

# Meet The Doctor Who Can Change Your Life



*Douglas J. Pucci*  
DOUGLAS J PUCCI, DC

*Celebrating 25 years!*

My health was failing and I was deathly afraid of being hospitalized again. My condition was such that I would react worse each time to all the drugs. It would take weeks to recover, if at all and I really didn't want that approach. I just did not know how else to get better. As a last resort, the office manager contacted Dr. Pucci on my behalf and it's been an amazing turn around ever since.

--Jackie J (Rutherford, NJ)

"I began working with Dr. Pucci years ago and trusted him with a lot of important decisions. Recently, my husband had been scared into the possibility of open heart surgery and was about to start taking medications so I sent him to Dr. Pucci for a second opinion and guidance. After running a few tests and starting treatment, we went back to the cardiologist who, based on the results, changed his mind and completely reversed his decision."

--Gloria S. (Hillsdale, NJ)

"I developed vertigo eighteen years ago and was not feeling right when I started down the pathway to medical mismanagement and disaster. I had a part of my thyroid removed, countless doctor's visits, and began taking antidepressants. My search for a good doctor that I could trust finally came to an end when I discovered Dr. Pucci through a referral."

--Ralf R (Long Island, NY)

*"My daughter gets headaches weekly. It was 'all over' joint pain that finally brought us to Dr. Pucci. My brother told me there was a special quality about Dr. Pucci's methodologies and that he was not like any other doctor. Boy, he was right! We flew in for the summer and Dr. Pucci treated my daughter daily during this time. Through further testing we were able to discover the cause of so much of her inflammation. She has juvenile rheumatoid arthritis and it has been completely mismanaged by her other doctors."*

--Lynn C. (Gilbert, AZ)

*"Even in his 90s my dad is a fighter. He doesn't want to submit to the aging process and I respect that. We discovered Dr. Pucci through one of my wife's contacts and it's been a great relief for me just knowing that my father's in his care. I live in Manhattan and receive regular status*

reports. Dad gets one-on-one attention, a lot of time on therapies, including guidance on nutritional products and activities he can do at home.

--Vincent D. (Philadelphia, PA)

"I had surgery recently to correct a condition that was a result of an automobile accident suffered years ago. I cannot say enough about my experiences with Dr. Pucci pre- and post-surgery. He has an intuitive skill for what my body needs next to heal and the amount of thought and personal attention is unlike any of my other therapists or doctors. When I want answers and results, I know exactly where to turn."

--Marjorie D. (Dumont, NJ)

"Especially since having had neck surgery, in my visits to chiropractors' offices I have researched them extensively to find one who was more than a "back cracker." You possess knowledge that none of the other dozen or so others ever mentioned. Indeed, I found your testing to be more extensive than what I had received when I went to my **neurologist**, who I happen to think is outstanding. Additionally, I want you to know that I made a friend of mine aware of what you do in the area of auto-immune disease and that she should contact your office to see if there could be a workable relationship. As I told you, she lives in Florida. I just wanted to thank you for the time and effort that you spent with me and I will be in touch shortly.

--Robert S (Bloomfield, NJ)

"Just wanted to let you know that I've already felt a change since focusing on the elimination of certain foods from my diet. Over the weekend and last night it's been noticeably easier to fall asleep at night AND dramatically easier for me to wake up in the morning! I really feel like this knowledge is a game changer for me and I'm psyched about progressing.

I completed the saliva test on Saturday - and will be dropping it at UPS later today. And I'm going to try and get the other test out of the way and mailed at FedEx today too. Thank you!!!

