

# Mind-Body-Heart Rx LLC

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AADP Board Certified Drugless Practitioner

Providing  
**Natural, Functional and Bioenergetic Medicine**  
**Integrative Mental Health Care**  
Finally, the integrative health care you deserve!



## Integrative Mental Health Care

While Integrative mental health has become a more buzz-y term, it is something Dr. Carol has practiced for decades. The term “integrative” mental health typically refers to a novel approach to treatment that differs from the traditional biomedical approach in a number of ways:

- Works with lifestyle factors like diet, movement, and stress to address potential underlying causes of illness.
- Blends conventional and natural treatments to address dis-ease in the most effective way without adhering to certain paradigms.
- Combines a combination of approaches that includes various modalities like psychotherapy, Traditional Chinese medicine, natural and bioenergetic medicine, nutrition, and somatic/energetic therapies.

