

Feel your best for the city's best season

JUNE 2026 NEWSLETTER



Chicago Health and Physical Therapy
Chicago's Pain Experts
Est. 1922

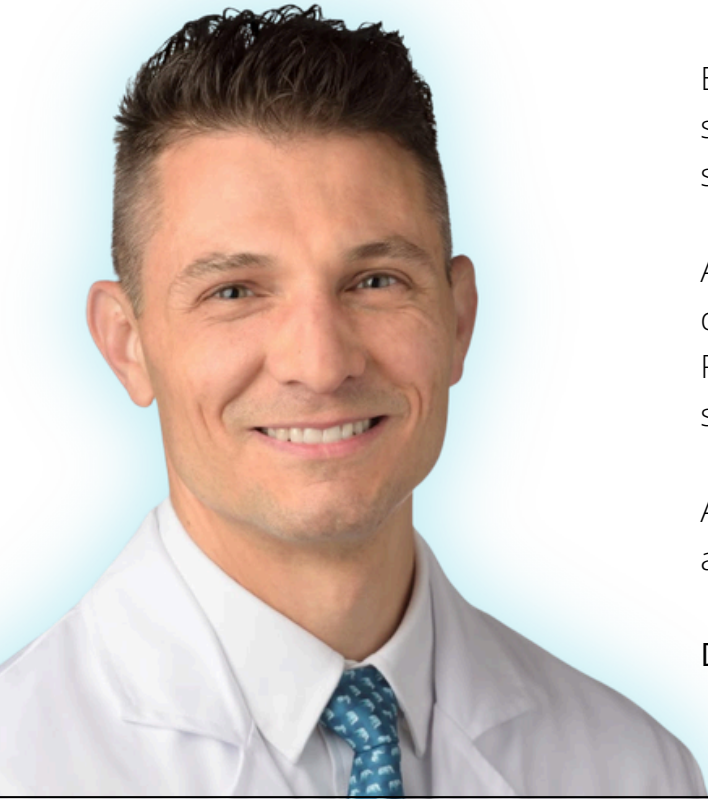
Summer with CHPT

Even though it's the season Chicagoans can't wait for, summer always seems to sneak up on us. Sun's out, school's out, and so are we.

As you prepare for your adventures this summer, don't forget the habits that keep you in good health. Read on for tips to make the most of the city's best season.

As always, our team is here to help you feel your best, all year long. Come and see us!

Dr. Dietzen, MD & the CHPT team



Getting to the Root

WHAT IS FUNCTIONAL MEDICINE?

Most doctors in the traditional medical setting don't delve deeper than basic screening tests. But you deserve better.

Whether you've been dealing with symptoms for days or decades, I can help you understand how to use in-depth testing to explore all possible root causes, leverage the power of holistic lifestyle practices like nutrition and biohacking, and customize a supplement and herbal medicine plan to finally start healing from the inside out.

Band-aid solutions don't work, but functional medicine does.

Dr. Alexandra MacKillop can help you take charge of your health and hormones through functional medicine and nutrition.



@DRALEXANDRAMACKILLOP

BOOK A CONSULTATION



How to Make Kombucha from Scratch

GUT HEALTH IS GOOD HEALTH!

Looking for a refreshing summer drink that's *actually* good for you? Dr. Alexandra has you covered! Here's everything you need to know about how to make delicious kombucha from scratch.

GET THE RECIPE



Ticks Are No Joke This Year

TIPS TO AVOID TICK BITES

Tick activity is high this year. Learn about natural repellents to help keep them at bay.

READ MORE



Portage Park Farmers Market

COME SAY HELLO!

Curious about what we do? Come chat with us on Sundays at the Portage Park Farmers Market!

SUNDAY MARKET

What Our Patients Say

"I've been going here for years and the work they do is excellent."

— Josh E., May 2026



THANK YOU, JOSH!

Schedule Your Appointment Today!

WE WELCOME NEW PATIENTS

Whether you find us through a friend or online, we always welcome new faces. If you have any questions regarding your first visit, get in touch with our team.

CONTACT US



Our Location

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