



Press Fact Sheet · Last updated May 2026

AT A GLANCE

PRACTICE	Meliora Integrative Medicine
FOUNDER	Rowena Chua, MD — triple board-certified (Neurology, Integrative Medicine, Obesity Medicine)
FOUNDED	2013, at the Heartwood Center, Evanston, IL
LOCATION	1740 Ridge Ave, Suite 120, Evanston, IL 60201
PHONE	(847) 440-4355
WEBSITE	melioramed.com
CONTACT	info@melioramed.com
HOURS	Mon · Tue · Thu · Fri: 9 AM – 5 PM · Wed · Sat · Sun: Closed
SERVICE AREA	In-person at Evanston, IL; telehealth across Illinois

The Meliora Method™

Five-pillar clinical framework — five lenses applied simultaneously, not five separate programs.

- Hormone Rebalancing
- Nutrient Repletion
- Gut and Detox Optimization
- Stress and Adrenal Regulation
- Metabolic and Mitochondrial Support

Signature Services

- Comprehensive Assessment — full lab panel + clinical intake
- Bioidentical Hormone Therapy (BHRT) — pellets, micronized progesterone, DHEA, topical compounds
- Thyroid Optimization — full panel including free T3, free T4, antibodies
- IV Nutritional Therapy — Myers Cocktail, NAD+, high-dose vitamin C
- Medical Weight Management — Tirzepatide (GLP-1/GIP) integrated with hormonal support
- DEXA Body Composition + Resting Metabolic Rate
- Peptide Therapy — selective use for tissue repair, recovery, hormonal signaling
- Sexual Health, Adrenal & Stress Programs, Gut Support

Notable Distinctions

- One of the few practices on the Chicago North Shore offering clinical-

grade DEXA for metabolic optimization

- Dr. Chua fellowship-trained under Dr. Andrew Weil at the University of Arizona Center for Integrative Medicine
- Triple board certification (Neurology, Integrative Medicine, Obesity Medicine) — a combination rare among integrative practitioners
- Northwestern University alumna; began practice at Evanston's Heartwood Center
- Launched Guided Precision Care in 2026 — physician-led AI assistant grounded in Dr. Chua's protocols

Quick Talking Points

- “Normal labs are not the same as feeling well.” Meliora interprets against optimal — not population — ranges.
- Care is sequenced, not scattered: minimum effective interventions, layered in order.
- AI does not replace the physician at Meliora; it protects her time so she can stay in the room with the patient.

For interviews, fact-checking, or additional press materials: info@melioramed.com · melioramed.com/press