

Dr. Nolan Lee:

I come in, I can't feel my feet, I can't walk. I leave dancing, right? That's that's when I know I'm doing the right thing.

Hi, I am Nolan Lee. I'm one of the owners of Balanced Flow Wellness. When I was back in the corporate world, I was working really hard. I owned a business on the side, and my good friend, she said that I should take a yoga class because she thinks she thought that it would help me relax and unstress. A lot of people will see me as this kind of calm, chill guy right now. I was not always this way at all. Part of the reason I am this way now is because I started doing yoga. I saw the effects on me and how it took my stress levels down, how it made my physical body better. I finally realized like, yeah, this is something that's interesting to me. This is something that I can do.

I decided to go into health and wellness, went back to school and I basically had to go back to starting from zero. I ended up doing a second Bachelor's, going back to school to get my Doctorate. I get choked up a lot of times just looking at some of the patients that we get better when someone comes in pretty hopeless and they don't see an end to their pain. A few weeks later, they're starting to do things that they could not do for years.

Adrean Novak:

Nolan is one fantastic individual. He has the knowledge that will blow your mind. His insight is incredible.

Dr. Dominika Hertsberg:

The fact that he's tenacious is what drives me to be his partner the most. He's an incredibly caring person, very, very intellectual, but he really has everyone's best interest in mind.

Dr. Nolan Lee:

A patient that was a runner, and she had pain in her foot for five years. No one could solve what was going on. Then after a month or two with us, we figure out what's going on and we got her better. The happiness and the joy that you see on her face is that moment that I feel like I'm doing something of value in the world. I'm providing value to the world. I'm doing the right thing. I am where I should be.