Your Integrative Health Care is Inspired by These Principles:

• You and your doctors are partners in your healing journey.

• All of the factors that influence your health and wellness, including your mind, body, spirit, and environment, are considered by your integrative health physician.

• When conventional, alternative, and self-care treatment options are used together, your body is best able to promote its innate healing response.

• Your integrative health care team will always explore and encourage you to use safe, natural, and less invasive treatment options.

• Your integrative health physician does not reject conventional medicine, and he or she will never promote alternative therapies without appropriately exploring the supporting medical research.

• Your integrative health physician works to treat the illnesses and conditions you currently face while also promoting your health and preventing further disease.

• All members of your integrative care team practice what we preach! We also live by the tenets of integrative health and use integrative care strategies to promote our own health.