


Your Integrative Health Care

is Inspired by These Principles:

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- 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.