

 **New York-Presbyterian**

# Integrative Health and Wellbeing

**Comprehensive Care  
for Your Mind, Body,  
and Spirit**



**A GUIDE FOR PATIENTS**



**Weill Cornell Medicine**

# Integrative Health and Wellbeing

Integrative health care promotes your physical, psychological, and social wellbeing. Our licensed practitioners partner with you and your healthcare providers to determine how you may best benefit from our services. We care for adults of all ages and varying degrees of health. Integrative health is a way of life that you can follow for years to come.

## What We Offer

Our services are based on the latest findings in medical research and are offered in addition to other services you may be receiving.

**Integrative medicine consultation:** Our physicians, board-certified in both Internal Medicine and Integrative Medicine, can perform a 45-60 minute comprehensive evaluation to assess your additional healthcare needs. They may order lab work or other testing in order to customize a treatment plan for you.

**Nutritional counseling:** Our Integrative Nutritionist will tailor a personalized food plan and help you learn to follow it.

**Acupuncture:** Helps balance the body's energy and may promote healing.

**Massage therapy:** Promotes relaxation and pain relief, helps alleviate anxiety and symptoms associated with a variety of health conditions.

**Psychotherapy:** Our Clinical Psychologist will help you attain well-being through behavioral change and by addressing psychological causes of symptoms.

## Mind-body instruction

- Mindfulness
- Meditation
- Yoga instruction



**Group classes such as yoga, Pilates, and more.**

**Clinician-led seminars:** Register to attend educational presentations.

## How You Can Benefit

**Integrative health services can help you:**

- Promote wellness through disease prevention
- Relieve stress
- Build resilience
- Achieve and maintain a healthy weight
- Learn how to optimize your health through diet and other approaches

**You may also find our services to be useful if you have illnesses or disorders such as:**

- Cancer — whether you are newly diagnosed, just starting treatment, or seeking relief from symptoms such as nausea, anxiety, or insomnia
- Heart disease or metabolic syndrome
- Irritable bowel syndrome, inflammatory bowel disease, or digestive symptoms
- Autoimmune disorders
- Chronic pain
- Endocrine imbalances, such as diabetes and thyroid problems

