



# POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

5893 Copley Drive 6th Floor, San Diego 92111  
[positivechoice.org](http://positivechoice.org)



858-616-5600



## LOSE WEIGHT

### Healthy Balance Weight Loss Program

Lose weight eating nutrient rich, whole foods. Attend weekly group sessions that include exercise, education, and practicing mindful eating strategies. The 16-session program meets weekly for ninety minutes and is available throughout San Diego County. No fee for members.

### Medically Supervised Weight Management Programs

Lose weight with the aid of liquid meal replacements. Options include using a combination of food and meal replacements or all meal replacements. Weekly support sessions provide education and motivation. Program details and fees can be downloaded at [positivechoice.org](http://positivechoice.org)

Health benefits of the programs include:

- Average rate of weight loss/week, three to five pounds.
- 74% of type-2 insulin resistant diabetics are able to discontinue diabetes medications and the rest usually are able to reduce the amount of medication needed.
- 40% of those with high blood pressure achieve normal blood pressure. 30% are able to greatly reduce their medications and achieve better blood pressure control.
- 93% experience a drop in total blood cholesterol levels. The average drop in blood cholesterol values is 81 points.

## MAXIMIZE YOUR NUTRITION

- **Nutrition/Fitness Forum** – Free counseling on weight loss, healthy eating, and fitness from professionals. See locations, days, and times online at [positivechoice.org/nutrition-fitness-forums](http://positivechoice.org/nutrition-fitness-forums)
- **Healthy Plant Based Cooking Classes**  
Learn how to eat more plant foods and have fun eating them. See dates, topics, and times online at: [positivechoice.org/cooking-classes](http://positivechoice.org/cooking-classes)  
\$45 per class.

## UP YOUR FITNESS

- **Personal Training**  
Work out with a certified trainer. Increase body strength, cardiovascular fitness, and endurance. \$55 per session.
- **SECA Body Composition Analysis**  
State of the art body composition testing for muscle mass, body fat percentage, hydration, cellular health, and ideal body weight range. \$55
- **Muscle Toning**  
Classes \$55 / 8 classes
- **Yoga and Simple Yoga**  
Classes \$72 / 8 classes
- **VO2 Testing**  
Measure fitness performance \$190

## RELAX AND RENEW

# breathe

### **Biofeedback**

Appointments use computerized equipment that measures small changes in your body's chemistry. As you work with a therapist practicing mindfulness, meditation, and visualization techniques, the computer program provides feedback on your physical responses.

Biofeedback teaches you to recognize a relaxed state and then how to voluntarily trigger relaxation as needed. Biofeedback reduces stress related symptoms, helps manage chronic pain, and relieves insomnia.

Members should check with their Primary Care physician for a referral. Members with referral pay their regular co-pay.

Non-members or no referral fee is \$95.

Biofeedback has been found helpful for these conditions:

- Headaches
- Irritable bowel syndrome
- Panic attacks
- Hypertension
- Chronic pain
- Insomnia
- Fibromyalgia
- Anxiety
- Asthma
- PMS
- Depression

## **MINDFULNESS for EVERYDAY LIVING**

Mindfulness is a way to use your mind and body to take charge of your mental and physical health and feel more in control of your life. This researched-based program offers an opportunity to learn and practice visualization, meditation, and guided imagery skills that increase your ability to be less reactive, to focus and concentrate with greater ease, to cope more effectively with stressful situations and pain, and to enhance your ability to feel more connected to life and those you care about.

Eight, two-hour sessions, \$280

## **THERAPEUTIC MASSAGE**

Therapeutic massage combines multiple massage therapies to best suit your needs: Shiatsu, Thai, acupressure, Swedish, Eastern, deep tissue, and sports massage. Your session is charted in your electronic chart for your physician to reference. \$60 (no tipping).

## **SOLUTIONS – RECOVERY from FOOD ADDICTION**

Learn about the physiology of addictive responses in your brain. Learn and practice strategies for overcoming urges to binge eat within a safe, supportive, environment. Twelve-session program, \$420

## **INTEGRATIVE MEDICINE**

An integrative approach to medicine combines traditional medical practices with complementary medical therapies to reduce symptoms and enhance healing. Therapies such as acupuncture, therapeutic massage, homeopathy, or the use of botanicals and supplements are used to stimulate your body's natural healing and defense systems. An integrative approach can help you slow the progression of disease, avoid medications or invasive procedures, and, in some cases, help you achieve remission.

An Integrative Medicine visit considers your entire medical history, lifestyle, diet, environment, and emotional health as part of diagnosis and treatment. The goal is to aid recovery using treatments that have less side effects and less invasive procedures, while helping you develop a lifestyle that is healing in the present and promotes wellness throughout your entire lifespan.

**Integrative Medicine Physician  
Appointments \$250**