



# Gainesville Holistic Health Center

*(Mind + Body + Soul = Whole)*

*Finding the real U, holistic = realistic*

## Why would you bother? How the Whole-Listic Approach can change your LIFE!

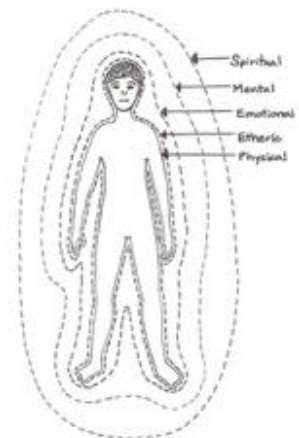
Most people wonder from doctor to doctor seeking relief from pain. And clearly you want to be free of pain.

Pain is the key alert system our body uses to let us know something is going wrong. Treating only the pain is like disabling the smoke detector because it is making noise. While that may stop the noise, it will not protect you from having your house burn down around you.

Likewise, treating only the presenting pain will not prevent your body from continuing to have painful and damaging responses to the underlying issue that the pain is warning you about.

At GHHC we do address the pain, but we go way beyond that to address the underlying causes that set off the alarm.

Your body is the structure that houses you in this life. Is a weakness or misalignment in the structure setting off your pain alert system? Just like your house has many levels and layers and hidden systems that need to be in proper working order, so your body is comprised of a complex systems of physical, chemical, electrical and energetic components that work together to create optimal health.



To us *holistic* is all about addressing the whole person on all of these levels. Our center has an array of practitioners working together to provide truly Whole-Listic care, based on the understanding that physical illness is really only 1% physical, while 90% of the issue arises from emotional sources and the other 9% from mental processes.

On your first visit you sit down with our Whole-listic Integrative Coach/Patient Advocate who works with you to coordinate and oversee our whole-listic approach to help you achieve the highest level of healing in the most efficient and cost-effective manner.

When you've had enough of the symptom-centered approach in the medical community, working with a team that actually looks at the whole picture to address the true cause

underlying your symptoms is like breaking free to experience life the way you've always known it could be.

## **WHAT IF? . . . . .**

What if, the understanding of the human body, psyche, brain, energy system, frequencies, meridians, organs, embryology and nervous system enable a team to facilitate the healing? What if, the WHOLE-LISTIC APPROACH was the future of INTEGRATING holistic care in a single treatment plan to BE HEALTHY instead of just be well...

GHHC is equipped with highly skilled practitioners specially trained to address all levels of the WHOLE body.

***“By taking a whole approach, we provide the best treatment requiring the shortest time and the lowest cost.”***

We have chiropractic physicians that have specific training in a very intensive speciality that addresses the entire body, reflexes, skull, organs and more.

We have a certified nutritionist that enable you to eat the food you always dreamt of and detoxify so gently and fast that you would never think you are getting healthier and healthier.

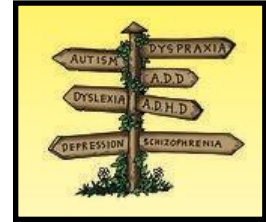
We have practitioners that help you break through the roadblocks caused by past hurt and past emotions to open new avenues for you to enjoy life and discover your purpose.



We have practitioners that put your brain at rest and dig deep into the subconscious mind to uncover the deep seated issues that hold you back and transmute them so they become the fuel that propels you forward.

We have practitioners that deal with all of your senses to recover your ability to deal with life the way life was intended to be.

And we have a coach, a Whole-Listic Integrative Coach/Patient Advocate, who takes a multifaceted approach. Unlike talk therapy that rehashes and reinforces old problems, she employs a combination of coaching strategies that engage you as an active participant in the process of changing your thoughts and emotions in ways that move you beyond your past into a future of your own conscious creation.



As the one who is working directly with you on your goals and aspirations, your coach makes the perfect Patient Advocate to coordinate your care with your practitioner team to ensure we are all focused together on getting your best result.

There are many ways to bring healing, and most work on a particular aspect/level of the being as a whole. Change on one level has a ripple effect, and the alteration is communicated throughout all levels of the person. When we take a holistic view of healing, we aim to tailor the healing to the individual and pay attention to the symptoms and effect of the condition on ALL levels.



## ***The Whole-listic Approach***

*Mind + Body + Emotions  
in one location*

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Whole Family Experience • Chiropractic SOT® Method & Craniopathy • Physical Medicine Services  
Whole-Food Nutrition Counseling • GAPS certified & Autoimmune expertise  
State-of-the-Art Technologies and Bioresonance • Functional Movement & Rehabilitation  
Alternative Pediatric (ADHD, Autism, Down Syndrome, Bed Wetting and more)  
Alternative Maternity and Pregnancy - Webster Certified • Women's Health Services  
Hypnotherapy • Aromatherapy • Usui & Kundilini Reiki Master Services  
Emotional Wellness • Shamanic Energy Medicine Services  
Fear, Phobias, Faulty Belief Removal • Car Accidents and other injuries specialist  
Whole-listic Integrative Coaching • Reflexology • Raindrop Therapy  
Workshop and Lecture Available during the week and week-end, most for FREE