



SoBe Well

Where wellness meets wellbeing.

Dr. Patrece Frisbee is from South Beach, Florida and brings a new and different methodology to the treatment of substance use disorders, as well as many other mental health disorders, that's based on her 30 years of experience across multiple healing disciplines. Dr. Frisbee's custom concierge-style approach is built on a solid foundation of evidence-based services. By itself, each service has amazing powers, yet when combined by Dr. Frisbee into a fully integrated treatment plan--one that's uniquely personalized for each client in the comfort and privacy of their own home--the results are transformational.

Her services reflect her rare combination of credentials. She is a board certified addictionologist, acupuncturist, auriculotherapist, clinical nutritionist, chiropractic physician and recovery coach. From her three-hour initial evaluation through every step along her clients' journeys to a successful recovery, she continues to get to the heart of what they need to succeed. Dr. Frisbee incorporates all of her fields of training, along with amino acid therapy, massage therapy, 12-step yoga and psychotherapy. When followed for three months or more, this "east meets west" approach has an impressive 85% success rate of keeping clients clean and sober up to five years or more.

Integrating her full arsenal of services, she develops recovery plans that are as unique and different as each client's DNA. But the one thing almost all of her clients have in common is the need to reboot and rebuild the damaged biochemistry of their brain, where anxiety, depression, withdrawal and craving impulses originate. SoBe Calm, her uniquely formulated all natural neurotransmitter replacement supplement, then becomes a critical component of their recovery. SoBe Calm is a unique, all-natural powdered formula inspired through Dr. Frisbee's own recovery. It contains evidence-based amino acids, key recovery vitamins like B6, minerals like calcium and magnesium, and the herb Rhodiola, which plays a powerful role in restoring neurotransmitters. When those are rebalanced, anxiety, depression, withdrawal and craving symptoms are greatly reduced and studies show patients have an almost 90% chance of not relapsing. That's certainly been the case with her patients.

SoBe Calm, as part of a daily integrative treatment program, is where serenity and science come into perfect balance. It even works for insomnia, ADD, eating disorders, compulsive and impulsive disorders, and generalized stress. But for her patients in recovery, it's a godsend and a game changer.

Her SoBe Well approach fits their lives. It fits their families. It fits their history and beliefs and builds an unshakeable foundation for a joy-filled life in recovery. Starting with who they are and guided by what Dr. Frisbee knows, the SoBe Well approach is changing lives--and changing the foundation of mental health disorders while providing a successful, long-term recovery.