

## Integrative Health Referral Form

### INSTRUCTIONS

**Provider:** Fax to 216-201-5230 | **Patient:** We will call you to schedule

---

*Patient name*

*Medical record number*

---

*Phone*

*Date of birth*

---

### ORDERING PROVIDER/PHYSICIAN

---

*Name*

---

*Phone*

*Fax*

---

### MODALITY ORDERED

---

*Diagnosis*

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Acupuncture                                       | <input type="checkbox"/> Massage therapy            | <input type="checkbox"/> Naturopathic wellness consultation       |
| <input type="checkbox"/> Integrative psychiatry                            | <input type="checkbox"/> Mindfulness coaching       | <input type="checkbox"/> Osteopathic sports rehabilitation clinic |
| <input type="checkbox"/> Integrative medicine consultation                 | <input type="checkbox"/> Myofascial release therapy | <input type="checkbox"/> Yoga therapy                             |
| <input type="checkbox"/> Life coaching with or without Heartmath component |   |   |

---

### CLINICAL INFORMATION

Please attach clinical information as needed.

---

*Date*

*Provider/physician signature*

## Available Services

### ACUPUNCTURE

You won't feel the ultra-fine needles, which is the first thing you might think about when you hear "acupuncture." Yes, needles are applied to your body, and they are used to balance the nervous system, reduce tension and alleviate pain. This 5,000-year-old healing practice has been shown to effectively treat such diverse symptoms and conditions as pain, digestive and respiratory disorders, anxiety and depression, headaches and migraines – and that's why we offer it. Acupuncture can also greatly ease side effects, such as fatigue and nausea, from cancer treatments.

### INTEGRATIVE PSYCHIATRY

The integrative approach applies to psychiatry, too, because the issues that people struggle with come from influences that range from biology or environment, some firmly held beliefs, family dynamics and even your personal constitution. Addressing the influences that apply especially to you allows healing to begin.

### LIFE COACHING with or without HeartMath®

Our life coach is a professionally trained counselor who helps you find, and follow, the path to changing your life in the way you want. Many people know where they want to go, but not how to get there. Others know their lives aren't working the way they'd like them to, but they aren't sure why. Our life coach offers the detailed steps that lead you to achieving your goals. The life coaching plus HeartMath session incorporates a scientifically validated and evidence-based biofeedback tool, the emWave 2 by HeartMath®, which clients can use daily to visually identify stress levels and evaluate success in building resilience and positively managing their response to stress.

### MASSAGE THERAPY

There's a reason the word "therapy" is used in connection with massage. Applying pressure to soft tissue creates a release of tension while increasing the flow of blood and lymphatic fluid. This provides therapeutic benefits, such as the easing of tightness and pain, as well as the side effect of making you feel extremely relaxed.

### MINDFULNESS COACHING

Mindfulness is about paying attention in the present – on purpose, but without a sense of judgment – because this is what has been shown to dramatically reduce stress and anxiety. Focusing on one thing, instead of multitasking, can be learned. Once you practice this, feelings of being overwhelmed will dissipate.

### MYOFASCIAL RELEASE THERAPY

The results of this soft-tissue therapy are often immediate and dramatic. A specially trained therapist uses a hands-on approach to address tightness or immobile skeletal muscles, and releases lingering pain. This technique relaxes contracted muscles and improves circulation.

### NATUROPATHIC WELLNESS CONSULTATION

Naturopathic medicine is a distinct system of holistic care that works with the whole person in order to address the root cause of disease. It supports the body's innate ability to heal itself through natural therapies. It emphasizes prevention and self-care. The focus of care is centered around the underlying cause of health issues rather than focusing solely on symptomatic treatment. During your appointment your Naturopath will discuss and suggest lifestyle and diet interventions, including herbal remedies and nutritional supplementation. We also offer specialized lab testing including but not limited to micro-nutrients, food sensitivities, and hormones.

### OSTEOPATHIC SPORTS REHABILITATION CLINIC

Osteopathic Manipulation Treatment is a "hands-on" approach to health and healing using gentle soft tissue and joint mobilization to align the body. Whether you have an injury like tendonitis, muscle strain or a pain that "just started one day and will not go away," there is often subtle compensations in your joints and muscles that can prevent complete recovery.

### YOGA THERAPY

The physical stretching and the holding of yoga poses are combined with breath work and relaxation techniques. It goes beyond fitness, and into healing. Yoga works by increasing body awareness – taking you out of the stress you connect to in your mind – as well as increasing flexibility and strength.