The Integrative Medicine Department provides a special type of care to enhance your comfort and decrease your stress during your inpatient stay at Atlantic Health.

Our team of practitioners offers caring, comfort, and support

Our certified practitioners offer a variety of well-studied gentle healing practices that are known to benefit the healing process. During your visit, Atlantic Integrative Medicine practitioners will offer free services that can provide pain relief, improve your mental attitude and facilitate your healing.

Services available include:

Jin Shin Jyutsu®: Japanese form of energy healing using light finger pressure (acupressure) over specific points on the body while fully clothed. It is used to restore the flow of energy which may become blocked with illness or pain. It is helpful to reduce symptoms of anxiety, nausea, pain, recovery from anesthesia and side effects of chemotherapy. Like “acupuncture without needles.” Self-care techniques are taught.

Massage: a gentle muscle relaxing treatment that relieves physical stress and reduces physical discomfort.

Relaxation and Deep Breathing: a series of deep breathing exercises, progressive muscle relaxation and energy balancing techniques help to relieve stress and anxiety.

Healing Touch: a relaxing energy therapy that balances your energy and supports the natural healing process.

Therapeutic Touch: energy balancing technique which removes disturbances in the energy field surrounding the body through sweeping movements over the body. It promotes relaxation.

Reflexology: uses relaxing touch to apply pressure to specific points on the feet and hands. These reflexology points correspond to the organs and glands of the body. Reflexology is used to promote self-healing and relaxation.

Acupressure Release: identifies trigger points of muscle tension in upper back and releases these tight areas through gentle pressure and massage applied with the finger.

Reiki: a simple hands-on technique improves energy flow on the physical, emotional and spiritual level.

Guided Imagery: uses the power of imagination to relax and heal. A practitioner will guide you on a relaxing journey to facilitate healing.

Contact Integrative Medicine at: (973) 971-6301 to request a bedside visit
The Department of Integrative Medicine is committed to the health and wellness of our community members and has designed a program to support your efforts as you move out of the hospital and along the healing path to wellness. Visit us on Gagnon Level C at MMH.

Assessments:

**Holistic/Lifestyle Assessment** - Meet with our holistic nurse or lifestyle coach and look at your current health situation and create a plan to create positive changes. Session includes stress reduction and self help techniques. $70 for 1.5 hour

**Nutritional Assessment** - Develop a nutritional profile and a program designed just for you. $45 for hour

**Individual Sessions**: All are $45 for hour, $25 for half hour

- **Nutrition counseling**: Partner with our nutritional specialist to develop a healthy plan for eating, menu ideas, and establish weight loss goals
- **Lifestyle coaching**: Meet with our lifestyle coach to develop a plan and for ongoing support as you create a new approach to life
- **Massage**: A gentle massage can improve circulation, reduce stress and improve one’s mental outlook.
- **Jin Shin Jyutsu**: A form of acupressure that reduces stress, increases energy levels, lowers blood pressure and heart rate, and improves one’s overall mental perspective
- **CranioSacral**: A gentle, hands-on method of evaluating and enhancing the functioning of the craniosacral system. Using a soft touch, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.
- **Reflexology**: Pressure is applied to specific points on the feet and hands. These reflexology points correspond to the organs and glands of the body. Reflexology is used to promote self-healing and relaxation.
- **Integrated Nondual Healing**: A blend of talk therapy and hands-on healing leading to self-awareness and change
- **Private Yoga and Tai Chi Classes**: Most helpful in gaining focus and benefits of the movement at your own pace.

- **Acupuncture**: A 2000 year old Chinese Medical art has been found to be beneficial for many modern conditions, including pain, stress, anxiety, musculoskeletal conditions and many others. New Patient Assessments $20.00, First Insertion of Needles $75.00, Second Insertion of Needles $25.00, Heat during treatment $2.50, Manual Therapy during treatment $2.50

- **Classes are $10 per hour**
  - Yoga, Pilates, Tai Chi, Qi Gong, Zumba, Meditation, Nia

- **Monthly Special Events such as**:
  - Art Classes, Mindful Eating Programs, DeStress for Health, Cooking Classes and Health Eating Lectures

**Consultations with an Integrative Physician**
Meet with our board-certified integrative medicine physicians for a one hour consultation and examination. The physician will create an integrative prescription combining the best evidence-based conventional and complementary treatment recommendations. Modalities recommended may include advanced nutritional testing, diet, supplements, homeopathy, ayurveda and integrative services offered at our health and wellness center. Our physicians will send a report of their consultation and recommendations to your primary care physician and specialist physicians and partner with you for the best outcomes. Please call (973) 971-6301 to schedule an appointment.
Gagnon Cardiovascular Institute

at Morristown Memorial and Overlook Hospitals

The destination for comprehensive cardiovascular care, where experience and innovation yield exceptional results.

