

*The Integrative Medicine Clinic creates a health partnership with you and serves as an additional resource for physicians who want to know their patients are receiving personalized support on healthy nutrition, exercise, and stress reduction.*



*The journey to new levels of health begins with a few simple steps today.*

## Inquiries About Fees and Appointments

Call (208) 634-1400  
or e-mail us at:  
[integrative@mccallhosp.org](mailto:integrative@mccallhosp.org)

The Integrative Medicine Clinic is located on the McCall Memorial Hospital campus at 203 Hewitt Street, due north of the hospital's main entrance.



Integrative Medicine Clinic operates under McCall Memorial Hospital and has been established as a self-pay clinic. Please be prepared to pay for all charges on the same day of service. If you wish to obtain insurance reimbursement on your own, documentation of your clinic visit can be obtained.



## Integrative Medicine's Philosophy

Integrative Medicine believes you are the designer of the life that you wish to lead. It is our privilege to assist you. We believe in establishing a partnership to forge an individualized path leading steadily to lifelong health.



# Achieve Your Optimal Level of Health



*Integrative Medicine offers personalized approaches to wellness by combining proven practices from conventional and alternative medicine.*



**Integrative Medicine Clinic**



McCall Memorial Hospital

# Integrative Medicine

Individualized medical care and wellness approaches that take into account the whole person—body, mind, and spirit.

Integrative Medicine can help you & your physician treat the following conditions:

- Addictions
- Allergies
- Autoimmune Disorders
- Cardiovascular Disease / Hypertension
- Chronic Pain / Back Pain
- Diabetes Support
- Digestive Disorders
- Fatigue
- Headaches
- Hypertension
- Mental Distress
- Menopausal Symptoms
- Metabolic Imbalances
- Weight Management

Services Include:

- Physician Evaluation & Treatment
- Nutrition Assessment & Planning
- Massage Therapy
- Medical and 5 Element Acupuncture
- Mindfulness Meditation
- Guided Imagery
- Yoga
- Integrative Wellness Coaching
- Stress Reduction & Relaxation Therapies
- Center for Health Promotion
- Appropriate referrals to primary care and specialty physicians, and to hospital diagnostic services

## Four Reasons to Believe in Positive Outcomes from Integrative Medicine

### 1. Physician Guided Health Solutions

Dan Ostermiller, MD, the Medical Director for Integrative Medicine, also practices family medicine at the Payette Lakes Medical Clinic. He is a Diplomat, American Academy of Medical Acupuncture, and enrolled as a Fellow in Andrew Weil's Integrative Medicine Program at the University of Arizona.

### 2. Individual Wellness Plans with Coaching Assistance

There is no one like you: that's true in terms of your physical status, life goals, and personal circumstances. Integrative Medicine Clinic's medical practitioners and Wellness Coaches can design a wellness program tailored for you.

### 3. Your Innate Capacity to Heal and Grow

The power of the body and mind to recreate themselves is beyond our ability to comprehend. The key to wellness lies within us and needs only a new twist to unlock our hidden potential.

### 4. Our Determination to Make Good Health Fun!

## Integrative Wellness Coaching

Integrative Wellness Coaches are trained in the basics of nutrition, exercise, stress reduction, motivation, and the art of making healthy lifestyles more enjoyable. Integrative Medicine offers three levels of coaching support, each varying in the amount of coaching and medical support you select.

## Integrative Medicine's Approach to Weight Loss

We believe sustained weight loss is the by-product of healthy lifestyle habits. The Integrative Medicine Clinic, with your input, can design a lifestyles program based on wholesome eating, pleasurable physical activities, and mind body spirit motivational techniques.

## Supplements

The Integrative Medicine Clinic provides Dr. Andrew Weil nutritional supplements. The efficacy research, product manufacture, and fiscal policy behind these products make them our preferred choice.