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TALKING SHOP

A new take on The Street in Chestnut Hill

Two non-traditional healthcare practices, a perfume bar, and a cookie business also landed in Greater Boston this season

By Diti Kohli Globe Staff, Updated December 18, 2023, 1 hour ago

Health care with a twist

Two new Back Bay businesses are approaching healthcare a tad untraditionally. Five Journeys claims to meld primary care with functional medicine, especially for those who are getting up there in age. And Human Powered Health is a high-tech running performance lab.

Here is what that means, according to both business' founders.



The founder-owners of Five Journeys, Dr. Edward Levitan and Dr. Wendie Trubow. JONATHAN WIGGS/GLOBE STAFF

Doctors Wendie Trubow and Edward Levitan at Five Journeys said the physicians at their 2,600-square-foot facility evaluate patients' health through five categories: physical, chemical, emotional, social and spiritual. They provide everything from a routine checkup to wellness treatments — think vitamin boosters, brain taps, hyperbaric oxygen therapy, and performance coaching with TB12-trained coaches — at one location.

The goal? "To make you feel freaking amazing at any age," Trubow said.

The membership-based medical practice charges between $129 and $699 a month. But the benefit, Levitan said, is in receiving a comprehensive look at your well-being.

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"Some people just need a doctor to look into their biochemistry," he said. "They need someone to treat their Lyme Disease or mold. Some people just don't know what they're waking up for — they're 80 years old," he said. "We're looking to connect the whole person — not just exercise, or meditation, or any one thing."

A few blocks away, Human Powered Health is looking to get a big-picture view of everyone too, "whether they're looking to compete or get off their couch," said chief executive Dan Cohen. But the Back Bay location — located above the running store Tracksmith Trackhouse — is focused on runners and endurance athletes. It offers treadmill and bike-based assessments of customers' gait, hydration, resting metabolic rates, and even lactate blood testing. Analyzing those metrics, Cohen added, can help people "understand how efficient an individual is" and "how well they move through space."



The IV room at Five Journeys, a new functional medicine practice in Back Bay. JONATHAN WIGGS/GLOBE STAFF

HPH also partnered with the multidisciplinary practice Wellness in Motion on Newbury. The pair plans to open another, 8,000-square-foot facility in Wellesley this spring.

Five Journeys, 425 Boylston Street, Boston, www.fivejourneys.com; Human Powered Health, 285 Newbury St, Boston, www.humanpoweredhealth.com