

Video #1: Intro

I am Dr. Bojana Jankovic, a board certified Internal Medicine Physician, on a mission to support YOU in the journey of nourishing your body & mind.

I don't just *believe* your wellness is about more than fitness and eating well, I *know* it is. I want to show you the missing puzzle pieces to piece together the joy you've been seeking.

This topic hits close to home for me...

Right after I had my second child and completed my internal medicine residency training, I quickly started my own medicine practice.

While I was so grateful, I was also overwhelmed. I wanted to be the best of everything: doctor, mom, wife, ...yet each role demanded a lot of from me. This often resulted in me feeling as though I had to be two places at once, meaning I was *never present*.

I was exhausted.

Always craving carbs (my husband made fun of my ability to eat a whole jar of Nutella).

Just plain unhappy.

Sound familiar?

Yet I saw these same symptoms in my patients as well – chronic insomnia, anxiety, depression, unhealthy eating habits, chronic fatigue...

My heart silently broke watching this unfold – and I knew there had to be another way.

My natural curiosity and interest in integrative medicine and self-empowerment took over, and I began looking for answers.

I explored it all –

Meditation, breathing exercises, regular exercise (cardio, strength and yoga), sleep and mindfulness changed my life. Non-striving. More self-compassion, less self-criticism. Awareness and authenticity helped me be my best self.

It changed my life.

My relationships improved.

I got more sleep.

Through evidence-based approaches, my practice and personal experience (and obsession with reading, wellness and research studies!), my goal is to provide you with the best that modern medicine, integrative medicine, mindfulness and Ayurveda have to offer.

I would like to share with you what I have learned, what I practice, and what I believe to be effective in the most PRACTICAL WAY POSSIBLE.

[call to action]