Ask ProUCare a question the more details the better...

Sample question:

What medical wellness recommendations should I provide a 30 yo Asian woman who wants to go vegan, has a nut allergy, currently prescribed a statin for cholesterol management, family history of breast cancer and alzheimer's who commutes 3 hours daily to an desk/computer based job?

Provide a patient-facing set of recommendations reasonable to accomplish in 6 months.

