



The Austin UltraHealth GUIDE TO *Austin*



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Welcome to Austin!



We want your stay in our beautiful city to be as convenient and enjoyable as possible, so we've put together a handy list of our favorite local spots.

Wishing you great health!
Amy Myers, MD



Where to Stay

The Hotel Granduca



Hotel Granduca is located just down the street from our office, and offers both an airport shuttle and a first-come, first-serve car service that can bring you to our office.

The hotel features Italian-inspired architecture, panoramic views of Austin, and exceptional service. We have received wonderful feedback about Hotel Granduca from patients who have stayed there, including that they are happy to accommodate The Myers Way® dietary protocols.

We have established a *discounted rate* for our patients, just use **this link** to book, or call reservations at 844.306.6400 and ask for the Austin UltraHealth rate.

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Where to Eat

Picnik Austin



Austin is famous for its food trailers, and this one is strictly paleo. They even have a bone broth happy hour!

Whole Foods



The flagship location of Whole Foods located on South Lamar sits in a prime location and has a lot to offer, like a hot bar of helpfully labeled ready-to-eat food.

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Snap Kitchen



Snap has refrigerators full of gluten and dairy free meals that you can easily bring back to your hotel. It's a no fuss, low stress way to find the options you might need.

Taco Deli



The Spyglass location is perched along Barton Creek, which makes this a great place to grab a breakfast taco and go for a walk. Our office orders from the location across the street and we have found them to be conscientious of allergies.

Juiceland



This local chain has something for everyone and a slew of healthy add-ins to their smoothies and juices.

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The Grove



With several locations, this restaurant and wine bar makes a good stop for someone with over an hour to spare near our office. They are conscious of food allergies as well.

Wildwood Bakehouse



A local gluten-free bakery!

La Condesa



This downtown eatery offers exceptional Mexican food.

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24 Diner



Located right next to Whole Foods and Book People, this 24-hour diner is a fun spot to get brunch on the weekends. Austin wakes up around 11AM, so beat the crowd!

Coffee Shops



Maybe you've given up coffee, but you don't have to give up coffee shops. If you're looking for a place to sit and enjoy a hot beverage while using the internet, here are three locally-owned coffee shops Austinites enjoy:

- **Brew & Brew**
- **Thunderbird Coffee**
- **Lola Savannah**

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What to Do

Barton Springs



Home to the New Years' polar bear plunge ritual, this spring is 67 degrees year round. Equipped with a diving board and its very own species of salamander, it is a great place to bring the kids and cool off from the summer heat. Locals swim in it year round.

Alamo Drafthouse Cinema



The Drafthouse serves food and beverages during their features and hosts special events like movie quote-alongs, sing-alongs, and dance parties.

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Music Venues in the Live Music Capital



Our city is known for its vibrant music scene. Get the complete Austin experience with an evening out at one of these local venues!

- **Emo's**
- **Stubbs**
- **Scout Inn**
- **Elephant Room Jazz**

Fun with the Kids



With so many outdoor activities and interesting things to see, Austin is a family-friendly city! Children and adults can enjoy these attractions.

Zilker Park

Zilker Botanical Gardens

Lady Bird Johnson Wildflower Center

The Thinkery: Austin Children's Museum

Here you will find two stories of fun inside and out. Activities here are stimulating toward healthy development and the environment is also peaceful for adults.

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Austin Public Pools

Public pools are open from June to October and will usually charge just a few dollars. This link also provides information on other swimming holes and parks for those who like excursions.

Texas Two-Stepping



Locals will be happy to teach you this Texas tradition! Soak up the honky tonk culture (and see some truly impressive dancing) at these local hangouts.

- **Donn's Depot (Downtown)**
- **The White Horse (East Side)**
- **The Broken Spoke (South Lamar)**

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Shopping



If you like to shop, you've come to the right place. Austin is known for its wide range of locally-owned shops and curiosities you won't find anywhere else. Here are two of my favorites!

W3LL PEOPLE

W3LL PEOPLE has been named "Best Beauty Shop in the World," featured in several publications and promoted by celebrities and our staff. From lip balm and mascara to highlighter sticks, this local brand has something for every level routine.

Book People

The largest bookstore in Texas, Book People will often host author events and is located next to Whole Foods on South Lamar. It's a great place to pick up Texas memorabilia as well.