



Are You Ready To Finally

Feel Better?

We help motivated patients address fatigue, autoimmune disorders, gut health & hormonal imbalances, so they can enjoy a well-balanced, productive life looking and feeling their best... even if they've been told "your labs are normal" and literally don't know what to do next.

SCHEDULE DISCOVERY CONSULT

Are You Struggling With...

Gut Imbalance

- IBS, SIBO
- Constipation, Diarrhea, Bloating
- Food Sensitivities & Allergies
- Heartburn
- Chronic Yeast or Bladder Infections

Hormonal Imbalances

- Weight Gain
- Adrenal/Thyroid Issues
- Mood Swings
- Low Energy, Fatigue
- Insulin Resistance

Stress, Anxiety & Mood

- Stress Resistance, Low Mood
- Insomnia
- Headache
- Brain Fog
- Poor Memory

Why

Nurture MD

At Nurture MD, you're not just another patient - you're a partner. Driven by a personal journey with an autoimmune disorder, our founder was inspired to move beyond traditional family medicine after a decade in practice, seeking answers beyond the standard prescription medication approach. She discovered the transformative power of functional medicine, studying the impact of diet, gut health, inflammation, and lifestyle on overall health. Her passion is to educate patients and teach them to reclaim their health without over-reliance on medications.

We are committed to in-depth patient understanding & meticulously review comprehensive intake forms before each appointment, to ensure your time with us is productive and personalized. Our approach blends conventional and functional medicine lab-work, allowing us to see the full picture of your health and devise tailored treatment plans. We listen intently to your goals and concerns, co-creating a therapeutic plan that aligns with your aspirations and lifestyle. By choosing Nurture MD, you're not just choosing a healthcare provider - you're choosing a partner committed to your journey towards optimal health.

MEET DR. SANDRA PLYBON

The Nurture MD Roadmap

We help motivated patients address fatigue, autoimmune disorders, gut health & hormonal imbalances, so they can enjoy a well-balanced, productive life looking and feeling their best... even if they've been told "your labs are normal" and literally don't know what to do next.



Personalized care focused on the root cause of your chronic health issues so you can finally feel empowered about your health.



Treat The Root Issue

We look at the whole person to determine the root cause of your chronic health concerns.



Feel More Like Yourself Again

Within a relatively short time, most people regain their energy, focus and gut health naturally.



Experience True Healing

With an integrative approach, covering many areas of health, significant healing is possible.

LEARN MORE ABOUT DR. PLYBON

Getting Started Is Simple

I am here to help you heal your gut and reclaim your life. So if you're ready to boost your energy, focus and gut health naturally... and finally break free from all that digestive drama, then let me show you how!



Step 1

If you want to get crystal clear on the exact next steps you should be taking, schedule a free 15-minute conversation!



Step 2

Schedule your first 90-minute appointment, putting you back on the path to lasting, vibrant health.



Step 3

Start your personalized treatment protocol getting back on the path to vitality and wellbeing.

Testimonials

In Our Patients Own Words

"Dr. Plybon is incredibly kind and always goes the extra mile in all aspects. She was there to support me whenever I needed it as well. She is incredibly knowledgeable and has helped me resolve a lot of my health issues. I highly recommend her if you are ready to improve your quality of life."



David A.



Take The First Step Today On Your

Journey Back To Health

Do you have questions about starting your path back to health? Dr. Plybon is happy to answer any questions you have to see whether or not Nurture MD is right for you.

WORK WITH US

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Perimenopause and Menopause

Other Links

Are We A Good Fit?
FAQs

Areas Served

Nurture MD is located in Fort Collins, Colorado, and serves patients throughout the Greater Fort Collins Area and Northern Colorado. These areas include but are not limited to Larimer County, CO, Boulder County, CO, Jackson County, CO, Weld County, CO, Grand County, CO, Golden Meadows, Collindale, Foxstone, Morningside, Bucking Horse, and surrounding areas.