About:

Everything we do is guided by our five core values.

The best medicine focuses on prevention of disease, not just treatment of it.
That’s why we offer our patients proven methods of reducing their risk of chronic health problems like heart disease, diabetes, hypertension and cancer—methods that have been life-changing for many of our patients.

Cooperating with the body’s own healing abilities leads to better health.
Lifestyle choices can improve the body’s immune system, creating a powerful ally in the journey towards health. Our physicians’ extensive bank of knowledge about the role of lifestyle in improving health, combined with their understanding of the best of what medical science can offer, provides our patients with the care and information needed to experience the best health possible.

Good health is made possible by good physical, spiritual, social and mental health.
The joy of good health comes from balance in all of these areas. So naturally, we attend to each of these important aspects if our patients desire this. Our approach to whole person care is a defining feature of our clinic.

We’re partners in helping patients make long-term changes that benefit their health.
We address not only our patients’ immediate health concerns, but work with them to achieve their long-term health goals. We do this by assessing their health, listening to their concerns, and then working together to outline how they can reach their long-term health goals. Over the years, we’ve found that many patients wish to improve their lifestyle—which is a major factor in disease prevention—and are seeking increased knowledge and support for making lifestyle changes. We offer a setting that gives up-to-date, credible medical advice and a supportive environment that helps patients achieve a lifetime of good health. In some cases, we sponsor group meetings for patients with similar health concerns or conditions, so they can share information and provide support for each other.

We show our respect for patients by treating each one as we would wish to be treated.
We’re privileged to be trusted with the care of our patients, and provide each with the same quality care—regardless of their beliefs, background, culture, age or gender.

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