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Feature Writer

# Meet the Dynamic Duo of Dynamic Evolutions: Dr. Edgar Ballenas and Nurse Practitioner Christina Knight

*Dynamic Evolutions in Health & Beauty* in Norwood, MA is where East meets West to enhance treatments in the field of wellness and beauty.

*"Our goal is to help patients evolve to optimal health," says Nurse Practitioner Christina Knight who specializes in Integrative Medicine. "We take pride in providing personalized healthcare treatments that combine Eastern and Western philosophies with state-of-the-art medical equipment and alternative treatments."*



*Dr. Edgar Ballenas and Nurse Practitioner Christina Knight*

Before partnering with Dr. Edgar Ballenas to establish their innovative practice, Dynamic Evolutions in Health & Beauty, Knight worked as a family healthcare practitioner for decades in Wellesley, MA where she was raised for most of her childhood. Born in Greece, Christina cut her teeth on the original Mediterranean organic diet, and spent her formative years as an active young child in the sun drenched countryside before moving to the states at age six.

The Eastern lifestyle values ingrained in her early childhood continue to influence the holistic approach of their unique practice today.

Dr. Ballenas is a native New Yorker who spent most of his career in emergency medicine, and also served as a medical officer while in the military. "Shortly after graduating medical school, it was one of my greatest honors to proudly serve our country in the US Army during my early years as a physician," says Ballenas. "Treating trauma over the years



*Nurse Practitioner Christina Knight performing one of a vast array non-invasive Fotona Laser treatments.*

led to a focus on injuries and recovery, so athletes comprise a good deal of my patient base."

In addition to the demands of an expanding practice, Ballenas currently serves as one of the most experienced ringside physicians for the State Athletic Commission, overseeing the sport of amateur and professional Boxing and Mixed Martial Arts in Massachusetts.

*"We take a regenerative and functional medicine approach first, because it works in concert with the body's own miraculous ability to heal."*

*-Dr. Edgar Ballenas*





Edgar Ballenas aka "The Ringside Doc" recently stepped into the ring for the first time to benefit Punch4Parkinsons in memory of his own father who succumbed to the disease. Emily Harney Photography

## VIP TREATMENTS

When assessing their patients, Edgar and Christina take several factors into account including lifestyle, sensitivities, and nutrition. A large part of their multi-pronged approach focuses on reducing inflammation, a major source of pain. Dynamic Evolutions uses a variety of methods to negate it, including Thera Wellness electromagnetic energy treatments and detox infusions. High quality supplements and cleanse products are also made available, along with nutritional recommendations.

Treatments range from PRP/stem cell injections for degenerative joints, back pain, etc., and alternative weight loss programs, to vitality restoration through bio-identical hormone replacement for both men & women, IV Vitamin Infusions for energy and recovery, hair restoration or removal, as well as skin care and other aesthetic treatments that will have clients looking as good on the outside as they feel on the inside.

Dynamic Evolutions is the only practice in the region that has both the Fotona SP Dynamis Laser, and Thera Wellness system. Knight is certified to instruct as well as perform such a vast array of painless non-invasive procedures with these

cutting edge devices that it leads her to ask, "What don't they do?"

*"Our bodies are bombarded with toxins at every turn," warns Knight. "The Thera Wellness system identifies and prioritizes sensitivities and can over time, desensitize the patient to the irritants. Detoxing is also an important step in getting optimal results."*

The clientele at Dynamic Evolutions ranges from high profile athletes, musicians, and entertainers, to media, and business professionals. And, in many cases, due to Christina's family practice background, they provide care for their client's family members as well.

Christina and Edgar are available to serve as the on-set medical team for film & television productions. And, for the occasional movie star or business tycoon who needs anything from a quick, rejuvenating aesthetic treatment, to an infusion for recovery from a demanding day (or eventful night), the office is accessible by private plane. Located at Norwood Memorial Airport, just off Rt. 128 and the Auto Mile, and up the road from Gillette Stadium, Dynamic Evolutions offers discreet entry to the office by appointment.



Welcome to Dynamic Evolutions in Health & Beauty where services are ordered by the package or à la cart.



