

THE ALTERNATIVE MEDICINE BLOG

The Latest News & Research About Mind-Body Medicine in Cancer Care | ISSN 2164-0238

NUTRITION & CANCER GUIDED IMAGERY HYPNOSIS MEDITATION QIGONG TAI CHI YOGA STRESS RESPONSE

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The Continuum Center for Health and Healing is Expanding!



February 11, 2013 by Werner Absenger

Located in the heart of New York City, the Continuum Center for Health and Healing (CCHH) offers a wide range of integrative treatment approaches. Physicians and practitioners of diverse healing traditions provide primary and specialty care to address physical, emotional, and spiritual needs.

Under the leadership of Center Director Dr. Woodson Merrell, Dr. Martin Ehrlich and Dr. Robert Gotlin, the Continuum Center for Health and Healing has now outgrown its space. CCHH has now expanded to the third floor of their current location in a second healing environment based on the same principles of green architecture and feng shui used in CCHH's original site. This growth allows CCHH to offer more comprehensive services with a goal of total well-being for body and mind.



IMAGE CREDIT: CCHH

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The Center's expanded services include a Medical Fitness Program. This unique addition to the New York metro area brings together physical rehabilitation and fitness training, access to leading integrative health care practitioners, and the resources of a major NYC hospital to help individuals regain and maintain optimal health—all in a single mid-Manhattan location.

The Medical Fitness Program will offer additional services as part of its customized wellness plans that include massage, nutrition with a teaching kitchen, and stress management. The state of the art gym and locker facilities include an infrared sauna.

CCHH has added a select group of integrative specialists and services that allows to provide more comprehensive care for their patients. These include: Cardiology and the Healthy Heart Program, Dermatology, Podiatry, Chiropractic, Occupational therapy with ergonomic assessment and on site Radiology Services.

The Continuum Center for Health and Healing looks forward to sharing this expansion with you and bringing a the next wave of Integrative Medicine to the community.

For over 10 years CCHH has had a robust integrative practice that includes:

- Family Practice and Children's Health Services
- Internal Medicine
- Functional Medicine
- Gynecology and Women's Health
- Ear Nose and Throat (ENT)
- Orthopedic and Sports Rehabilitation
- Acupuncture and East Asian Medical Care
- Nutrition
- Psychotherapy and Stress Management
- Mind-Body approaches: Reiki, Biofeedback and Aromatherapy
- Homeopathy

Here is their contact information:

The Continuum Center for Health and Healing, 245 Fifth Avenue @28th Street, 2nd Floor, New York, New York 10016. Here is a link to CCHH's Website. Enjoy!

