

## Chaos to Calm Program

For some of us, the dramatic swings have been going on for years. For others it's just a confusing few months. No matter how long, it all feels like aimless wandering with no tangible purpose or meaningful direction.

**DO NOT WORRY.** All is not lost. The most important trap to sidestep is complacency - never let yourself get comfortable with discomfort. Once chaos and dysfunction become the norm it becomes hard to accept calm and functionality.

Remember back to how it felt to be "in the groove." You were able to duck the verbal jabs with a witty retort and sidestep life's roadblocks with ease. Life seemed so easy - **in the groove.**

Now you find yourself carrying around a ton of caustic baggage on your shoulders feeling the dysfunction oozing into every action and thought process. Are you are feeling out of shape, wounded by everyone, eating poorly, abusing substances, not exercising and generally disconnected from society? **This is no way to live.** As with all new things, it depends on personal awareness and the desire to stay on your current path or choose another one.

In truth, it can be quite relieving to **choose** to stop pounding on yourself. As you make any small or large adjustment in life, you will find that with every action there will be an unpredictable outcome.

Be flexible, nonjudgmental and open to new (or different) ideas. **Be open to a 21<sup>st</sup> century approach to medicine** - a multifaceted three-dimensional approach. You are not a single dimensional person, so don't let your care be that way.

If you find your emotional, behavioral and physical reserves sapped, start by signing up for our Chaos to Calm program: one introductory 30-minute appointment with each of our four providers in a flexible 2 hour package in our office or over the phone. You pick the time, date and topic to discuss. Or choose from our list.

On the next page is a list of our four Chaos to Calm providers and their specialties.

Provider	Skills	Treatment
Dianne Hinton	Nurse practitioner Functional medicine specialist	<ul style="list-style-type: none"> <li>▪ Hormone replacement</li> <li>▪ Fatigue</li> <li>▪ Stress</li> <li>▪ Allergies</li> <li>▪ Pain</li> </ul>
Lisa Galeazzi	Holistic psychotherapy	<ul style="list-style-type: none"> <li>▪ ADD/ADHD</li> <li>▪ Depression</li> <li>▪ Relationship issues</li> <li>▪ Abuse</li> </ul>
Gina Vance	Hypno-therapist Guided imagery specialist	<ul style="list-style-type: none"> <li>▪ Reaching goals</li> <li>▪ Clearing life obstacles</li> <li>▪ Abuse</li> <li>▪ Learning meditation</li> </ul>
Julia Bertrand	Vibratory medicine specialist	<ul style="list-style-type: none"> <li>▪ Massage</li> <li>▪ Reflexology</li> <li>▪ Natural facial</li> <li>▪ Pain/Anxiety</li> </ul>

*The information provided is not meant as a replacement for a physician's care.  
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*

