

WHAT IS HOLISTIC HEALTHCARE?

Holistic Health care is based on the principle of Vix Medicatrix Naturae i.e. nature cures. It believes that, when given the proper natural environment, the body has the ability to heal itself of even the most serious diseases.

It believes in the uniqueness of every individual and that each human being is composed of more than the sum of its parts, (mind-body-spirit). It extends beyond self, to include family and environment.

Holistic Health supports wellness interventions such as:

- * **Natural & Pharmaceutical Medicines**
- * **Blood type diets**
- * **Exercise**
- * **Meditation/Prayer**
- * **Massage**
- * **Aromatherapy**
- * **Acupuncture**
- * **Food as Medicine**

CONSULTATION AVAILABLE FOR

- * **Acupuncture**
- * **Botanical (herbal) Medicine**
- * **Chemical & Heavy Metal Detoxification**
- * **Colon Cleansing**
- * **Clinical Nutrition**
- * **Homeopathy**
- * **Spinal Manipulation**

CARE FOCUS

- * **Stress**
- * **Weight Loss**
- * **Pain**
- * **Diabetes**
- * **Hypertension**
- * **PMS**
- * **Fertility Problems**
- * **Menopausal Discomforts**
- * **Fibrocystic Breast Disease**
- * **Gastrointestinal Problems**
- * **Arthritis**
- * **Allergy**
- * **AND MORE!**

THE PHYSICIANS

Dr. Lewis - Senior was a registered nurse for several years and has been working extensively in the field of Holistic Health & Wellness in various healthcare settings.

She is an excellent speaker and is highly sought after for wellness events, women's retreats and various other conferences and workshops. She is the founder of **Healing Streams Support Group for Women** and **The Superb Physicians Network**. She has had multiple media appearances and radio interviews. Her practice focuses on women's health.

Dr. Derek Senior has a strong background in Nuclear Radiology. He has worked extensively with many cardiologists and Nuclear physicists and is well sought after for his skills in nuclear cardiac imaging. He focuses on cardiac disorders and men's health.

They both completed their internship at the University of Bridgeport College of Naturopathic Medicine, where they pursued a medical degree in Naturopathic Medicine.

They have a strong background in integrative medicine and have successfully completed rotations at the Yale-Griffin Integrative Center in Derby Connecticut, Greenwich Hospital, Connecticut, and Waterbury Hospital.

HHCC is proud to introduce them to you. They are knowledgeable in their field and have been successful in helping many patients find significant relief for many diseases.

If you have always wanted to find caring, competent and compassionate physicians, you've found the right ones!

**Call for an appointment today!
203-374-5309 / 914-484-5309**

MISSION & PHILOSOPHY

HHCC seeks to combine the best of conventional medicine with the best of complementary and alternative therapies for you and your family.

HHCC believes that everyone has an innate healing potential and views healing as a process, which affects us on all levels of our being, i.e. mind, body and spirit.

The commitment of HHCC is to be a place for balance and healing in lives that are affected physically, psychologically or spiritually.

The mission of HHCC is to first help the individual and family, and ultimately the community. The aim is to provide the best care for optimal health and wellness to those we serve.



DIRECTIONS

CONNECTICUT

Interstate 95: North/South:

Exit 27 Follow signs to Park Ave, Follow Park Ave to Old Town Rd. Right onto Old Town Rd, and Left onto Plattsville Rd.

Merritt Parkway:

Exit 47 - Left onto Park Ave, Left onto Old Town Rd and then Left onto Plattsville Rd.

Metro North Train:

New Haven line to Bridgeport, and then transfer to taxi or #3 or #4 bus to Old Town Rd.

NEW YORK

Located in Stevens Medical Building, near Mount Vernon Hospital.

Holistic Health Care & Consultation

CONNECTICUT

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NEW YORK

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HOLISTIC HEALTHCARE AND CONSULTATION, LLC.



*“Personalized Care
for Optimal Health
and Wellness.”*

Derek Senior, N.D.

Dorette Lewis-Senior, N.D.

Naturopathic Physicians

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