



The Progressive Health Center is a not-for-profit organization that provides resources to promote integrative healthcare - providing the best of holistic treatments to complement the benefits of conventional medicine. We coordinate with each client and his/her physician through our on-site registered nurse, who creates individualized plans to care for your patient's mind, body, spirit and emotions.

The Progressive Health Center is unique in how we match traditional medical treatment with holistic therapies.

- Holistic treatments include therapies like acupuncture, energy work, specialized massage, nutrition counseling and mind-body healing techniques.
- We have a Registered Nurse who consults with each client to help determine which therapies would be appropriate. Our RN then coordinates with the physician to complement – not compete with – what the doctor has already prescribed.
- The PHC is a non-profit organization dedicated to providing trustworthy, affordable services.

The Facts about Complementary Medicine

- The need for these services is growing. The National Center for Complementary and Alternative Medicine, founded by the National Institutes of Health, cites that nearly 50% of the population has used a complementary form of therapy, excluding vitamin use and prayer.
- Back pain is the most common ailment for which people seek complementary medicine.
- A 2002 survey by the University of Colorado Health Sciences Center concluded,
 - 76% of physicians reported having patients using complementary therapies
 - 59% had been asked about specific complementary therapies
 - 48% had recommended complementary therapies to a patient
 - 24% had personally used complementary therapies

How Can the Progressive Health Center Help?

- We serve patients with
 - Neurological Disorders, Cancer, and Cardiovascular Disease
 - Chronic illness, such as Back Pain; Irritable Bowel Syndrome; Diabetes; and Osteoarthritis
 - And people desiring preventative health services, such as Stress Management, Exercise; Nutrition counseling and menopause care
- We offer many classes, as well as individual therapies and personal counseling sessions.
- The Progressive Health Center supplements what you do as a physician in treating physical disease and symptoms by providing care for patient's whole body – including emotions, mind and spirit. This allows patients to recover more quickly; complete physical therapy more effectively; and maintain their health during chemotherapy or after surgery.

The Progressive Health Center is open Monday – Friday from 9am to 5pm and Saturdays by appointment.

Call 303-788-9399 to arrange for a patient's free consultation or to discuss options with our Registered Nurse. We are always happy to meet with you or your practice about your specific needs and how we may be of help.

Progressive Health Center Services

FREE Nurse Consultation: A recommended first step for every client, our experienced RN assess each person's physical, mental, spiritual and emotional needs to identify specific therapies for treatment and coordinate care with your physician

Acupuncture: 60-minute sessions to treat pain and realign your health

Counseling: 60 minutes using conversation, sound and guided imagery. Jin Shin Jyutsu® 90-minute combo sessions also available

Craniosacral Therapy: 60- or 90-minute sessions applying very light pressure to the skull to mobilize the craniosacral rhythmic flow of fluid to increase relaxation and improve circulation

HeartMath® Stress Management: a clinically based stress management series offered in conjunction with Swedish Medical Center

Hypnotherapy: 60-90 minutes produces calmness and reduces stress. Effectively treats addiction, migraine headaches, sleep and eating disorders, pain, nausea and vomiting.

Jin Shin Jyutsu®: 60 minutes to release blocked energy to promote deep relaxation, clearer thinking and relief of certain common symptoms.

Life Energy Flow Tai Yi®: 30 to 360 minutes of therapy to improve energy flow and align the mental, emotional and physical states of the body

Meditation: 60- or 90-minute classes available to help reduce blood pressure, anxiety and pain.

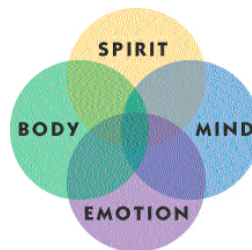
Mindful Touch Therapy: 60 minutes blending massage and energy work to address pain perception

Nutrition Counseling: 30- to 60-minute sessions to develop specific short- and long-term nutritional goals and integrate specific food management strategies

Therapeutic Massage: a variety of techniques to address the needs of your body and spirit

Yoga and Yoga Therapy: 60-minute classes encompassing mindful breathing, conscious relaxation, focused body-awareness and deliberate movements to release stress and restore equilibrium

Classes also offered in Pilates and Yoga.



The Progressive Health Center is a non-profit, 501(c)3 organization.