

Dear Dr.

Integrated Health is an approach that has the potential to change the face of our health care system dramatically — one from healing the sick to promoting the health of the well.

This paradigm is being embraced in Europe, and the United States as evidenced by a recent publication entitled, “Mayo Clinic Guide to Alternative Medicine 2011.” Our population is aging and living longer. The demands on our health care system are staggering and continuing to grow. With government budgets forever tightening, we are bound to veer off track.

The time is right to take a new look at conventional practice. No longer considered a passing craze a holistic approach to nutrition and diet, is of great interest to the public, and the way of the future.

With a glance at your waiting room, you clearly see that each case is unique, each person an individual and that one approach will not work for them all. Choosing a combination of conventional and alternative methods will undoubtedly, enhance your practice and serve your best interest.

As a Holistic Nutritionist and certified NNCP, I adhere to the principles of Integrated Health:

- Prevent disease through the promotion of good health
- Focus on the body as whole, not just physical symptoms
- Body has a natural ability to heal, given the right raw materials
- Holistic practitioners are guides and educators, while the recipient does the real work

I would like the opportunity to explore how I might be able to work with your practice such that you can offer a complete and well-rounded set of services.

I look forward to hearing from you.