

Dear RCWH Member,

We hope this newsletter finds you well and that you will enjoy the most recent information from Ridgway Center for Whole Health.

Membership Benefits

Direct Availability

You receive direct availability to us via cell, text, video, and messaging via member portal throughout the year – for your peace of mind. We do require clinic visits to establish care and at least one follow-up visit annually, but our HIPAA compliant telemedicine services and communication app help us to respond quickly to questions and concerns. Our small practice size enables us to make you feel like our number one priority.

READ MORE or clickable fade....

Clinic access from 7 am – 7 pm, 7 days each week via key fob for picking up supplements or items after hours. Clinic open hours are Monday – Thursday 9 am – 4 pm.

Deep discounts on Quest lab services.

In clinic lab draws, cryotherapy, IFOB, and rapid strep testing are included with Membership.

Discounted supplements are available to purchase from RCWH clinic or via your [Fullscript](#) account.

Functional Medicine Approach

What is Functional Medicine?

Personalized – You are a unique individual, and therefore so is your treatment plan.

Root Cause approach – This requires a deeper look and gathering more information than you may have experienced previously.

Natural Medicine – Our bodies require proper nutrients, exercise, and healthy stress management skills to heal properly.

Comprehensive – There are almost always multiple factors causing imbalances which create illness. We must address each one to create balance.

Cutting Edge – While using current research based methodologies to guide our journey to wellness, we are also forward thinking in how we approach the end result.

Personalized Treatment Strategies

Thorough Review – Our first objective is to obtain a full history and try to piece together what brought you to this place. During your initial consultation, we conduct a thorough review of your medical records and intake forms.

Your Story – Our functional approach looks at both the physical events as well as the life events such as stress and family circumstances that play a role in overall health and well-being. Like putting together a puzzle, every piece is valuable. This is why we look closely at your story.

Comprehensive Flexible Plan – A comprehensive plan will be presented to you which may include specialized or basic labs, imaging, or referral for needed screenings or specialist. We realize your financial concerns and busy schedule might need to be included as part of your plan and will be sensitive to this.

We have partnered with [Apollo Health](#) to offer the only Bredesen-approved protocol. AHNP programs are designed to fit anyone, whether you're already showing symptoms or simply hoping to prevent them. The personalized report ReCODE identifies the source and subtype of your cognitive decline and provides solutions to prevent or reverse early symptoms.

Bio-identical Hormone Replacement (BHRT)

Individuals over the age of 30 can begin to experience hormone imbalance. Over our lifetime, many factors (environmental, stress, genetics) contribute to the natural decline or imbalance of hormones as we age. In order to balance your hormones for optimal health and wellness, we will use comprehensive lab testing and in-depth evaluation for your personalized treatment plan. BHRT can be provided via a topical cream, patch, injection (men) or pellet insertion.

Simple and Safe [BHRT Pellet Therapy](#)

Once inserted, a steady, low dose of natural hormone flows directly into the blood stream whenever the body needs it. This gives the body the ability to control the release of the hormone just as it did when the ovaries and testicles were working normally. Our method utilizes a proprietary Re3PelleDoser to prescribe the precise hormones, specifically for your needs.

[link to partner from main page](#)

Health Coach

Shannon Weinberg is a Licensed Practical Nurse (LPN) with a background in business and marketing. She is intrinsically motivated by a strong desire to help others achieve wellness and is grateful for the opportunity to serve her community. She is proud to be a team member of a practice dedicated to personalized medicine with a focus on preventive care and holistic wellness. Shannon lives in Ridgway with her husband and 2 children. She enjoys camping, hiking, and all of the amazing outdoor activities Colorado has to offer.

Mindfulness-Based Stress Management Tools

Enjoy our mindfulness-based stress management tool Muse in the privacy of your home. If you decide to purchase one, we will pass along our \$50 discount for Muse to Members. Stop by or message us if you would like to try Muse biofeedback stress management tools.

Additional Services

Employer Plans

Ridgway Center for Whole Health provides a high-quality affordable health care option for Employers!

Employers benefit from Direct Primary Care. Employers of large and small organizations are calling Direct Primary Care a win-win for their employees! “Studies show that patients enrolled in DPC practices have 59% fewer ER visits, spend 30% fewer days admitted to the hospital, are referred to specialists 62% less often, have 65% fewer radiology exams, and 80% fewer surgeries.” BenefitsPro. This is accomplished by shifting from a volume-based model to a patient centric, personalized approach model.

Nurse Educator & Rolfing® Structural Integration

Meet Valisha Keough, RN, BN, Certified Rolfer

As a Rolfer™ Valisha uses her hands to assist the body toward alignment in the gravitational field where it can feel more comfort and balanced. Rolfing® Structural Integration is an interactive form of therapy where the Rolfer™ works with skillful techniques of both touch and movement requests while the client works with their own breath and small movement patterns.

As a Nurse Educator, Valisha provides people with the awareness, knowledge, and support to help them make informed decisions that will positively impact daily living. Empowering others with the tools to find ease, comfort, freedom, confidence, space and openness within their own bodies has potential to spill over into all other areas of their lives. To learn more about Valisha and Rolfing, you can visit her at alignrolfingtime.com.