

## COMPLEMENTARY PHYSICIANS, PRACTITIONERS and CENTERS

**The SCHACHTER CENTER FOR COMPLEMENTARY MEDICINE-** <http://www.mbschachter.com>  
2 Executive Blvd, Suite 202, Suffern, NY 10901  
**Phone: (845) 368-4700**

Treatment programs emphasize lifestyle changes and address diet, exercise, nutritional supplements and stress management. For many patients, programs involving injectable vitamins, minerals, chelating agents and bio-oxidative substances play a major role in treatment. Other modalities used include homeopathy, acupuncture, and counseling or psychotherapy. Located in Suffern New York.

**STRAM CENTER FOR INTEGRATIVE MEDICINE-** <http://stramcenter.com>

90 Adams Place, Delmar, NY 12054

**For appointments: (518) 689-2244.**

Experienced physicians alongside complementary practitioners who are highly trained and certified in the fields of clinical nutrition, acupuncture, massage therapy and naturopathic medicine.

Our services for cancer patients and their families include:

- Thermography
- Reduction of the side effects of chemotherapy and radiation treatments
- Improvement and optimization of immune system functioning
- Proper guidance and timing of anti-oxidant and detoxification treatments
- Clinical nutrition to increase energy and maintain lean body mass
- Supplementation with vitamins, herbs and botanical formulations with attention to potential interactions with pharmaceutical treatments
- Reduction of anxiety and depression and improvement of quality of life through yoga, meditation, guided imagery,
- reiki and massage therapy
- Helping to navigate through the myriad of evidence-based, unproven and potentially harmful complementary healthcare choices
- Support for family members and/or caregivers

**INTEGRATED MEDICINE & NUTRITION** [www.intmedny.com](http://www.intmedny.com)

**Dr. Michael Wald & Dr. Nilay Shah**

495 Main Street, Mt. Kisco, NY 10549

**(914) 242-8844** [info@intmedny.com](mailto:info@intmedny.com)

Your source for truly cutting-edge holistic medical and nutritional care.

- Breast Screening Thermography - No Radiation!
- Comprehensive medical and nutritional exams and consultations
- Laboratory testing of all types (most covered by insurance)
- We pride ourselves on seeing fewer patients so we may provide you the time and attention you deserve
- Our highly qualified and caring doctors are well-respected by both the professional and lay-public
- Our approach is strongly scientifically based and includes years of clinical experience and research

**THE ULTRAWELLNESS CENTER** <http://www.ultrawellnesscenter.com>

55 Pittsfield Road, Suite 9, Lenox Commons, Lenox, MA 0124

**(413) 637-9991** [office@ultrawellnesscenter.com](mailto:office@ultrawellnesscenter.com)

At The UltraWellness Center we practice a new model of medicine that incorporates the best diagnostic tools and technologies from conventional medicine, as well as emerging tests and tools that help us identify the critical imbalances that are at the root of all illness. We practice patient-centered, not disease-centered, medicine.

The team of physicians, nutritionists and nurses use a comprehensive approach to health and healing.

The physicians are Board Certified and have extensive training in functional, integrative and nutritional medicine, and our nutritionists have specialized training in using food as medical therapy.

**SUSAN WILLSON, CNM, CCT- Certified Clinical Thermographer.**

<http://biothermalimaging.com/index.html>

Stone Ridge, New York

**phone: 845-687-4807** email: [matrixconsulting@verizon.net](mailto:matrixconsulting@verizon.net)

Breast thermography, or digital infrared imaging, looks at the effect of tumor growth on tissues, rather than looking for the tumor itself. These early changes (such as new blood supply a tumor needs to grow) are visible in the breast 8 to 10 years before a tumor is large enough to show up on imaging such as mammogram or ultrasound, which are looking to actually see the tumor. Knowing about abnormal changes at this early stage can give you the opportunity to rebalance the body early and possibly prevent

further tumor formation. Thermography was FDA approved in 1982 for adjunct breast screening. It is painless and harmless, as it does not use Xray.

**LEE GRIGGS, LMHC, CASAC**

Columbia Memorial Hospital, 71 Prospect Ave Hudson, NY 12534

**518-697-8010**

Private Practice: 44 Main St, Kingston

**845-706-7928**

Lee is a Licensed Mental Health Counselor, as well as a Credentialed Alcohol & Substance Abuse counselor who worked for six years at St. Christopher's in Garrison, NY, where she treated homeless men with mental health and addiction issues. Currently, Lee is a psychotherapist at Columbia Memorial Hospital, working in both the inpatient and outpatient units. She has been leading mindfulness-based groups for the past seven years and recently studied Mindfulness-Based Stress Reduction at the University of Massachusetts. Lee has instituted a group at CMH encompassing meditation, mindfulness, and energy work which helps individuals tap into the mind-body connection that can help reduce stress, improve overall health, and increase quality of life. Her private practice is in Kingston NY.