The Passion to Lead
Gagnon at a Glance

- Largest cardiovascular program in New Jersey
- Over 120 board-certified cardiologists
- Newly constructed state-of-the-art facilities with the most advanced technology and 146 private patient rooms
- Surgical outcomes that are among the best in the nation
- Overlook Hospital's Gagnon program was the first in New Jersey to perform emergency angioplasty without on-site cardiac surgery
- Advanced diagnostic capabilities featuring a comprehensive spectrum of noninvasive procedures
- 24/7 critical care transport services
- One of the top 50 hospitals nationally in catheter-based interventional procedures
- Specialized programs, including those focused on cardiac rhythm abnormalities, women's heart health, cardiac surgery rehabilitation and integrative medicine
- Lauded by the New Jersey Department of Health and Senior Services for emergency care for heart attack patients
- Overlook Hospital's Gagnon program received full accreditation as a Chest Pain Center from the Society of Chest Pain Centers
- An extensive, minimally invasive valve program, including a comprehensive, high-volume valve replacement program
- Recipient of the Magnet Designation for excellence in nursing care—a recognition given to less than four percent of hospitals across the nation
- Accredited by: The Intersocietal Commission for the Accreditation of Vascular Laboratories; The Centers for Medicare and Medicaid Services; The Intersocietal Commission for the Accreditation of Echocardiography Laboratories; The Commission for Accreditation of Allied Health Education Programs; CareCore National; American Association of Cardiovascular and Pulmonary Rehabilitation; Society of Chest Pain Centers
Cardiac Integrative Medicine Program

Experts at Gagnon Cardiovascular Institute recognize that the emotional and spiritual health of every patient plays an important role in recovery from heart disease. Integrative medicine is an approach to treatment that includes conventional therapies such as medication or surgical interventions, as well as complementary therapies and hands-on healing techniques like Jin Shin Jyutsu, Reiki, massage therapy, guided imagery therapy with music, and yoga.

Integrative medicine specialists work with patients before and after surgery to develop and refine treatment plans that address each patient's body, mind, heart and spirit. Sometimes they work during surgery too: it is not uncommon for patients to be accompanied in the operating room to ease their worries and make them feel less alone.

Following discharge from the hospital, patients and their families are welcome to visit the Cardiac Health Center for continued Integrative services, heart-healthy lifestyle coaching and smoking cessation programs.

We're present during surgery, after surgery and throughout the recovery process. We strive to provide comfort with our presence and to assist patients in becoming proactive in their own health care.

—Emilie Rowan, LCSW, coordinator, Cardiac Integrative Medicine Program, Gagnon Cardiovascular Institute

The Human Side of Healing

Victor Fabry expected excellent care when his cardiologist referred him for surgery to repair his arteries to John M. Brown, MD, thoracic surgeon and vice chair of the Department of Cardiovascular Medicine at Gagnon Cardiovascular Institute. What Victor didn’t expect was company in the operating room.

Emilie Rowan, a licensed clinical social worker who coordinates Gagnon Cardiovascular Institute’s Cardiac Integrative Medicine Program, asked Victor if she could accompany him into surgery. “I found her offer very comforting and was grateful to have her in the operating room and in my hospital room afterward,” Victor says.

At Emilie’s suggestion, Victor participated in post-surgery Jin Shin Jyutsu sessions. This hands-on healing technique helps relieve pain and stress, and is one of many different strategies used by the Cardiac Integrative Medicine Program to help patients recover and heal. “Our patients expect the highest quality of care at Gagnon Cardiovascular Institute and we do our part to meet those expectations with innovative, cutting-edge programs like these,” says Dr. Brown.