--Brett W (New York, NY)

**Whether you have been improperly diagnosed and mismanaged or you want to reverse your health status and change your life, you deserve the opportunity to find out what makes your experience with NJ Top Doctor, Dr. Doug Pucci, different from any other doctor you'll meet:**

- **Neuro-Metabolic Healing**
- **Brain Based Therapy**
- **Nutrition Science**
- **Comprehensive Lab Work (far beyond standard testing)**
- **Functional Diagnostic Work Up**
- **Clinical Wellness Technology**

## **My Personal Promise to My Patients:**

---

*“Whereas many doctors just treat symptoms, I personally promise to focus on the reasons why you have these symptoms in the first place. Together we take a journey to restore you back to health—effectively, efficiently, and naturally. Over 25+years in practice I believe that I’ve been able to develop a groundbreaking functional diagnostic approach to chronic illness and autoimmunity that no other doctor has created. When you are accepted into one of my programs we treat you like family. We will run all the tests, and I will personally use this information to treat you according to your unique biochemistry and individual needs.”*

**~Dr. Douglas J. Pucci, D.C., FAAIM**

## **Hear What Our Patients Say:**

---

“The man is a genius. What he does is just magic! I’ve never had anybody explain my health issues like that! I’m so glad I found Dr. Pucci.” ~Christine F., Rutherford, NJ

“Dr Pucci created a miracle! According to my most recent labs I’m no longer prediabetic. With the remedies, I was able to stop taking all my medications months ago. ~Fred M., New Milford, NJ

“I’ve been working on my health for years. I was seeing three different doctors for what Dr. Pucci is able to do by himself, under one roof. I know I’m in the right place.” ~Donna B., Ramsey, NJ

“Each week I pack my mom and my sister into the car and we head up to see Dr Pucci. Autoimmune disease runs in our family so when they saw how well I was doing, they couldn’t wait. ~Melina R., Pennington, NJ

## **Why We Care:**

---

**Did you know that the average person over the age of 60 now takes several prescription drugs daily to treat or prevent chronic medical conditions? These drugs have toxic side effects that result in nearly 200,000 deaths each year. These deaths are senseless and according to the American Medical Association, have become the fourth and sixth leading cause of death in the United States. These drug-induced deaths are**

**occurring because patients lack the proper monitoring and, moreover, lack access to natural solutions.**

A QUICK NOTE TO MY FUTURE PATIENT: If you're like a lot of my patients you've gone from doctor to doctor looking for answers. Or worse, you're searching for answers on your own.

I've had so many patients over the years say to me things like:

*"I had told my husband, before I started coming here, that I was going to die. Like, if I stayed with my regular doctor I'd be dead because he kept running the same tests and telling me I was fine. That it was all in my head. Look, I'm not crazy. They just keep ignoring me." ~Natacha W*

*"The doctor I went to told me that sometimes when I feel all these aches and pains, and I feel tired, or brain fog, and basically any symptom that is linked to thyroid, that it's probably mostly mental. Can you believe that?!"  
~Johny M*

Don't worry, you're not alone. All my patients hear the same things and they want the same results:

- They're tired of being told they are crazy, and they want to be heard
- They want all the proper testing, so that at least they know what's going on
- They want a doctor who listens and who can actually do something with the tests they receive
- And yes, they would love to have a drug-free solution to resolving their symptoms
- They all really want their health back.

### **More about our patients:**

---

**Laura is a young mother of three who could rarely attend family functions** and had to give up her part-time position as an ICU nurse. She signed up for my Hashimoto's program, and celebrated this summer as a changed person. *"My kids were my motivation, and I'm also happy to say I accepted a new full time position this year."*

**After a routine surgical procedure, Vera suffered a setback.** "I started gaining weight all the time," she cried. "My two daughters are now in college and when they start families, I want to be able to participate." *She has lost 32 pounds, her skin tone and energy has improved and last week she was able to come off her thyroid medication.*

**Robert is a young man who works in NYC** and makes a long commute every day. He suffers with autoimmune flare ups that affect his vision, cause skin outbreaks, and leave him anxious and sleep deprived. *“I am in sales and I constantly have to meet with people and be at my best. Even my friends and family noticed an immediate difference.”*

**James, age 53, suffered a stroke.** The stress of his work life was taking its toll and he felt increasingly dependent on medications. “My family is relying on me,” says James, “but I want to take care of my health differently.” *His growing concern for the drug’s side effects and desire for more thorough testing to balance out his hormones drove him to action .*

