD, MPH is a board-certified family physician and the owner of Kind Health Group, a concierge primary care and accelerated TMS practice in the setting of a luxury medspa in Encinitas, California. Dr. Nanos holds a Bachelor's Degree from Colgate University, a Master's Degree in Public Health from Boston University, and a Doctor of Medicine Degree from George Washington University School of Medicine. Dr. Nanos has been practicing medicine for over 20 years in San Diego and has expertise in treating a wide range of medical conditions in patients of all ages. She has been awarded and recognized by her peers as a Top Doctor of San Diego for over ten years. She also serves as the medical director of Rancho Valencia Resort & Spa and is a medical contributor to numerous local and national TV, radio, and print media outlets. Dr. Nanos is passionate about the power of preventive health and has recently been recognized for her work with Accelerated TMS, Transcranial Magnetic Stimulation, for the treatment of anxiety and depression. Dr. Nanos is committed to promoting health and wellness and empowering everyone to take an active role in their own healthcare.

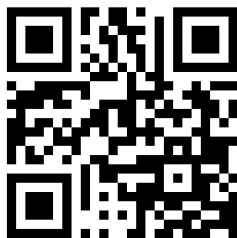
FOR MORE INFORMATION:

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OR VISIT WWW.KINDHEALTHGROUP.COM

Kind Health Group, where comprehensive care and transformative therapies converge. We invite you to experience our personalized approach to healthcare, combining cutting-edge treatments, compassionate professionals, and a nurturing environment. Discover the difference at Kind Health Group as we guide you on a journey to improved mental health, enhanced physical well-being, and a renewed sense of vitality. Contact us today to schedule an appointment and embark on your path to comprehensive care and lasting wellness. Your health and well-being are our top priorities, and we look forward to serving you at Kind Health Group.



Use the camera app on
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Code to visit our website



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*Located on Santa Fe Drive across from
Scripps Hospital Encinitas*