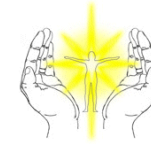




The Holistic Self Care Center
12 Murphy Dr. Nashua, NH 03062
603-883-1490 www.hsccenter.com



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Patient Name: _____ DOB: _____

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Integrative Treatment

- General Intake (overall health review)
- Acupuncture
- Nutritional Guidance
- Laughter Education
- Pain Management/ Chronic Fatigue/Fibromyalgia
- Postural Analysis/ Balance/Agility
- Cardiovascular/Diabetes/Digestive Issues
- Stress Relief Education/ Meditation
- Attitude Life Changes Coaching
- Weight Related Lifestyle Changes
- Self Care Education, workshops
- Exercise Class-Slow Intentional Movement
Tai Chi, Yoga, Capoeira,
- Reflexology
- Hypnotherapy-Pain, Weight Issues, Smoking,
Achieving Goals, Happiness, Confidence, etc
- Ear Coning
- Craniosacral
- Allergies Symptom Relief
- Detoxification Program
- Massage (Circle if specific)
Swedish, Relaxation, Sports, Pregnancy
Neuromuscular, Trigger Point,
Integrative, Circulatory, Shiatsu,
Lymphatic, Deep Tissue
- Reiki/Energy Work
- Polarity/Balancing Body Energy
- DNA testing for family history
- Supplements Education/Food Substitutes
- Other _____

Notes:

 Signature of Doctor Date

Please check with your insurance provider for coverage of the above-recommended services.

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The Holistic Self Care Center

HOLISTIC:

relating to or concerned with whole or with complete systems rather than with the analysis of, treatment of, or dissection into parts <*holistic* medicine values the treatment of both mind and body>

We take a natural approach to optimal health and wellness. We start with a General Intake which looks at family history, stress, environment, medications, pain issues, work life, family life, past medical history, mental and emotional state. We spend extra time with each client to see the connections, create a specific plan for each individual and give homework for improvement.

Every client needs to take responsibility in his or her health care. We give the client the tools, teach them how to use the tools and empower them to do the work.

Please call to tour the facility, meet the staff or book an appointment. We look forward to working with you.

Thank you!

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