**Robin is an avid outdoor enthusiast with IBS who travels extensively** and has a desire to live her retirement to the fullest. “I told Dr. Pucci yesterday that I just had my best weekend I could remember because *I was able to say ‘Yes!’ to all the things I wanted to do without having to worry about excusing myself for a personal emergency (if you know what I mean).*”

## From the Desk of Dr. Pucci:

I am honored to be one of a very few doctors in the country trained in new clinical diagnostics and neurometabolic techniques. You can trust that I take personal pride in the results we get here. If you decide to take a journey together I’d like you to review this site, contact me with questions, and also browse the testimonials below. This will help answer questions about what makes the care I provide *so different*. This is only a snapshot...*you* must take the next step to meet here. Lastly, I have hundreds of case studies and a lot of knowledge to share. Through all my years of clinical experience, a lot of post graduate training and studies, and in partnership with the best doctors, labs, nutritional vendors, and patients just like you, the care I offer you cannot get anywhere else.

To learn more or to get started please call (201) 379-6502.

“I just wanted to tell you that I really appreciate what you did today. It was one of the most magnanimous moments I’ve experienced with another person in a very long time.

Your generosity of spirit. Your passion to help, to really help the individual clearly came through to me three times more than it did the last time. If I wasn’t sure about if you were capable of treating my specific case before coming in, I walked out completely convinced that you would be a huge asset to what I’m doing and would truly complete the circle that I’ve envisioned and seen in my head.

You took your time to explain and inform on so many fronts. There’s no one more willing to change whatever is necessary and continue to make the changes in order to create my best self ever. My mission is very clear.

So thank you so much for today.

I’m excited to see you soon. ~*Michael S.*

**“We wanted to thank you so much for helping Vale. Tonight is the first night in a long time that she didn’t scream, throw fits, and fight me to go to bed. Her behavior was completely different. She is sound asleep, and we are so grateful to you for making our little princess feel better!!!!” ~Christine A.**

### **A Journey to Healing**

**For most of my life, I experienced migraine headaches, low blood sugar, blood sugar that would rise and then plummet, leaving me dropped to the floor and lethargic. Just as I became used to it as a norm, more and more symptoms would arise, making it a quandary to doctors. I equated my growing list of symptoms with age, stress, and genetics.**

**About 7 years ago, after my first cancer scare, I was finally given a physical diagnosis of Hashimoto’s. I was promptly sent off to an endocrinologist. She prescribed meds to maintain thyroid levels but really did nothing else. I was seen maybe once a year.**

**Second cancer scare, anemia hemorrhaging, third cancer scare and emotional, hormonal, and adrenal exhaustion losing focus. Years of uncontrollable muscle movements getting worse and worse. Vertigo that I had had for decades getting to where I could no longer ignore the symptoms. My job gave me an ultimatum. A coworker looked up a doctor for me on the internet. I said yea I’ll check him out I don’t have a choice. No doctors no specialist could help me at this point and I need to find someone that can help.**

**I went to Dr. Pucci without any knowledge of his practice. He patiently went over my bio and observed my uncontrollable muscle movements. He recognized the problem and explained the treatment. I knew I had to do something. I was dying on the inside and dying on the outside. How much is health and quality of life worth, that is a measure for everyone to decide individually. I felt it was worth something at that moment.**

**He placed me on therapies, supplements, detox, and diets. A year and a half later I can say I did 17 miles on the Appalachian Trail in one weekend, a portion of which is called the Stairway to Heaven. Before I went to Dr Pucci it took me 45 minutes to get from the back parking lot to my cubicle on the 3<sup>rd</sup> floor, with each unsteady step feeling like my legs were going to buckle beneath me, my lungs grasping for breath, because I insisted on taking the stairs until I could no longer take the stairs.**

**Dr Pucci has given me my life back in mind body and spirit. As my health returned and my mind returned my faith also returned giving me a whole new spectrum of life. ~Mona H.**

December 8, 2016

To Whom It May Concern:

I found my way to Dr. Pucci's office, quite honestly, in a state of desperation. I contracted Lyme's Disease in the Fall of 2013. My health began to spiral downward so an Infectious Disease doctor put me on an antibiotic protocol of three different strains which were administered 7 days a week through a picc-line for 72 days. After this protocol I felt emotionally and physically broken. After many months of searching for answers – trying endless medical protocols and test after test, I was scared and frustrated.

