

## Take a holistic or integrative approach to your health. Start with a medical consult.

The physicians in our center have had education and training in conventional medicine. They can offer new therapies for chronic illnesses or troubling symptoms such as fatigue, insomnia, nausea, pain, anxiety and stress. By addressing these key components of health and focusing on prevention, they can help you enjoy a better quality of life. An Integrative Medicine or Lifestyle Medicine consult may also be worthwhile if you cannot tolerate certain medicines. We can often provide alternative treatment options.

### Integrative Medicine Consult

Integrative Medicine complements conventional medical care. It supports the body's natural ability to heal itself — and it does so without drugs or invasive treatments. Consultations include an intensive review of the person's past medical history, current medical issues and desired outcomes. Our doctors can

assist the person in choosing how to integrate complementary therapies and treatments into their lives.

### Lifestyle Medicine Consult

Changing a person's lifestyle habits can be the primary way of treating and managing chronic disease(s). Our goal is to work together to create a personalized, lifestyle self-care plan that the person can implement and sustain.

### Appointments: 216.448.4325

One-hour consultations are available Monday through Friday with our specialists for a virtual or in-person appointment at a Northeast Ohio location.

*No referral is needed. Numerous insurance plans cover Integrative and Lifestyle Medicine consultations. Please verify with your insurance prior to scheduling your first visit.*

## Virtual Visit

A virtual visit lets you visit a Cleveland Clinic medical provider using a computer, tablet or smartphone. Services include: Integrative or Lifestyle Medicine Consult, Culinary Consult, Herbal Therapy, Holistic Psychotherapy, and Nutrition Consults. For patients ages 18+. Information: 216.448.4325, option 4. Learn more: [clevelandclinic.org/VirtualWellness](https://clevelandclinic.org/VirtualWellness)

## Enews

Sign up for the Integrative and Lifestyle Medicine enews at [clevelandclinic.org/WellnessNews](https://clevelandclinic.org/WellnessNews)

## Shared Medical Appointments

In this series of uniquely designed medical appointments, patients meet virtually in the company of others who share similar health concerns. They are billed as a typical medical appointment to a primary care provider.

### Brain Health & Wellness

Take steps to protect and improve your cognitive function — your memory, ability to think clearly and process information — through a healthy lifestyle. Research shows that it is never too late to see positive changes in your memory and brain power by making small and sustained changes to our daily lives. Referral required; start with a Lifestyle Medicine consult.

### Culinary Medicine for Chronic Disease

This program, taught by a Lifestyle Medicine physician and a chef, gives patients with chronic disease nutritional guidance from our Culinary Medicine Teaching Kitchen. Referral required; start with an Integrative or Lifestyle Medicine consult.

### Eating Well for Optimal Health

Empowering you to manage both hunger and weight by addressing body, mind and spirit. Treatment is offered for obesity, being overweight, food addiction and emotional eating. Referral required; start with an Integrative or Lifestyle Medicine consult.

### Lifestyle Essentials

Have you been diagnosed with hypertension, hyperlipidemia, prediabetes or type 2 diabetes? Our team shares tools to help you transition to eat healthier, manage stress and increase physical activity. Referral required; start with an Integrative or Lifestyle Medicine consult.

### Living Well After Breast Cancer

After treatment for breast cancer, our specialists can help you adopt lifestyle practices that lead to optimal self-care. Our unique appointments walk you through how to improve your health and well-being, and reduce the risk of recurrence. Referral required; start with a Lifestyle Medicine consult.

### Living Well with Chronic Pain

This program treats chronic pain that does not improve with medication, injections or surgery, and can help when pain treatment creates new problems. An expert team teaches effective ways to manage chronic pain through yoga, acupuncture, meditation, guided imagery, massage, art therapy and Reiki. No referral needed.

**Additional information:** [clevelandclinic.org/WellnessSMA](https://clevelandclinic.org/WellnessSMA)

## Treatments & Services

- Acupuncture
- Chinese Herbal Therapy
- Chiropractic Care
- Culinary Medicine
- Holistic Psychotherapy
- Massage Therapy
- Nutrition Services
- Reiki
- Yoga

**Offering a variety of treatments and services at the following Cleveland Clinic locations in Northeast Ohio:**

Amherst | Avon | Broadview Heights | Cleveland | Garfield Heights | Independence | Lakewood  
Lyndhurst | Medina | Strongsville | Twinsburg | Willoughby Hills



## Green Grape Smoothie

Drink in good health all year. This delicious, healthy smoothie features spinach and kale – the cancer-fighting greens that keep you going – as well as sweet grapes, a pear, orange and banana.

### Ingredients

1 cup cleaned spinach leaves, firmly packed  
1 cup cleaned kale, roughly chopped, firmly packed  
1 cup green seedless grapes  
1 Bartlett pear – core, stem and seeds removed  
1 orange – peeled, pith removed, quartered  
1 banana – peeled  
1 teaspoon chia seeds  
 $\frac{1}{2}$  cup water  
2 cups ice

### Directions

Place all ingredients in blender. Process on low speed for 15 seconds. Increase to medium speed, then high speed. Process until well blended.

Nutrition information per serving: 80 calories, 19g carbohydrates, 12g sugars, 3g fiber, 0g saturated fat, 0mg cholesterol, 0g protein, 15mg sodium.

## The Pain Buster

Ginger has excellent pain-relieving, anti-inflammatory and anti-microbial properties.

