

How are we different?

We want to help you get healthy, stay healthy, decrease your risk for disease, and help you extend and enhance your life. We provide you **choices** in how you do that and don't treat you as a patient but as a person.

We will provide "sick care" but also provide real "health care".

We don't do "patient care", we do "person care". Let's talk this through.

Traditional Healthcare. They will treat you when you're sick. This is not different, but it's important. They are real doctors; they are trained in traditional medicine. They can write prescriptions, set broken arms, read X-rays, remove warts, and do all that doctor stuff you are used to. But that's not different. What is different is they will ask you for your input and provide you options on treatment recommendations.

Prevention Focus. We really want to help you be better and do better. Imagine going to your current doctor and saying, "there is really nothing wrong with me right now, but I am worried about this and I want to do better in that". I did this once for fun, the look on my doctor's face was like a dog looking at a clock. It was a big "HUH?".

Our doctors WANT you to come in and ask them the following questions that from a normal person's perspective make a ton of sense, but in our current world of "healthcare" seem insane.

- **How do I not die?** I am scared I am going to die. If I don't get it together soon, I am going to die. I really don't know what to do.
- *What is wrong with me?* I am not healthy; I keep trying but I keep failing. *Is it me, or am I doing something wrong?*
- *Why am I not able to lose weight?* I am doing what I am told but it's not working.
- *Can you help me find out if this is something I should be worried about?* I am nervous. I am healthy, but I am worried about this.
- *Is there another way to manage my diabetes?*
- *What can I do to minimize my risk for cancer?* My dad died of cancer at 58, I would prefer to avoid this.
- *Is there another option other than my prescriptions?* I guess I am healthy, but really don't want to have all these chemicals in my body.
- *Can you help me figure out a way to do better?* I think I am doing fine, but are there things I can do better?
- *How do I take my health to another level?* I am striving for peak performance in my life, how should I do this? What are my risks? How do I avoid these risks?

Individualized Personal Care. Imagine a doctor asking you about "you". Who you are, what you do, what you like to do, what you would like to do, what you don't want to do, and how you would like to go about achieving those goals. It is a strange experience when you first experience it.

Choice in care delivery. What if you don't want to do what your doctor is telling you to do? Is there another option? Maybe you don't want to be on prescription drugs. Our doctors believe and are

trained in what's known as *functional medicine* or *integrative health*. Whatever you want to call it what it means to you and me is that you can take part in the decision on how you want to be treated.

They will help you decide on if you want to work with traditional "western" medicine that emphasizes treatment of diseases and risks with drugs, or you can take a more *holistic approach* and work with more *natural remedies*. In some situations, or with some diseases you may not have a choice but if there are options, they will help you explore them.