I cannot tell you how many times I was told by my other doctors “Just don't know what to tell you – your blood work is normal – maybe you should try some anti-depressants!!!” WHAT??? – that was unacceptable to me.

At my first visit Dr. Pucci listened patiently as (through terrified tears) I told my story. He never seemed surprised by anything I told him or overwhelmed by my symptoms. He asked that I give him time and have an open mind. He talked about auto-immunity/toxins/an unhealthy gut/imbalance in my brain and suppressed energy.

I was not an easy patient – to say the least!!! I had to learn to “turn off” my way of thinking and “turn on” to a new rhythm. I had to learn to trust and have faith not only in the process of healing but this brilliantly gifted doctor.

Two years have passed – today I know Joy once again. I feel physically stronger and mentally balanced.

Yes, I am still a work in progress as there are many layers to my personal healing – but healing I will continue to do because I am so worth it!!! The journey of healing is not a straight line and sometimes you feel like you take 2 steps backwards and only 1 step forward. Then one day you turn around and see how far you have come – how much better your life is today than it was before and you are so thankful for deciding to take this journey of healing.

One more thing – you will NEVER hear Dr. Pucci say “I don't know what to tell you” he always has a direction. Why is that??? – because he knows how to listen to the source of your personal healing – YOUR OWN BODY.

So if you are feeling frustrated – sick and tired of being sick and tired or even broken like me – give Dr. Pucci the opportunity to unravel your being. Make the decision to seek healing – trust the process – have faith in Dr. Pucci – be patient – you will forever be Grateful.  
For me, Dr. Pucci has been the answer to my desperate prayers.

Sincerely,

~ Laura M.

"One of the things I liked is he *tested* in a lot of different areas and found out things I could correct."



Meet Lori  
Women's basketball coach & outdoors enthusiast

"He's *open* to every piece of information [...] and seems to incorporate into everything he does."



Meet Michael  
Electrician, black belt in martial arts & grandparent of 3

"I tried different meds, exams, even thinking about surgery and with the *change* Dr Pucci recommended [...]so nice to not have pain 24 hours/day."



Meet Maureen  
Charitable nurse, mom & believer in miracles

"Since 35 I didn't feel well. Synthroid didn't do much for me -- then by the luck of God [I found Dr Pucci] ... He has really *brought me around.*"



Meet Bob  
Chemistry teacher & world class tinkerer

"I came here by referral because I refused hospitalization 1.5 yrs ago... I was on so many medications. Little by little [I felt better]. Just being able to work is a *joy!*"



Meet Jacki  
Teacher, spirited grandma, loves all people, arts & beyond

"I was searching for years for an *answer* to something...Everything you said fit me to a "T". [After only 2 months] I haven't felt this good in 8 years. It's normal to feel skeptical, but it works.."



Meet Tim  
City Public Works, family man & avid health seeker

## What Clients Are Saying About Dr Pucci

"Knowledge is a *powerful* thing. That's what we're here for that you can't get from your primary, or even your cardiologist, or [elsewhere]."



Meet Drew  
Health warrior & golf enthusiast

"He asked me *questions* that no doctor had ever asked me before that led him to learning things about me no one else knew (that he could help with)."



Meet Julia  
Teacher, mom to 2 & history buff

"He addresses *everything*...not the "one complaint at a time" like regular dr's. ...He's more of a life coach for me!"



Meet Hilde  
Hardworking mom & caretaker for special needs





Meet Bob recommends [Dr. Doug Pucci](#).  
August 14, 2018 ·



Thank you Dr Pucci for everything you have done for me. I came to you a year ago feeling like an old man. No energy and no hope. Your methods are short of a miracle. Today I feel like I'm alive and full of life. My family and I are eternally grateful to you and Cynthia. 5 stars.