### Ingredients

1 inch knob of fresh ginger, thinly sliced or chopped (or  $\frac{1}{2}$  teaspoon dried ginger)  
 $\frac{1}{2}$  teaspoon of goji berries or  $\frac{1}{4}$  teaspoon of rosehips  
 $\frac{1}{2}$  teaspoon turmeric spice or 1  $\frac{1}{2}$  teaspoon fresh turmeric  
Few peppercorns or pinch of cracked pepper

### Directions

On the stovetop, place 2 cups of cold water into a small pot. Place all ingredients into the water. Bring to a boil and simmer for 10 minutes. Strain, add raw honey to taste. Drink 1 cup, 2-3 times a day for 2-3 days as needed for sore muscles or joints.

## The Cold Buster

Ginger has excellent pain-relieving, anti-inflammatory and anti-microbial properties.

### Ingredients

1 inch knob of fresh ginger, thinly sliced or chopped (or  $\frac{1}{2}$  teaspoon dried ginger)  
 $\frac{1}{2}$  teaspoon of goji berries or  $\frac{1}{4}$  teaspoon of rosehips  
2-3 slices of dried astragalus root

### Directions

On the stovetop, place 2 cups of cold water into a small pot. Place all ingredients into the water. Bring to a boil and simmer for 10 minutes. Strain, add raw honey to taste. At the first sign of a cold drink 1 cup, 2-3 times a day for 2-3 days.

## Epsom Bath Soak

A warm soak is an excellent treatment for relaxing muscles. Adding herbs can help further reduce inflammation and pain.

### Ingredients

1 cup Epsom salt  
1 cup baking soda

Plus any of the following essential oils:  
lavender, chamomile, rose or peppermint

### Directions

Fill a bathtub with warm water. Float tea bags or put the herb into a sock for easy cleaning. If choosing to use essential oils, place 3-10 drops into the tub and mix well.

## Golden Milk

Try the inflammation-soothing concoction once, and you'll want to enjoy it again and again.

### Ingredients

4 cups almond milk, unsweetened  
1 teaspoon fresh ginger, coarse chop  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{2}$  teaspoon cinnamon, ground  
 $\frac{1}{4}$  teaspoon black pepper, coarse ground  
8 Turkish apricots, dried

### Directions

Place all ingredients in sauce pan. Bring to a simmer. Cook until reduced to 3 cups (about 12 minutes). Pour into a blender. Process until well-blended. Makes 6 servings. Serving size  $\frac{1}{2}$  cup.

Find more recipes at [clevelandclinic/WellnessRecipes](http://clevelandclinic.org/WellnessRecipes)

### An Introduction to Integrative Medicine

View this presentation at <https://bit.ly/2NYjEPC>

YuFang Lin, MD walks through the practice of Integrative Medicine. Hear about techniques to support the body's natural ability to heal, reduce stress and promote a state of relaxation that may lead to better health.

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### Wellness Tools for YOU – Live, Virtual Classes

View the schedule at [clevelandclinic.org/WellnessTalks](https://clevelandclinic.org/WellnessTalks)

Virtual classes held weekly to support your health and well-being. Includes live courses on meditation, yoga, fitness and nutrition.



### Women's Virtual Wellness Series – Recorded Health Talks

View the health talks at [clevelandclinic.org/WellnessTalks](https://clevelandclinic.org/WellnessTalks)

#### 2020 Fatigue | Ashley Neuman, LPCC-S

Learn how to work through the stress of the pandemic by building your resiliency and practicing healthy coping behaviors.

#### Nutrition for Optimal Health | Kristin Kirkpatrick, MS, RDN

A fresh nutritional outlook, ditching old weight loss habits and embracing what works.

#### Immune Support | YuFang Lin, MD

A healthy immune system is necessary to stave off infections. Learn tips that help support your immune system.

#### Minding Your Muscles, Bones & Spine | Andrew Bang, DC

Learn more about your muscle, bone and spine health for better structure, posture, movement, energy and function.

### Mindful Movement & Meditation – Videos on Demand

Locate this collection at [clevelandclinic.org/PatientResources](https://clevelandclinic.org/PatientResources)

#### Tai Chi

Tai Chi is a low impact exercise safe for all ages that can improve physical condition, cardiovascular health and balance and decrease stress and pain.

#### Yoga

The goal of calming and relaxation exercises is to help change the way you perceive a situation and react to it. And to help you feel more in control, more confident or secure, and to activate healing processes within the body.

#### Yoga – Come As You Are

Yoga can strengthen the key muscles that help with better balance and teach us how to keep a calm focus when we experience life's challenges.

#### Relaxation for Chronic Pain Meditation

Reduce pain and inflammation by shifting your focus to something quiet and calm.

#### Relieve, Relax, Recharge Meditation

Boost your physical and emotional success by embracing stillness and cultivating your inner calm.

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### Mindful Movement, Meditation and Cooking Demos – Videos on Demand

Locate this collection at [bit.ly/3snzyBV](https://bit.ly/3snzyBV)

#### Breathing

Take a few minutes to experience the relaxing powers of relaxation by following your breath.

#### Meditation

Experience calm and centering through a variety of guided imagery.

#### Yoga

Enjoy a variety of Yoga videos to expand your movement practice.

#### In the Kitchen with Chef Jim and Dr. Mike Roizen

Culinary medicine cooking demonstrations that you can watch at home!

