

Exploring Complementary Medicine

Since the early 1970's, complementary therapies have grown in popularity. The most recent surveys reveal that as many as 40% of Americans have used complementary therapies in one capacity or another. But what is complementary medicine? Complementary medicine is a collection of disciplines that work together with conventional medicine (also called Western or allopathic medicine.) These disciplines, many of which have origins reaching back several thousand years, are designed to improve a body's overall health by restoring its inner balance.

The term "complementary" refers to the fact that each of these disciplines is intended to work hand-in-hand with your other conventional professionals such as your M.D. (medical doctor, D.O. (doctor of osteopathy), physical therapist, psychologist, and registered nurses. This mutual relationship differs from the approach of "alternative medicine" which seeks to take the place of conventional medicine. You may also hear the words "integrated medicine" used in conjunction with complementary medicine. "Integrative medicine" refers to a practice that combines both conventional and complementary medicine treatments for which there is evidence of safety and effectiveness. Hence, our name Restored Balance Integrated Health Services.

There are a variety of disciplines that fall under the category of complementary medicine. A few of the most common ones are:

- **Acupuncture.**
- **Massage therapy**
- **Naturopathic medicine**
- **Herbal remedies**
- **Reflexology**
- **Energy work**
- **Hypnosis.**
- **Yoga**

What are the benefits of complementary medicine? One benefit is that many people who practice complementary medicine take a "whole person," or holistic, approach to treatment. A Naturopath, for example, may take an hour or more to ask you questions about your lifestyle, habits, and background before making recommendations. This makes many people feel better about the treatment, the person giving the treatment itself, and their condition.

In York County, it has been difficult to find a business that pulls together more than one or two of these disciplines at the same location. That is, until now!

Restored Balance is located in the Brockie Medical Center in West York. Formerly known as R&R Massages of York, Restored Balance maintains a reputation that has drawn local, national, international, and celebrity clientele. On November 1, 2010, R&R Massages took the step to become a fully integrated complementary medicine facility. Their staff now includes a Board-certified physician, a registered nurse, several talented relaxation massage therapists, two highly-skilled advanced medical massage

therapists, a medical esthetician, a reflexologist, and a Reiki practitioner. In addition, arrangements have already been made to add an acupuncturist to the staff in January 2012.

Acting as Restored Balance's Medical Director, Dr. Carla Huitt M.D. has been practicing medicine for nearly 30 years. She is a doctor of Internal Medicine but also has her Master's Degree in Public Health. Dr. Huitt specializes in bio-identical hormone replacement therapy, metabolic syndrome, thyroid insufficiencies, and adrenal fatigue in men, women and teens.

Both Kevin Bruck and Tracey Roberts are well-known within the medical community for their finely-honed skills as medical massage therapists. Physicians from Healthsouth, Wellspan, O.S.S, and other local practices have referred complex cases to these two therapists for evaluation and treatment.

So, if you are considering seeking out a complementary medicine facility, check out Restored Balance Integrated Health Services at 717-495-2802. You may just find your "Health, Energy, Life... Restored."