

# PHILOSOPHY

## TENETS THAT UNDERLIE OUR APPROACH TO PATIENT CARE:

- \* Health is a journey, not a destination.
- \* Health and disease are largely determined by habitual patterns of daily living.
- \* Health and disease are processes that involve the whole person.
- \* To a significant extent, one is the sole guarantor of one's own health.
- \* Empowerment of the individual is at the inception of the healing process.

## OUR APPROACH EMPHASIZES:

- ◆ **Self-empowerment**
- ◆ **Wholeness**
- ◆ **Behavioral change**
- ◆ **Natural treatments.**

Presently the object of intensive scrutiny, these modalities are emerging from scientific laboratories on several continents as powerful agents in promoting health and preventing and treating disease.

- ✓ *BREATHING PURE AIR*
- ✓ *DRINKING UNADULTERATED WATER*
- ✓ *PRACTICING MOVEMENT DAILY*
- ✓ *CULTIVATING ADEQUATE REST*
- ✓ *USING APPROPRIATE NUTRITION*
- ✓ *ABSTAINING FROM HARMFUL SUBSTANCES*
- ✓ *CULTIVATING LOVE, JOY, AND PEACE*
- ✓ *CHERISHING SUNLIGHT AND THE OUT-OF-DOORS*
- ✓ *TRUSTING IN THE DIVINE*
- ✓ *USING NATURAL MEDICINAL SUBSTANCES JUDICIOUSLY*

**NOTE:** These treatment modalities are tailored to each individual patient. Maximum benefit is assured by specific prescriptions that are followed-up and modified to reflect the patient's progress.

WE NEED YOUR E-MAIL ADDRESS TO KEEP YOU UPDATED. HELP US GET INFORMATION TO YOU QUICKLY AND EFFICIENTLY. CALL US OR E-MAIL AT THE ADDRESS BELOW. THANK YOU FOR YOUR ASSISTANCE.



☎ (541) 683-7000

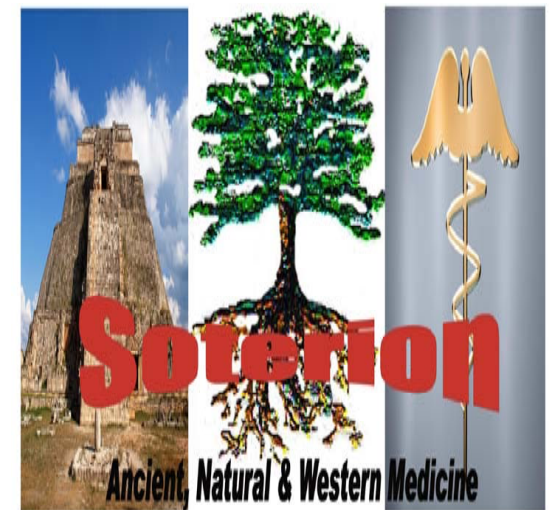
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**WE'RE BACK TO SERVE YOU AND ORGANIZING A NEW TEAM WITH AN OLD APPROACH**

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**CALL, COME IN, OR E-MAIL US FOR**

**YOUR NEXT APPOINTMENT**

# Soterion

**Approach:** Holistic, informed and balanced

**Healing:** Ancient, Natural, and improving self awareness

**Medicine:** Herbal, natural, and appropriate to your organism's healthy or normal functioning

**Environment:** Professional and accommodating

**Atmosphere:** Relaxed and reassuring

**Practitioners:** Experienced, open, learned and learning

## PRACTICING HEALERS

Acupuncturist /DOM – Family Practice

Naturopathic Family Physician

Certified Nurse Midwife – NP

LICENSED MASSAGE THERAPIST

MASTERS OF CHEN TAI CHI CHUAN (TBA)

MASTERS OF SHAOLIN KUNG FU (TBA)

## NOT-FOR-PROFIT PHARMACY

We cannot depend on over-the-counter nutraceuticals (vitamins, minerals, and other nutritional supplements) for the treatment of our patients because of two reasons:

- (1) The purity of the raw materials from which the products are made often is unknown;
- (2) Large discrepancies between label and bottle contents often exist in commercial preparations.

The **SOTERION PHARMACY** is stocked with selected products for which proof of quality and content, supplied by independent laboratories, exists. It was created for the patients' convenience to assure that what we prescribe corresponds accurately to their needs.

The **SOTERION PHARMACY** functions as a not-for-profit enterprise—any profit accruing from its operation is applied to fund:

- ◆ FUNDING AND SUPPORTING THE OREGON/CHINA CULTURAL EXCHANGE PROGRAM
- ◆ LIVING AND ACADEMIC EXPENSES FOR CULTURAL EXCHANGE PARTICIPANTS
- ◆ NATURAL MEDICINES PROVIDED ON A SLIDING SCALE ALONG WITH OUR GROWING APOTHECARY
- ◆ NEW EQUIPMENT TO ENSURE OPTIMIZATION OF CARE

### Apothecary Botanical Medicine

We now have a full Apothecary and highly learned professionals to utilize its bounty for you

## AREAS OF EXPERTISE

### Nutrition & Prevention of Disease

Involves the practice of Traditional Chinese Medicine, Naturopathy and other Ancient methods that are tried and true.

### Hydro-Colon Therapy

Here are some of the most frequently treated disorders: acne, psoriasis, eczema, arthritis, pre-menstrual syndrome, pain full menstruation, fertility problems, depression, back pain, bad breath, colds/flu, fatigue, headaches, allergies, hay fever, asthma, sinus problems, and intestinal parasites and worms.

### Movement/Exercise

We are incorporating Shaolin Kung Fu masters and true source ancient TaiJi masters who will also be certified by ACE to facilitate our health and fitness center as well as teach their balancing, strengthening arts.

### Women's Health Naturally

Our Naturopath and Certified Nurse Midwife have specialized training and experience in OB/GYN and women's life changes. We offer annuals utilizing conventional, modern methods and today's technology

Our Doctor of Oriental Medicine expands the scope of women's health by specializing in and working with all of the same concerns to supplement our ND and NP in providing a full service Natural Women's Health and resource center.