



Advocate Good Shepherd Hospital's Center for Health and Integrative Medicine

Advocate Good Shepherd Hospital's Center for Health and Integrative Medicine opened in April 2021. The Center is the culmination of a community and hospital fundraising collaboration with a unified vision to create a space that supports health and healing.

The model of Integrative Medicine is one that combines evidence based conventional and complementary approaches in the context of whole person care: mind, body, and spirit. The staff working at the Center are health professionals who have extended training in their area of specialty in Integrative Medicine. This allows for a collaboration in care that can extend through the hospital, as well as with primary care physicians and specialists. The goal of Integrative Medicine is to enhance, not change a care plan.

Nutrition is a pillar of the Center. Emphasis will be placed on dietary education in disease prevention and management and personalized dietary assessments will be offered by registered dietitians familiar with nutritional medical management. Our Advance Practice Nurse Debbie Stamm embodies the integrative approach through empathetic listening, promoting health, and inspiring wellness.

The Center offers a variety of services, including acupuncture, medical massage therapy, yoga, aromatherapy, psychotherapy provided by a licensed counselor, and virtual health coaching, with additions such as Culinary Medicine to follow.

There is a healing garden just outside the center that provides an invitation for reflection and group gatherings.

The Center is available to everyone: community members, patients being treated at the hospital, and team members of the hospital. Your experience starts with a warm and attentive front desk assistant who will help navigate services for each client to make it as seamless as possible.

For more information, call the Center at 847-842-3140.



Advocate Good Shepherd Hospital's
Center for Health and Integrative Medicine
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Schedule an Appointment
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 **Advocate**
Good Shepherd Hospital