

Philosophy of the Practice

Dr. Joya Schoen

Our approach to patients grows out of the understanding that one's state of just "feeling under par" to seriously suffering from a chronic disease is a continuum caused not from drug deficiencies but from multiple stresses both from within and without. These are most frequently found to be in the area of nutritional imbalances, toxin exposure, and hormone imbalances. Your genetic heredity predisposes you to certain health problems, but does not predetermine your total health. It is proven that lifestyle can positively modify genetic expression.

Our goal in offering healthcare is to identify the root causes of failure of the person's body and mind to cope with these stresses successfully. Once identified, the factors responsible for interfering with a high level of wellness are presented and solutions recommended to each patient. Empowerment for achieving a high degree of health comes to those willing to participate in their own health outcome. We view successful healthcare as a dynamic interaction between health care professional and patient, with sincere participation of each.

We human beings are suffering from our own unwise choices and ignorance of good health habits as well as from the enormous stresses imposed on us from the toxic environment in which we live. We offer programs to patients that address the foundations of health: optimal nutrition, toxin identification and detoxification programs, hormone and vitamin/mineral replacement and balancing, as well as recommending exercise and stress reduction on an individualized basis.

We approach you with the optimism that your body was designed to win, and given intelligent support and understanding, it will succeed. Your attitude of seeking the help of a "cause and cure" type healthcare vs. drug driven medicine indicates that you have the first requirement for healing: thinking outside the box of pharmaceutical medicine. The next requirement is developing an attitude of hope and positive thinking: that given the right help, your body can heal itself.

All that remains then is to learn enough about your condition to realize what is required for restoring health and commit yourself to staying the course until the desired results are obtained. After that, maintenance of the new health habits will ensure that a return to the former state of suffering is unlikely.

We look forward to partnering with you in creating a healthier happier you!