

A variety of Integrative Medicine approaches can assist patients in healing from disease and injury. But Integrative Medicine also recognizes a larger truth: that good health is not merely an absence of disease. Patients can use these proven health-promoting approaches in combination with standard medical care to produce uncommon vibrancy and a renewed sense of energy, joy, and contentment in their lives.

No longer on the fringes of medical care, Integrative Medicine programs flourish today in many renowned hospitals and university medical centers, including UCSF, Stanford, Duke, Memorial Sloan Kettering, and the University of Arizona. Now, many Integrative Medicine services are available through Sonoma Valley Hospital.

SVH INTEGRATIVE MEDICINE



Sonoma Valley Hospital's Integrative Medicine Program offers ongoing educational programs that include both free and fee-based seminars on a wide variety of health-related topics. Programs take place throughout the year in both the hospital and community settings. Call **707-935-5154** for current program information or a schedule of classes.

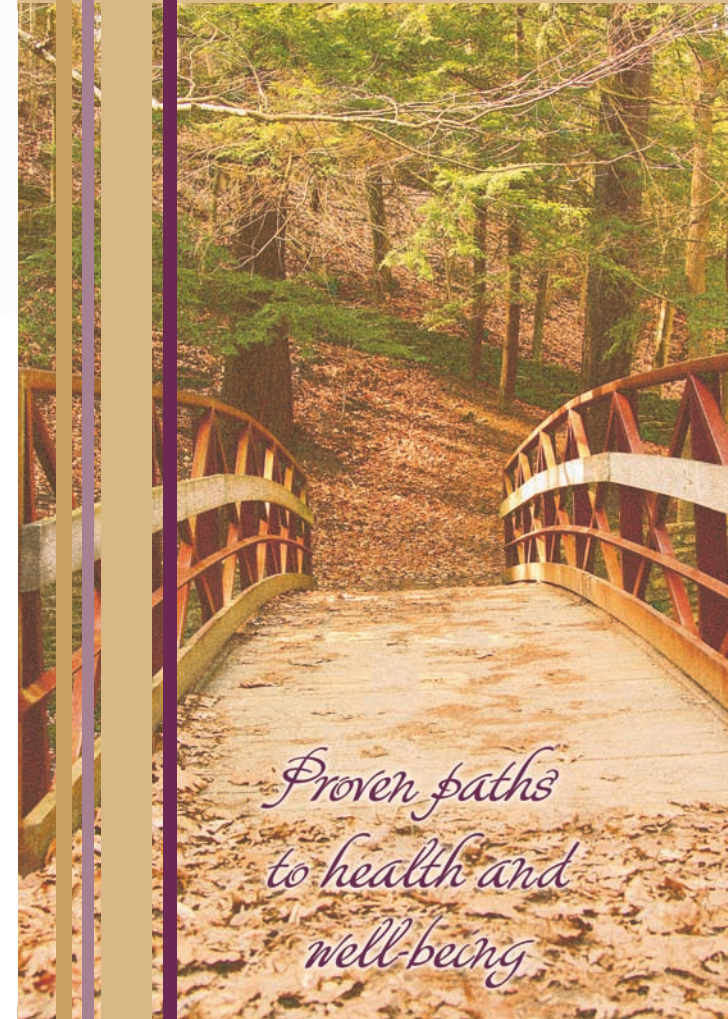
Sonoma Valley Hospital
SONOMA VALLEY HEALTH CARE DISTRICT
INTEGRATIVE MEDICINE

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SVH
Sonoma Valley Hospital
Integrative Medicine Program



*Proven paths
to health and
well-being*

About 30 years ago, an approach to healing that came to be known as Integrative Medicine began to attract attention across the world. The new approach combined the best of allopathic western medicine with proven healing traditions and the latest knowledge in psychology and body therapies.



Integrative Medicine's core principle is simple: healing occurs best when body, mind and spirit, along with patient and practitioner, are aligned and working together toward a common goal. The result is a unique, customized approach for acquiring and sustaining the good health that "every body" desires.

Sonoma Valley Hospital's Integrative Medicine Program serves as a pathway for patients to receive an array of customized health care services on both an inpatient and outpatient basis. All providers are fully credentialed in their respective disciplines.

The program offers a unique partnership, working whenever possible in concert with patients' personal physicians. Patients are thus at the very center of a dedicated health care team whose members are committed to helping maximize their innate healing potential.



INPATIENT OR OUTPATIENT SERVICES:

- Traditional Chinese Medicine (Acupuncture, Chinese Herbs)
- Psychiatry/Psychological Support
- Guided Imagery, Hypnosis, Counseling
- Therapeutic Massage
- Biofeedback

OUTPATIENT-ONLY SERVICES:

- Chiropractic
- Naturopathy
- Homeopathy
- Reiki
- Jin Shin Juytsu
- Nutrition Counseling
- Yoga
- Feldenkrais
- Spiritual Counseling
- Smoking Cessation