1

3

Like



Meet Jessica recommends [Dr. Doug Pucci](#).  
December 21, 2016 ·



Dr. Pucci is a very kind and caring person. He is thorough in his evaluations and offers the best treatment plan possible. He will take his time and explain anything you don't understand. Really mapping out how things work within our bodies. I would highly recommend him and his practice.

1



Meet Emily recommends [Dr. Doug Pucci](#).  
November 17, 2016 ·



I highly recommend Dr Pucci to my friends, my family and my community. His treatments dramatically improved my health even in areas where I didn't know I was weak. What sets his practice above and beyond traditional facilities, is the invaluable education that is provided at each visit. He taught me how to naturally calm inflammation and then repair and rebuild my health. The human body really is a fascinating machine; fully capable of self healing if you follow simple practices in your daily routine. Achieving a higher level of health doesn't happen overnight. It's a journey and Dr Pucci is a wonderful guide, helping you every step of the way. I am forever grateful to him and his staff.

1

Like



Meet Abby recommends [Dr. Doug Pucci](#).  
September 22, 2016 ·



Dr. Pucci truly listens and WANTS to know everything that affects your health: history, environment, nutrition, toxins. His treatments have healed me from joint pain and autoimmune conditions and set me on a path to continuing better health. Anyone with conditions that are not responding to regular medical treatments should consult him!

Dr. Doug Pucci

1

Love

Comment

Share



Meet Miriam  recommends [Dr. Doug Pucci.](#) ...

October 2, 2016 · 

Dr Pucci is the best! He's intuitive and kind and creative and never gives up!!! He will NEVER tell you "it's all in your head" and will always have an explanation of what's going on with your body. Better yet, he'll know what to do that's out-of-the-box and natural (no side effects!!) that actually works! He not only brought me back to life, it's now better than ever thanks to working with him. I am forever grateful and eternally blessed. Everyone, whether they realize it or not, needs a doctor like this ❤️

 Dr. Doug Pucci

1 

 Love

 Comment

 Share



Meet Sally  recommends [Dr. Doug Pucci.](#) ...

August 15, 2018 · 

I would recommend Dr. Pucci to anyone who has gone to conventional doctors and haven't seen any improvement in their health. I was lucky to find Dr. Pucci after years of suffering with thyroid problem and weight gain. I am doing well now. Dr. Pucci is very smart and explains everything very clearly and in a very simple way. He spends a lot of time with his patients. He is very patient and kind person. He is one of the best doctors I have met so far.

 2

2 

 Like

 Comment

 Share



Meet Gabriella  
20 reviews



★★★★★ 2 years ago

After being dismissed by numerous doctors, I was lucky enough to come across Dr. Pucci and Cynthia. They provided me with medical guidance, tools, education, and most importantly, with hope. Thank you so much for everything.



3



Share

**Response from the owner** 2 years ago

Gabriella, thank you so much for posting this most sincere and warm thought! It makes a difference to hear from you and to know that your life was touched by ours! We care about you and are so happy to have given you hope, help and agency. You have a great inner spirit keep nurturing it! We're here when you need us the door is always open ~ Dr Pucci/Cynthia



Meet Elaine  
12 reviews

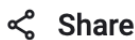


★★★★★ 2 years ago

I want to say thank you for the extraordinary care and attention you give to me and all your patients. Knowing I am part of a team that is truly concerned about my physical and mental wellbeing is healing in and of itself. I am eternally grateful.



3



Share

**Response from the owner** 2 years ago

So wonderful to hear such lovely sentiment from you Elaine. It makes a world of difference to others (and me) who are seeking a root cause solution to know that there is genuine heart and soul here at Pucci Wellness. You are a shining star, and such a pleasure to work with. Thank you! -Dr Pucci



Redbeak1  
12 reviews

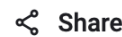


★★★★★ 6 years ago

If you want a really comprehensive review of your hormones and blood work by a very detailed doctor, this is the place to go. It helps to be proactive with your health and not to expect a single pill solution for a quick fix.