Victor now volunteers at Gagnon Cardiovascular Institute using his own experiences to give hope and comfort to others who face cardiac surgery.
### Department of Integrative Medicine

Inpatient Program MMH
Statistics - September 2010

<table>
<thead>
<tr>
<th>MMH</th>
<th>Strategic Dollars and Grant Funds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td># Interventions</td>
</tr>
<tr>
<td>Cardiac</td>
<td>326</td>
</tr>
<tr>
<td>Emergency</td>
<td>281</td>
</tr>
<tr>
<td>Jefferson 4</td>
<td>113</td>
</tr>
<tr>
<td>Pre-Post Surg.</td>
<td>175</td>
</tr>
<tr>
<td>Franklin A</td>
<td>36</td>
</tr>
<tr>
<td>Mother/Baby</td>
<td>210</td>
</tr>
<tr>
<td>Valerie</td>
<td>149</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>120</td>
</tr>
<tr>
<td>ICU /MICU</td>
<td>258</td>
</tr>
</tbody>
</table>

**Totals**: 1667 1219

THE PASSION TO LEAD
## MMH – Cardiac

<table>
<thead>
<tr>
<th>Cardiac</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>86</td>
<td>4.1</td>
<td>1.4</td>
<td>65.8%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>137</td>
<td>4.5</td>
<td>1.3</td>
<td>71.1%</td>
</tr>
<tr>
<td>Nausea</td>
<td>7</td>
<td>2.4</td>
<td>0.4</td>
<td>82.5%</td>
</tr>
</tbody>
</table>

---

### MMH – Cardiac

![Graph showing before and after treatment for Pain, Stress, and Nausea](image-url)

- **Before Treatment**
- **After Treatment**

---

*THE PASSION TO LEAD*
MMH – Cardiac

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- Neutral
- Not Want
- N/A:PT nonverbal/asleep

THE PASSION TO LEAD

---

MMH – Emergency Department

<table>
<thead>
<tr>
<th>Emergency Department</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>96</td>
<td>4.4</td>
<td>2.6</td>
<td>40.9%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>110</td>
<td>5.8</td>
<td>2.1</td>
<td>63.7%</td>
</tr>
<tr>
<td>Nausea</td>
<td>18</td>
<td>2.7</td>
<td>1.2</td>
<td>55%</td>
</tr>
</tbody>
</table>

THE PASSION TO LEAD
MMH-Emergency Department

The Passion to Lead

Before Treatment
After Treatment

Pain Stress Nausea

MMH - Emergency Department

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- Neutral to receive one
- N/A: Pt nonverbal or asleep

The Passion to Lead
# MMH – Jefferson 4 North & South

<table>
<thead>
<tr>
<th>Symptom</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>57</td>
<td>5.8</td>
<td>2.4</td>
<td>58.6%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>73</td>
<td>6.3</td>
<td>2.0</td>
<td>68%</td>
</tr>
<tr>
<td>Nausea</td>
<td>3</td>
<td>3.6</td>
<td>1.3</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

**THE PASSION TO LEAD**

![Graph showing changes in symptoms before and after treatment](image)
MMH – Jefferson 4 North & South

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- N/A: Pt nonverbal/asleep
- Neutral
- Not Want

THE PASSION TO LEAD

---

MMH – Pre-Op

<table>
<thead>
<tr>
<th>Pre-Op</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>5</td>
<td>4.8</td>
<td>3</td>
<td>37.5%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>24</td>
<td>6.5</td>
<td>2.2</td>
<td>66.1%</td>
</tr>
</tbody>
</table>

THE PASSION TO LEAD
**MMH – Pre-Op**

- **Before Treatment**
- **After Treatment**

**THE PASSION TO LEAD**

---

**MMH – Pre-Op**

- **If offered another session, patient would...**
  - Definitely want one
  - Be Happy to receive one
  - N/A: Pt nonverbal/asleep
  - Neutral

**THE PASSION TO LEAD**
### MMH – Post-Op/PACU

<table>
<thead>
<tr>
<th>Post-Op/PACU</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>43</td>
<td>6.3</td>
<td>4.2</td>
<td>33.3%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>48</td>
<td>5.75</td>
<td>2.8</td>
<td>51.3%</td>
</tr>
<tr>
<td>Nausea</td>
<td>7</td>
<td>5.8</td>
<td>2.5</td>
<td>56.8%</td>
</tr>
<tr>
<td>Nonverbal Pain</td>
<td>8</td>
<td>7.7</td>
<td>3.4</td>
<td>55%</td>
</tr>
</tbody>
</table>

### MMH – Post-Op/PACU

The chart shows the comparison between Before Treatment and After Treatment for Pain, Stress, Nausea, and Nonverbal Pain.

