



INTEGRATIVE FAMILY WELLNESS CENTER

Family Practice • Chiropractic • Acupuncture •
Naturopathic Medicine



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WELLNESS CENTER



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WHAT WE BELIEVE:

Each of us is responsible for maintaining our own health and balance in our lives. We treat the physical, emotional and spiritual aspects of pain and disease and incorporate the same holistic approach to promote wellness, and inner and outer beauty. We look at what kind of person has a disease, rather than what kind of disease is in the person.

Our success stems from balancing western medicine and complementary therapies, recognizing the strength of western medicine through scientific studies and research, and that alternative treatments have stood the test of time for thousands of years.



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OUR MISSION:

At Integrative Family Wellness Center, we dedicate ourselves to providing the most effective treatments for our patients, utilizing the latest & best of western medicine and complementary therapies. We offer a wide variety of clinical services and therapies to help you achieve and maintain optimal physical and emotional health and wellness.

We offer a multi-disciplinary approach to treat common, serious, and chronic health conditions. With naturopathic medicine, acupuncture, chiropractic, and extensive training in modern medical care, we bridge the gap between alternative and conventional medicine. Our practitioners provide primary care including physical exams, traditional and non-traditional diagnostics, naturopathic medicine, acupuncture, chiropractic, physical rehabilitation, massage therapy, nutrition therapy and counseling, weight management, detoxification, stress management, and treatment for general and chronic health problem

CLINICAL SERVICES:

Integrative Medicine/Naturopathic Medicine: Integrative medicine/Naturopathic medicine is a distinctive approach to health and healing that recognizes the integration of the whole person. It emphasizes the treatment of disease through the stimulation, enhancement, and support of the inherent healing power of the body. Methods of treatment are chosen that respect the natural healing process.



Acupuncture and Traditional Chinese Medicine: Acupuncture is a 3,000-year old proven therapy. Channels of energy run in patterns through the body. When these channels are obstructed or re-

stricted, they are unable to nourish tissues. By inserting thin needles at very precise points, acupuncture will open these pathways and improve natural energy flow and function and reduce pain. This procedure can improve the body's own healing by stimulating chemicals called endorphins that reduce inflammation, increase blood flow, and regulate digestion, absorption, energy production and general physical and emotional well-being.



Chiropractic: Chiropractic is a manual therapy to aid the body to return to a state of vitality by removing interference from the nervous system through realignment. Removal of pressure from nerves ensures the free flow of vital energy carried by the nerve to the organs and muscles supplied by that nerve. Chiropractic can be used very successfully along with conventional medical practices.

Massage Therapy: Massage can relieve many aches and pains, new as well as chronic pain. Massage benefits the circulatory system, muscular system, digestive system, respiratory system, lymphatic system, skeletal system, as well as the

skin. By increasing circulation & decreasing tension and toxins, massage helps the body heal and mend itself.