The benefits of the Accufit muscle activation process explained by Dr. Edgar Ballenas

## PERSONALIZED APPROACH

*"We are not your typical formal doctor's office," says Christina. "Patients are here to improve their health. That's a good thing, so we like to keep it upbeat. Rather than dictating a quick fix, cookie cutter plan that commonly involves multiple drugs, we use our combined experience and expertise to work intimately with our patients to create a customized plan for best results,"*

"While prescription drugs are used when indicated and necessary, we continue to search, for the underlying source of the issue," explains Edgar. "Once identified, we move toward additional proven treatment modalities such as growth factors, stem cells, exosomes, lasers, infrared light, and/or hyperbaric oxygen, to treat the source of the problem.

(Visit [DynamicEvolutions.com](https://www.DynamicEvolutions.com) for the full list).



## DEHB DIRECT CARE & CONCIERGE SERVICES

*"We respect our patient's medical choices," says Dr. Ballenas. "Each individual has the freedom to choose what they want for their body."*

In keeping with their love of freedom, Edgar and Christina established their partnership as a Direct Care practice, which enables them to offer a wider range of services. Free from the constraints of insurance companies, they are able to work closely with well informed patients, providing them with the services of their choice, while also exploring beneficial alternative treatments.

They are also among the few mobile medical teams who actually still make house calls. During the lock-down, Dr. Ballenas and N.P. Knight stayed on the front lines, providing emergency medical care to families required to stay in their homes. They have been thanked for saving several lives during this challenging time.

In addition to pay-per-service, their practice also offers a limited level of concierge care, where they are essentially "on call" for patients during certain hours.

## ASPIRE SKIN CARE: SIMPLIFY. PURIFY.

Dynamic Evolutions in Health & Beauty has also just become the Metrowest distributor of the remarkable new Aspire Skin Care which is in alignment with the philosophy of their practice.

*"We are thrilled to offer this amazing skincare line exclusively to our clientele. The all natural approach, simplifies and purifies. It's so pure it's vegan!"*

*- Christina Knight, N.P.*

"Your skin is your largest organ and unfortunately most of the products you put on it contain ingredients and preservatives that are not only toxic, but in some cases carcinogenic," warns Nurse Practitioner Knight. "The pure botanical structure and ingredients are cold-pressed into a concentrated cream, eliminating the need for preservatives or chemicals. This process is completed without added water, so you're not paying for empty ounces.

"It's a highly concentrated product, so it lasts a long time, and can be used all over the body. It hydrates and



*Medical Aesthetician, Lisa Masse, evaluates a client's skin type for the best DEHB treatment options.*

nourishes at the same time, essentially detoxing your skin. Using it reduces skin care steps by eliminating unnecessary lotions or potions, that claim to be specifically formulated for areas like eye, neck, hand and body."

"Using just one product on your face and body was an eye-opener for me— but it works," agrees Dynamic Evolutions' Skin care expert, Lisa Masse, who brings more than 15 years experience to the growing practice.

"Even though the cream is highly concentrated it is also very light, with a delicate citrus scent. And, I notice when I use it on my lips, it is pleasant to the taste, which is a testament to the purity of the ingredients," reports the trusted skin care expert who specializes in advanced treatments for skin rejuvenation.

"The most amazing part is that the tiniest little dab melts into your skin like butter, keeping it moist and plump all day. Who wouldn't want that all over their body?"



*N.P. Christina Knight with the new collection of Aspire Skin Care available exclusively in Metrowest Boston at Dynamic Evolutions in Health & Beauty in Norwood, MA.*

**Schedule your consult and product sampling today: Call 617.866.2500 or email [info@dynamiccevolutions.com](mailto:info@dynamiccevolutions.com)**





*N.P. Knight demonstrating the Procell, one of many cutting-edge treatments offered at Dynamic Evolutions in Health & Beauty.*



*Dr. Ballenas explaining the health benefits of their infrared sauna to a patient.*



*Medical Aesthetician, Lisa Masse, evaluates a client's skin type for the best DEHB treatment options, and demonstrates red light therapy on a client's face. It's also available for treatment of the whole body.*



*Dr. Edgar Ballenas and Nurse Practitioner. Christina Knight, recently added Aspiring Skin Care to their practice.*

**Evolve to optimum health, & beauty at [dynamicevolutions.com](https://dynamicevolutions.com)**