5



Share

**Response from the owner** 6 years ago

Hey thanks Paul for the kind words. You are so right about this There are no quick fixes. -Dr Pucci



Amber Sayge  
2 reviews



★★★★★ 5 years ago

I can't say enough positive things about Dr. Pucci and his practice. His whole-person, individualized approach doesn't just put bandages on symptoms, he gets to the root cause and actually fixes health problems. His lab tests are far more comprehensive than those ordered by regular doctors. He is the only doctor who has ever truly listened to my health issues, took time figuring them out, and fixed them - none of the 14 conventional doctors I'd been to previously were able to even give me an actual diagnosis for my problem or offer any help. Dr. Pucci not only pinpointed the problem on my first visit, but he completely cured it and has improved my overall health ever since without the use of dangerous/harmful medications. I would never even consider seeing any other doctor for any health concerns.



3



Share

**Response from the owner** 5 years ago

Thank you Ms Amber for your very kind and generous words! It is always a joy working with you. I hope others who are on the fence see this and take heart



...



Meet Chris  
1 review

★★★★★ 6 years ago

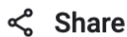
Dr. Pucci and staff are AMAZING. He takes the time to go over things with you to the level of your understanding and interest. My health and quality of life took a major turnaround after I started going to his office.

Great resource if you are looking to heal yourself the way you should be.

Can't recommend them highly enough.



4



Share

**Response from the owner** 6 years ago

Chris thanks for being an outstanding advocate and proud supporter of our work! Good health is an amazing asset!! -Dr Pucci



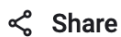
Chickadee  
8 reviews · 1 photo

★★★★★ a year ago

I came to Dr. Pucci with complaints of very low energy bordering on depression. 8 weeks into his program and after 14 test, I'm sleeping like a baby. Have energy to spend like I'm in my twenties again (I'm few decades past my twenties). And I started losing weight without even trying to. I highly recommend Dr. Pucci for functional medicine workup. Thank you!



4



Share

**Response from the owner** a year ago

Hey Chickadee ——thanks for that kind 5-Star review!! We are so happy to hear you're only 8 weeks into the 12-week (ish) program and seeing those kinds of results!! It's all about energy ——conquering those core 4 energy traps so that your star can burn a little brighter! Love hearing from you, and thank you again! ~Dr Pucci



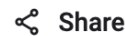
Meet Terri  
10 reviews

★★★★★ 6 years ago

I can't possibly say enough wonderful things about Dr Pucci! I have looked high and low for a real holistic/ integrative /functional practitioner , not a MD that has decided to go into a new market! Dr. Pucci is the real deal , if you have any questions, just attend one of his seminars and you will get a plethora of information that will address whatever your health concern is. If you become a patient, you will be pleased with the time that he takes to sit and explain in great detail what is going on. Don't hesitate to call and speak to lovely Cynthia that will set you up with an appointment and answer your questions also. I am so happy to have found such a knowledgeable and invested practitioner!



9



Share

**Response from the owner** 6 years ago

Thank you Terri for the very thoughtful review! You are right on the mark with your words. We enjoy having you as a patient and wish you much peace and good health. -Dr Pucci



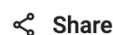
Meet Mary  
9 reviews

★★★★★ 2 months ago

Dr. Pucci was amazing. I had to stop going due to logistics, but he's very knowledgeable and has an amazing ability to explain how the cells in our bodies work together and how we can improve our overall health by listening to the signals our body is sending and healing ourselves through a more holistic approach. He performs a lot of tests that provide a lot of information and insight. He also explains it all in terms of the whole picture. His office should be labeled a stress-free zone. It was the only place I could ever relax and let everything go. If you are approaching your wits end, or even if you are already there, I recommend making an appointment. His front-desk person is extremely nice, calming, and understanding (I forget her name and not sure she's still there).



1



Share