

## The Continuum Center for Health and Healing Expands to the Third Floor

We are excited to announce that in the fall of 2012, the Continuum Center for Health and Healing is expanding to include the third floor of our current location. This expansion will double the size of our current 13,000 sq ft clinical floor to become an even more comprehensive two-level 26,000 sq ft integrative wellness facility.

Under the leadership of Dr. Woodson Merrell, Dr. Martin Ehrlich and Dr. Rob Gotlin, our expansion will include the new services of the Medical Fitness Program (MFP), Integrative Cardiology, Dermatology, Podiatry, Chiropractic and Occupational Therapy practices, as well as an onsite x-ray and ultrasound facility.

The MFP is a full service integrative medical fitness exercise and therapy program bringing together physical rehabilitation and fitness training focused on prevention and treatment. The physical and occupational therapy services along with medical fitness guidance will provide biomechanical and ergonomic assessments facilitated by our clinical staff. MFP will also integrate body work, nutrition, stress management, chiropractic and acupuncture.



# THE CONTINUUM CENTER FOR Health & Healing

To emphasize the importance of nutrition and lifestyle, a demonstration kitchen has been built on the third floor providing individual sessions and group classes to all CCHH patients. There is also an infra-red sauna, the only free-standing one for therapeutic use in NYC.

The facility's proximity to the highly successful second floor primary care practice (family medicine, pediatric care, gynecology, internal medicine, ENT, as well as acupuncture, psychotherapy, mind-body medicine and nutrition) expands services in an even more comprehensive way, all in a single mid-Manhattan location. The goal is total well-being for body and mind.

In keeping with the original CCHH mission devoted to the creation of healing environments, the expansion has been built with environmentally sustainable materials using feng shui principles designed to impart a feeling of calm, fluidity and healing energy throughout the site. Alex Stark provided the feng shui expertise.

The new Integrative Cardiology service combines conventional and expanded healing options to prevent and treat cardiovascular disease. It addresses the root causes, including genetics, lifestyle, and emotional stress and common risk factors such as hypertension, diabetes and high cholesterol. As part of this service, CCHH will offer The Healthy Heart Program, consisting of medically supervised sessions geared to prevent heart disease and to allow for optimal healing after heart disease occurs. It will encompass the entire realm of



# THE CONTINUUM CENTER FOR Health & Healing

evidence-based preventive cardiology and will include yoga and meditation, nutrition and proper supplementation, physical activity, and mind-body techniques, among others.

We are also proud to announce our other new services including Integrative Dermatology which incorporates conventional and holistic approaches to skin health as well as cosmetic services; Podiatry which stresses an integrative approach using biomechanical devices, laser treatments and botanical formulations to address many localized conditions without potential systemic side effects; Holistic Chiropractic utilizing a broad range of modalities to strengthen and improve musculoskeletal and overall health by addressing root causes, including posture, ergonomics, diet, and stress; and Occupational Therapy to complement the physiatry and physical therapy services of the medical fitness program.

In keeping with the original CCHH green building mission, this new healing environment is also built with green architectural materials and has been designed to impart a feeling of calm using feng shui design principles that guide the sense of flow and energy throughout the site.

Under the leadership of Dr. Woodson Merrell, Dr. Martin Ehrlich and Dr. Rob Gotlin, our expansion will include the new services of the Medical Fitness Program (MFP), Integrative Cardiology, Podiatry, Chiropractic, Occupational Therapy, Kinesiology, Classical Homeopathy and Herbalism practices as well as onsite x-ray and ultrasound facility, demonstration kitchen and infra-red sauna, the only free-standing one for therapeutic use in NYC.





- The Medical Fitness Program is a full service integrative medical fitness exercise and therapy program bringing together physical rehabilitation and fitness training focused on prevention and treatment. The physical and occupational therapy services along with medical fitness guidance will provide biomechanical and ergonomic assessments facilitated by our clinical staff. MFP will also integrate body work, nutrition, stress management, chiropractic and acupuncture.
- Integrative Cardiology combines conventional and holistic options to prevent and treat cardiovascular disease. It addresses the root causes, including genetics, lifestyle, and emotional health as well as common risk factors such as hypertension, diabetes and high cholesterol.
- The Healthy Heart Program is a 12 week educational/experiential workshop to prevent heart disease and allow for optimal healing after heart disease occurs.
- Chiropractic utilizing a broad range of modalities to strengthen and improve musculoskeletal and overall health by addressing root causes, including posture, ergonomics, diet, and stress.
- Occupational Therapy expands the range of our physical therapy services with emphasis on upper extremity function and ergonomics.
- Kinesiology assists patients reach a better functional state after an injury and disability.
- Classical Homeopathy assesses mental, emotional and physical symptoms to prescribe a natural remedy that can trigger a healing response.
- Herbal Medicine uses evidence-based botanical medicines to support healing and promote health.



We are thrilled to bring the next wave of Integrative Medicine to Beth Israel Medical Center and the greater New York metropolitan community.