

CIHH Launches Comprehensive Integrative Medicine Resource -- Newly Designed Site Encourages Education and Empowerment

FOR IMMEDIATE RELEASE

Media Contact:
Cathleen Williamson
(617) 435-5505
cathleenporter@yahoo.com

The Center for Integrative Health and Healing Launches Comprehensive Integrative Medicine Resource

Newly Designed Website Encourages Education and Empowerment

Delmar, N.Y., April 30, 2009 – The Center for Integrative Health and Healing (CIHH), a collaboration of medical doctors and licensed practitioners offering a balanced approach to meeting the needs of people who want to live their healthiest life, today launched a newly redesigned website at www.cihh.net, as well as an integrative medicine newsletter and blog. The new educational resources further the Center’s mission of educating the community about the benefits and choices of integrative medicine.

According to a recent survey published by the National Center for Complementary and Alternative Medicine, nearly 40 percent of adults and 12 percent of children use complementary and alternative medicine. However, many still are not sure about how to talk to their doctor about complementary therapies and may not be aware of how an integrative medicine approach may be able to treat their health conditions or improve their overall well-being.

“We are at a pivotal point in our nation’s health care history where education and prevention are more essential than ever before,” says Dr. Ronald Stram, Founder and Medical Director of the Center. “A holistic focus on prevention of disease promotes a healthier, more productive society of individuals and is significantly more cost effective for our nation’s healthcare system. “

The newly designed site (www.cihh.net) includes an Ask the Doctor section where visitors can pose questions to Dr. Stram and the Center staff, a guide to getting started for those who are new to holistic medicine, and a special section on natural health supplements. The site also hosts the Natural Standards Database, an international research collaboration that compiles and synthesizes data on complementary and alternative therapies. Visitors can explore and expand their knowledge by researching herbal supplements, conditions and remedies, however the

Center strongly encourages all visitors to seek professional guidance when taking supplements or considering any kind of alternative treatments.

The Center is also introducing a new integrative medicine blog, <http://cihh.net/blog/> to encourage discussion and further exploration of integrative medicine treatments and options. A variety of experts on traditional medicine and alternative therapies including acupuncture, herbal remedies, massage and life coaching will post relevant, timely articles. Recent posts include “A Holistic Approach to Treating Your Child’s Allergies” by Dr. Ronald Stram and “Acupuncture Insurance Coverage: Patients’ Rights, Insurers’ Responsibilities” by Christopher Reilly, L.Ac., Licensed Acupuncturist and Herbalist. The Center also recently introduced a seasonal newsletter to keep people informed of the latest advancements in integrative medicine and complementary therapies.

And to further extend the Center’s commitment to education and to facilitate wider accessibility to complementary and holistic healthcare, the Center is announcing a new “Pay-What-You-Can” Week. Starting in May 2009 and the first week only of every month following, each of our doctors and practitioners will accept what is offered for payment of their services. A limited number of appointments are available and are subject to a first-call, first-serve basis. Services such as acupuncture, massage and naturopathy are being offered as a part of this service. The Pay-What-You-Can Week is for new patients only.

About the Center for Integrative Health and Healing

The Center for Integrative Health and Healing (CIHH) is a collaboration of medical doctors and licensed practitioners offering a balanced approach to meeting the needs of people who want to live their healthiest life. The Center’s team achieves this through healing-oriented medicine that takes account of the whole person (body, mind, heart and spirit), including all aspects of lifestyle. By partnering with your personal physician, you not only effectively treat illness, but also work together to prevent it. The Center’s mission is to integrate the best of all therapeutic modalities in a safe, effective and respectful manner, with the intent to nurture intrinsic healing and promote balance. The first wellness center of its kind in New York’s Capital Region, The Center for Integrative Health and Healing serves patients throughout the Northeast. CIHH was founded in 2003 by Dr. Ronald Stram, Medical Director. More information can be found on www.cihh.net.