**THE PASSION TO LEAD**
MMH – Post-Op/PACU

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- N/A: Pt nonverbal/asleep
- Neutral

THE PASSION TO LEAD

MMH – Franklin A

<table>
<thead>
<tr>
<th>Franklin A</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>18</td>
<td>5.6</td>
<td>3.3</td>
<td>41%</td>
</tr>
<tr>
<td>Stress /Anxiety</td>
<td>21</td>
<td>4.1</td>
<td>2</td>
<td>51.2%</td>
</tr>
</tbody>
</table>

THE PASSION TO LEAD
MMH – Franklin A

If offered another session, patient would....

- Definitely want one
- Be Happy to receive one
- N/A Pt Nonverbal/Asleep
### MMH – Valerie Center

<table>
<thead>
<tr>
<th>Time</th>
<th>Patient</th>
<th>Shift</th>
<th>Bldg</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-7pm</td>
<td>Sarah</td>
<td>4-6pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-1pm</td>
<td>Jodi</td>
<td>10-1pm</td>
<td>Mary</td>
<td></td>
</tr>
<tr>
<td>1:30-4</td>
<td>Mary</td>
<td>4:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-12pm</td>
<td>Carole</td>
<td>10-12pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Symptom Analysis

<table>
<thead>
<tr>
<th>Symptom</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>47</td>
<td>2.6</td>
<td>1.2</td>
<td>53.8%</td>
</tr>
<tr>
<td>Stress (Anxiety)</td>
<td>78</td>
<td>4.5</td>
<td>1.1</td>
<td>75.5%</td>
</tr>
<tr>
<td>Nausea</td>
<td>13</td>
<td>2.1</td>
<td>0.7</td>
<td>66.6%</td>
</tr>
<tr>
<td>Nonverbal Pain/Stress</td>
<td>14</td>
<td>7</td>
<td>0.7</td>
<td>90%</td>
</tr>
</tbody>
</table>

---

### MMH – Valerie Center

#### Graphical Representation

- **Before Treatment**
- **After Treatment**

**THE PASSION TO LEAD**
### MMH – Valerie Center

If offered another session, patient would:

- **Definitely want one**
- **Be Happy to receive one**
- **Neutral**
- **N/A** Nonverbal/Asleep

### MMH – Pediatrics/PICU

<table>
<thead>
<tr>
<th>Pediatrics/PICU</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>42</td>
<td>4.9</td>
<td>2.2</td>
<td>55.1%</td>
</tr>
<tr>
<td>Stress/Anxiety</td>
<td>50</td>
<td>6.0</td>
<td>1.8</td>
<td>68.7%</td>
</tr>
<tr>
<td>Nausea</td>
<td>5</td>
<td>3.4</td>
<td>1.2</td>
<td>63.2%</td>
</tr>
<tr>
<td>Nonverbal Pain/Stress</td>
<td>5</td>
<td>7.2</td>
<td>3.2</td>
<td>55.5%</td>
</tr>
</tbody>
</table>
MMH – Pediatrics/PICU

- Before Treatment
- After Treatment

The Passion to Lead

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- N/A Nonverbal/Asleep

The Passion to Lead
### MMH - MICU/ICU

<table>
<thead>
<tr>
<th>Department</th>
<th># Pts with Symptom</th>
<th>Before (Average)</th>
<th>After (Average)</th>
<th>Average % Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>58</td>
<td>3.1</td>
<td>1.6</td>
<td>48%</td>
</tr>
<tr>
<td>Stress/Axiety</td>
<td>62</td>
<td>4.7</td>
<td>1.9</td>
<td>59.5%</td>
</tr>
<tr>
<td>Nausea</td>
<td>12</td>
<td>2.2</td>
<td>1.0</td>
<td>50.9%</td>
</tr>
<tr>
<td>Non-Verbal</td>
<td>9</td>
<td>7.1</td>
<td>1.7</td>
<td>76%</td>
</tr>
</tbody>
</table>

THE PASSION TO LEAD

### MMH - MICU/ICU

- Before Treatment
- After Treatment

THE PASSION TO LEAD
MMH – MICU/ICU

If offered another session, patient would.....

