

Services for a longer, healthier, happier life

Health Coaching

Our health coaches will help you work toward your long-term health goals.

Annual Wellness Visits

For patients above 50. These include preventive screenings, immunizations, and health documentation. Covered by Medicare and other insurance.

Cognitive screening

To slow the process of age-related cognitive issues. Includes the Montreal Cognitive Assessment, counseling, nutritional guidance, stress management and lifestyle medicine.

Weight-loss clinic

We provide medication, coaching and dietary guidance to help patients achieve their weight goals.



You have questions. We have answers.



What conditions can you treat?

Chronic pain, stress, digestive disorders, sleep disturbances, cardiovascular disease, fatigue, cancer, autoimmune disorders, depression, mood disorders, and more.

How is integrative medicine different from conventional medicine?

We take a holistic approach to health. We address the root causes of illness and promote overall wellness, rather than just focusing on your physical symptoms with medication or surgery.

What types of treatments do you use?

A combination of conventional medicine and complementary and alternative medicine (CAM) therapies such as herbal medicine, supplements, mindfulness activities, nutrition, exercise, and lifestyle coaching.

Does your clinic accept insurance?

Yes. We accept the same insurance as other Ridgecrest Regional Hospital clinics.

It's time to feel better—in mind, body & spirit

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(760) 499 3863

www.RRH.org

Ridgecrest
REGIONAL HOSPITAL

WITH
INTEGRATIVE
MEDICINE, WE
TREAT THE
WHOLE YOU

Ridgecrest Regional Hospital's Integrative Medicine Clinic is here to treat all of you—not just your medical condition.

**Enjoy better health—
and a better life.**

**The Integrative Medicine
Clinic at Ridgecrest Regional
Hospital** provides a bigger-
picture approach to healthcare.

Integrative medicine is
a holistic approach that
combines conventional
medicine with complementary
and alternative medicine
(CAM) to address the physical,
emotional, mental, and spiritual
aspects of your health.

We help you create a
customized path to greater
well-being.

Our treatments and techniques
can include: Mindfulness
activities, Counseling &
Coaching, Diet and Exercise
Programs, and more.

**Integrative
Medicine “
doesn’t
replace
traditional
medicine. It
complements it.**

We work with patients in collaboration
with their primary care physicians and
specialists to help improve chronic
conditions including:

- Chronic pain
- Stress and anxiety
- Digestive disorders
- Insomnia and sleep disturbances
- Cardiovascular disease
- Fatigue
- Cancer
- Autoimmune disorders
- Depression and mood disorders
- Obesity
- Pre-menstrual syndrome

...and more

**Our Integrative
Medicine Clinic is:**

- Outpatient
- Covered by insurance
- A safe and effective
add-on to your
traditional medical
treatment.