

HOLISTIC HEALTH INFORMATION

Resources for Alternative Pain Management and Stress Reduction

Pain management and stress reduction can be managed in a number of different ways. Sometimes combining traditional western medicine and alternative methods can prove successful or you may want to just use alternative methods. This handout is to provide information about where you can learn about Holistic/alternative methods and practitioners.

Silver Moon Holistic Health Services and Referral Center

29 High Street, Brattleboro, VT

Contact: Patti Newton

(802) 254-9600 or silvermoona@ymail.com

www.silvermoonvt.com

Open Tuesday through Saturday 10:30-6

Located in downtown Brattleboro, Vermont in the High Grove Parking Lot. The Center is free, and the public is invited to come in and learn more about the term "Holistic Health" and related services. Learning is done by asking questions, browsing through the Library of Information Binders, practitioner info files, brochures, business cards, event posters and book exchange.

This allows individuals to make informed choices by reading educational material and choosing practitioners that fit with their individual needs to create a well-rounded approach to well-being. This includes the development of health through: Physical, Emotional, Mental, Spiritual and Environmental considerations.

The following list does not include all the resourced available. For more information about resources visit Silver Moon Holistic Health Services and Referral Center.

This guide can be downloaded from windhamrx.org/medical-providers

HOLISTIC HEALTH CENTERS

Alternative Pain Management and Stress Reduction Options

Biologic Integrative HealthCare

205 Main Street 2nd Floor Suite 4 Brattleboro, VT
(802) 275-4732 or info@biologichealthcare.com
www.biologichealthcare.com & www.biologiccenter.com
Open Monday through Friday 9-5:30 (closed 1-2)

Biologic Integrative Healthcare (BIH) is patient and community centered. We have a compassionate, professional staff including naturopathic and medical doctors, as well as other providers, experienced in treating pain. BIH approaches pain by providing our patients with numerous options, which include nutrition, supplements, acupuncture, massage and stress reduction.

Managing chronic inflammation, for example, can be more effective when patients follow an “anti-inflammatory diet,” limiting foods that promote pain and consuming those which help the body to heal. Because we use an integrative model, patient feedback helps determine if selected conventional approaches might be considered.

Biologic Wellness Center holds an array of enriching mind/body/spirit programs that may ease the stress and pain of various conditions. The schedule of workshops for wellness and healing changes often, so continue checking the events list at biologiccenter.com or visit the main practice website at biologichealthcare.com.

Medicine for the People

125 Main Street, in the Carriage House behind Town Hall in Putney, VT
(802) 387-3028 or info@medicineforthepeople.org
www.medicineforthepeople.org
Open Monday through Friday 9-5

Medicine for the People works to empower people in their healing process using the art of natural medicine. Our vision is founded on the principle that community and personal health are two dimensions of the same whole. Within our work, we strive to create a supportive, collaborative relationship between clients and practitioners.

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Medicine for the People (continued from previous page)

We offer a variety of services that are work with the body's innate wisdom. We offer Thai massage, Zen Shiatsu, Integrative Positional Therapy, Deep Tissue Massage, and Reflexology. Any of these bodywork modalities can aid the client in stress reduction, recovery from orthopedic injuries, pain management, digestive relief, and chronic pain.

For systemic issues such as chronic pain, immune health, orthopedic injuries, fertility, and addiction, we offer Chinese Medicine, Japanese Acupuncture, and Nutritional Counseling. Within these models, specific techniques like acupuncture, dietary therapy, herbal remedies, moxibustion, and cupping are used to bring the body back to balance.

MFTP makes use of a very effective acupuncture protocol used throughout the world for recovery from substance abuse and addiction. It has been clinically proven as beneficial by the National Acupuncture Detoxification Association (acudetox.com). Physiological, emotional, and psychological support can be gained through these ½-hour sessions over the course of several days.

Low-Cost Clinic: Every 2nd Wednesday of the Month, 4-7pm Cost is by cash donation. Pay whatever you can.

Sojourns Community Health Clinic

4923 US RT 5 Westminster, VT

(802) 722-4023 or client_services@sojourns.org

www.sojourns.org

Open Monday through Friday 8:30-5:30. All visits are by appointment.

Offering effective chronic and acute pain management with alternative methods. Practitioners include Holistic MD's and Nurses, chiropractors, physical therapist, naturopaths, acupuncturist, body workers, psychotherapist, herbalist and homeopaths. Sojourns believe that there are a variety of effective ways to address pain without using pharmaceuticals, and recognize pain management as an important part of what we do to help our patients at times. Therefore, Sojourns practitioners do not prescribe opioid medication for the treatment of chronic pain. If you have any questions about our policy, or what we have to offer, we will be more than happy to discuss this with you.

**Mind-Body Pain Management Clinic
Brattleboro Retreat**

1 Anna Marsh Lane, Brattleboro, VT
(800) 738-7328 ask for James Benton
www.brattlebororetreat.org/pain-management-clinic

Living with chronic pain can affect every aspect of your life, from your ability to work and maintain relationships to shopping for food and making the bed. Unlike acute pain, the severity of chronic pain is not related to the amount of damage to the body. This pain does not serve a protective function and may cause significant impairment in daily life. Long term use of opioids, and other pain medications, can make the brain more sensitive to these signals, further increasing the experience of pain..

The Mind-Body Pain Management Clinic: seeks to help patients tap into the innate power of the mind-body connection. We do this through a variety of proven techniques including:

- mindful movement/yoga
- Acceptance and Commitment Therapy (ACT)
- relaxation training using iPad biofeedback
- daily activity planning
- mindfulness and guided visualization.

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