- Definitely want one
- Be Happy to receive one
- Neutral to receive one
- N/A: Pt nonverbal or asleep

THE PASSION TO LEAD

MMH – Patients Comments

1. "I wouldn't mind staying another day now!"
2. "Come back tomorrow"
3. "This is so great, I think they should have this at all Hospitals"
4. "Loved It!"
5. "It is great that the Hospital offers this kind of service"
6. "Oddly, I feel better"
7. "Can I come and see you when I get out of here?"
HARMONIZING THE ATTITUDES THROUGH THE FINGERS & HANDS

1. Thumb: Corresponds to working, depression, anxiety, physical pain, stress, and needs for attention.

2. Index: Corresponds to head, thinking, concentration, and need for inspiration.

3. Middle: Corresponds to the heart, emotions, and feeling of balance. It feels a sense of freedom.

4. Ring: Corresponds to the lungs, and organs that have to do with breathing and the respiratory system.

5. Little: Corresponds to the bladder, kidneys, and reproductive organs. Physical symptoms may occur in these areas after overworking and overthinking.

CENTER OF PALM: Corresponds with imbalance and depression.

LITTLE FINGER: Corresponds with overworking, insecurity, effort, and need for inspiration. Small impressions, small cuts, or tenderness on the palm can indicate a need for inspiration.

RING FINGER: Corresponds with sadness, fear of rejection, negativity, and need for expansion.

INDEX FINGER: Corresponds to head, thinking, concentration, inspiration, and needs for inspiration.

MIDDLE FINGER: Corresponds to heart, emotions, and feeling of balance.

THUMB: Corresponds to worry, depression, anxiety, physical pain, stress, and needs for attention.

HOW TO TECHNIQUE:

1. Get rid of worries.
2. Hold palms together and keep head between them.
3. Take one complete exhale.
4. Hold each finger individually.
5. Any time of day, the daily application will accomplish results.

1. Left foot on floor, right foot on top. These need no need for squeezing.
2. Simply apply your fingers for a few minutes at a time. To get a good result, do it after standing or the down or whenever you feel your energy is low.
Atlantic Integrative Medicine – In-Patient Assessment

Patient Name __________________________

Facility: ________ Unit: ________ Room # ________

or Patient Label

Today’s date: __/__/__ Time Start: ______ Time Stop: ______

**Type of Therapy:** Indicate which treatments given. Check **ALL** that apply.

____ Jin Shin Jyutsu®, ____ Acupressure, ____ Therapeutic Touch, ____ Healing Touch, ____ Reiki, ____ Massage,
____ CranioSacral Therapy, ____ Guided Imagery, ____ Progressive Relaxation, ____ Deep Breathing Exercises,
____ Reflexology, ____ Hand and Foot Massage, ____ Counseling, ____ Patient Education/ Self Help

<table>
<thead>
<tr>
<th>1. Patient <strong>pain</strong> level <strong>prior</strong> to the Integrative Medicine treatment, assigning 0 for the least pain and 10 for the worst pain.</th>
</tr>
</thead>
<tbody>
<tr>
<td>0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Patient <strong>pain</strong> level immediately <strong>after</strong> the treatment.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asleep--0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. Patient’s perception of <strong>stress/anxiety</strong> level <strong>prior</strong> to the Integrative Medicine treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Patient <strong>stress/anxiety</strong> level immediately <strong>after</strong> the Integrative Medicine treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asleep--0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5. Patient <strong>nausea</strong> level <strong>prior</strong> to Integrative Medicine treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6. Patient <strong>nausea</strong> level immediately <strong>after</strong> the Integrative Medicine treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asleep--0--1--2--3--4--5--6--7--8--9--10</td>
</tr>
</tbody>
</table>

If offered another session, patient would:

<table>
<thead>
<tr>
<th>Definitely want one</th>
<th>Be happy to receive one</th>
<th>Be neutral to receive one</th>
<th>Would not want one</th>
<th>Disliked the experience</th>
<th>N/A: Patient fell asleep/nonverbal</th>
</tr>
</thead>
</table>

**Patient Comments:** ____________________________________________________________

**Practitioner Observations:** ____________________________________________________

Practitioner Signature: ___________________________________________________________
Atlantic Integrative Medicine
Healthy Lifestyles
The Center for Health and Wellness

(973)971-6301

All sessions are reasonably priced to ensure everyone has the opportunity to start living healthy today!

Classes are $10

Individual sessions are priced at $25 for a half hour and $45 per hour.

