



DR. ANDREA BRETAL MD

MEDICAL DIRECTOR

WESTON MEDICAL HEALTH AND WELLNESS

1605 Town Center Blvd., Ste. D, Weston, FL 33326

954-389-1800 | www.westondiet.com

How is AI and other technologies changing your field?

AI and emerging technologies are transforming internal medicine and metabolic health in profound ways. We're now able to personalize treatment plans using predictive analytics, remote monitoring, and even AI-driven nutritional guidance. These tools help identify subtle patterns in lab results, glucose data, hormone fluctuations, and lifestyle habits that might be missed otherwise. For patients managing obesity, diabetes, or hormonal imbalances, this means earlier interventions and more precise care. AI doesn't replace the physician-patient relationship, it enhances it by freeing up time and allowing us to focus more deeply on the human aspects of healing.

What's the biggest misconception patients/clients have about what it takes to live a healthier life?

The biggest misconception is that health is purely about willpower or quick fixes. Many patients come in believing that diet and exercise alone will solve everything, or that medications are the only option. In reality, sustainable health is about balance between hormones, metabolism, mindset, and lifestyle. It's not just calories in and calories out; it's how your body is processing and responding to those calories. A truly healthy life includes stress management, restorative sleep, hormone balance, mindful nutrition, and movement that feels

good. That's where an integrative medicine approach makes all the difference, by combining the best of conventional medicine with evidence based holistic practices, we address the root causes and support the body's natural ability to heal.

What gives you satisfaction in your field?

The most rewarding part of my work is witnessing transformation, not just in lab results, but in confidence, energy, and quality of life. Helping someone reverse prediabetes, regain hormonal balance, or lose weight sustainably after years of struggle is incredibly fulfilling. But even more meaningful is when a patient says, "I feel like myself again." That's the true goal, not just adding years to life, but adding life to years.

Who inspires you?

I'm inspired by my patients, their resilience, their trust, and their determination to change their lives. But I'm also deeply inspired by the growing community of integrative physicians who are bridging the gap between traditional medicine and lifestyle medicine. Clinicians like Dr. Mark Hyman and Dr. Sara Gottfried have paved the way for blending science with soul, and that's the direction I believe medicine must go. Healing is not just about protocols; it's about partnership.