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Physicians Partner with the Progressive Health Center to Provide Integrated Healing Options

January 23, 2007 (ENGLEWOOD, Colo./DENVER) – Physicians are warming to the idea that holistic therapies – from acupuncture to energy work to specialized movement and massage therapies – can fill a vital role in treating patients with serious disease and with chronic conditions. The trend in combining traditional medicine with holistic/complementary therapies has been dubbed “integrative healthcare,” and new organizations like the non-profit Progressive Health Center have popped up to provide the whole-body care that physicians seek for their patients.

“We’ve had a great response from many doctors because they recognize the benefits of holistic therapies but just didn’t have the resources to offer such treatments themselves,” said Sue Goodin, the founder of the Progressive Health Center and an entrepreneur with decades of experience in non-profit healthcare and wellness services. “Nutrition counseling, pain management therapies, stress reduction techniques and specialized massage are a few of the most-requested services.”

While there may continue to be some debate over which therapies to prescribe, no one is arguing that the need for integrative healthcare 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 an holistic form of therapy and 55% of people surveyed thought that combining complementary therapy with traditional medicine would improve their health.

Goodin saw the proverbial writing on the wall and created a non-profit organization that focuses on building a system of integrated healthcare. In choosing to develop the Progressive Health Center as a non-profit organization, Goodin was able to add credibility to the Center while keeping fees reasonable, since most complementary therapies are not covered by insurance. It also allowed the Progressive Health Center to attract some unique therapies.

Tai Yi®, for example, is a therapy that directs the body’s energy along meridian points similar to those used in acupuncture. The Progressive Health Center is the only facility in Colorado that provides this ancient energy discipline. In addition, the Progressive Health Center partnered with Swedish Medical Center to provide clinically based stress management programs not otherwise available in the metro area.

Physicians like gynecologist Gretchen Frey, M.D.; GI specialist John Sabel, M.D.; neurosurgeon J.D. Day, M.D.; neurologist Bob Pratt, M.D.; neuro oncologist Ed Arenson, M.D.; and neuro otologist David Kelsall, M.D. have already signed on to refer patients. Meanwhile, stroke survivors, Parkinson’s disease suffers and those struggling with MS, menopause and chronic pain are singing the praises of integrated healthcare.

“We help each of our clients develop an individual therapy plan, and I work with the physicians to communicate that plan and their patient’s progress,” said Mary Collins, R.N., as she elaborates on the attraction of the Progressive Health Center. Collins meets with each new client for a free 30-minute planning session, which allows her to preview the client’s needs and let the client become more familiar with the services of the Progressive Health Center.

Those services include:

• Acupuncture • Nutrition Counseling • Craniosacral Therapy • Counseling • HeartMath® stress management techniques • Jin Shin Jyutsu® • Tai Yi® life/energy flow exercises • Mindful Touch Therapy • Therapeutic Massage • Movement Therapy • Yoga Therapy • Nurse Consultations • Meditation Classes

The Progressive Health Center opened its doors in December 2006 and celebrates its official public Grand Opening this week (January 22-26, 2007). The Center is open Monday through Friday from 9am to 5pm and on Saturdays by appointment. For more information, visit www.ProgressiveHealthCenter.org or call 303-788-9399.

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