We know that change can be hard, especially when you go it alone. But it’s a lot easier when it’s fun and works with your schedule, your budget and your interests. That’s what Healthy Lifestyles is all about. Using an innovative multidisciplinary approach, Healthy Lifestyles experts work as partners on the journey to better health.

Our Center offers:
- Health Assessments to explore your current health conditions and recommendations on ways to improve your situation
- Nutritional Assessments and Counseling to improve diet and promote weight loss
- Classes to increase physical activity that are fun and address your current physical condition
- Services that reduce stress and improve overall mental well being
- Mental and emotional support and guidance
- Acupuncture

The Center can help you address:
- High blood pressure
- High cholesterol
- Diabetes
- Weight issues
- Smoking
- Physical inactivity
- Stress

For information or to schedule an appointment, please call (973) 971-6301
Assessments

**Holistic Health Assessments/Lifestyle Assessments** $70 for 1.5 hrs
Meet with our holistic nurse or lifestyle coach to look at your current health situation and design a plan to create positive changes. Session includes stress reduction and self-help techniques.

**Nutritional Assessment** $45 for hour
Develop a nutritional profile and a program formulated just for you.

**Individual Sessions: $25 for half hour/ $45 per hour**

**Nutrition Counseling:** Partner with our nutritional specialist to develop a healthy plan for eating, menu ideas and establish weight loss goals.

**Lifestyle Coaching:** Meet with our lifestyle coach to develop a plan and for ongoing support as you create a new approach to life.

**Massage:** A gentle massage can improve circulation, reduce stress and improve one’s mental outlook.

**Jin Shin Jyutsu:** A form of acupressure that reduces stress, increase energy levels, lowers blood pressure and heart rate and improves one's overall mental perspective.

**Reflexology:** Pressure is applied to specific points on the hands and feet. These reflexology points correspond to the organs and glands of the body. Reflexology is used to promote self-healing and relaxation.

**CranioSacral:** A gentle, hands-on method of evaluating and enhancing the functioning of the craniosacral system. Using a soft touch practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

**Nondual Healing:** A blend of talk therapy and hands-on healing that leads to greater self-awareness and facilitates change.

**Private Yoga and Tai Chi Classes:** Individual instruction can be arranged with one of our practitioners. These are most helpful in gaining focus and benefits of the movements at your own pace.

**Acupuncture:** A 2000 year old Chinese Medical art has been found to be beneficial for many modern conditions, including pain, stress, anxiety, musculoskeletal conditions and many others. New patient assessments $20.00, first insertion of needles $75.00, second insertion of needles $25.00, heat during treatment $2.50, manual therapy during treatment $2.50

**Classes: $10 per class**

**Yoga:** A gentle form of breathing and stretching exercise that enhances relaxation, lowers blood pressure and heart rate and reduces stress.

**Pilates:** A gentle form of exercise that focuses on gentle movements with the breath which creates a connection between the body and the mind. It strengthens muscles, improves flexibility, circulation and balance.

**Tai Chi:** A series of meditative movements that improve balance, lowers blood pressure and decreases anxiety.

**Qi Gong:** A self-healing art form that combines movement, breathing and meditation. Visualizations are used to enhance the mind/body connection which reduces stress and improves mental outlook.

**Zumba:** A fusion of Latin rhythms and easy to follow moves to create a dynamic fitness program.

**Meditation:** An introduction to the benefits of meditation and breathing techniques to reduce stress, lower blood pressure and improve one’s energy level.

**Nia:** Nia is a gentle-movement, non-impact form of fitness that’s ideal for everybody. We move in bare feet to inspiring music by independent artists. A fusion of dance arts, healing arts and martial arts, Nia provides a gentle cardio, flexibility, and strength training experience- that’s FUN! With Nia, it’s NO PAIN, ALL GAIN!

**Consultations with an Integrative Physician**
Meet with our board-certified integrative medicine physicians for a one hour consultation and examination. The physician will create an integrative prescription combining the best evidence-based conventional and complementary treatment recommendations. Modalities recommended may include advanced nutritional testing, diet, supplements, homeopathy, ayurveda and integrative services offered at our health and wellness center. Our physicians will send a report of their consultation and recommendations to your primary care physician and specialist physicians and partner with you for the best outcomes.
Please call (973) 971-6301 to schedule an appointment.