



We help our clients harness the power of their body, mind, and spirit.

**Find your strength.**



Spaulding began practicing integrative medicine over 30 years ago, long before the term came into popular use. Integrative medicine, also known as holistic, complementary, or alternative medicine, emphasizes patient empowerment. These techniques and treatments help people use their own internal healing mechanisms to create optimum health.

Our team of specialists include physicians, psychiatrists, psychologists, occupational, physical and massage therapists, and nutritionists. In addition to their traditional medical training, they have also completed extensive training in Holistic Medicine programs to be able to provide you with the best care integrating medical and alternative treatment techniques including:

- Acupuncture
- Biofeedback
- Energy Psychology
- Craniosacral Therapy
- Nutrition
- Meditation
- Myofascial Release
- Reiki
- T'ai Chi
- Yoga
- Massage

## Integrative Therapies can help treat:

- Pain
- Head Injuries
- Musculoskeletal injuries
- Insomnia
- Stress
- High Blood Pressure
- Circulatory problems
- Anxiety



For more information please call us at **781.391.7518**  
or visit [www.spauldingnetwork.org](http://www.spauldingnetwork.org)

Find us on:

