

Redefining Healthcare

The Story Behind Solano Lifestyle Medicine

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Solano Lifestyle Medicine (SLM) was born from a deeply personal and professional journey—a mission to redefine healthcare by prioritizing true connection, whole-person wellness, and a meaningful doctor-patient relationship.

For over five years, I practiced primary care in the corporate healthcare system of the United States. Every day, I saw the limitations of a system that prioritized volume over value, speed over substance. Appointments were rushed, often limited to just 10-15 minutes, barely enough time to scratch the surface of a patient's concerns. The reality was clear: the system was failing both patients and doctors. Instead of fostering healing and understanding, it created barriers—insurance restrictions, administrative burdens, and a model that treated symptoms rather than people. I knew there had to be a better way.

The idea for SLM didn't come from a business plan or a market analysis—it came from my own personal search for wellness. As a physician, I was supposed to know all the answers to living a healthy life, yet I found myself struggling with the same challenges my patients faced. I had to confront my own bad habits, fight against unhealthy patterns, and learn how to manage my ADHD in a way that allowed me to thrive. My journey led me to explore beyond conventional medicine, diving deep into lifestyle medicine, mindfulness, behavioral health, and the intricate connection between mental, physical, and emotional well-being.

Through this journey, I realized that true healing happens when we treat the whole person—not just their symptoms. I envisioned a practice where appointments weren't rushed, where conversations were deep and meaningful, and where patients felt truly seen and heard. I wanted to blend my expertise in primary care, lifestyle medicine, behavioral health, and mindfulness into a model that prioritized prevention, long-term health, and real transformation.

That vision became Solano Lifestyle Medicine. SLM is more than a medical practice—it's a movement toward a better kind of care. A concierge model allows me to break free from the constraints of the corporate system, offering extended visits, individualized attention, and comprehensive care that integrates the best of modern medicine with the wisdom of holistic healing. It's about helping patients not just manage diseases, but prevent them. Not just survive, but thrive.

At SLM, I bring together everything I am passionate about: evidence-based medicine, the psychology of behavior change, hormonal and metabolic health, nutrition, fitness, and mental well-being. My training in family medicine, my experience serving diverse communities, and my personal commitment to lifelong learning all shape the care I provide. Every patient who walks through my door is not just another appointment—they are a person with a story, a unique set of needs, and the potential to reclaim their health in a way that is empowering and sustainable. Solano Lifestyle Medicine is my answer to everything I wished the healthcare system could be. It's a practice built on relationships, on time, on trust, and on the belief that a doctor should be a partner in a patient's journey to optimal health. Here, healing is not transactional—it is transformational.

This is why SLM exists. And this is only the beginning.