

Why Integrative Medicine?

HeartSprings is a 501 (c) 3 community nonprofit healing center established in 2008, specializing in neurological conditions and trauma. We provide integrated complementary therapies that enhance the health, healing, hope, and vibrancy for those with chronic or life altering conditions.

Parkinson's doesn't just affect the body. It also affects the mind and the spirit. That is why HeartSprings created a flexible program to address the needs of the Parkinson's client who would like to have a better quality of life.

Through ongoing research, HeartSprings has been able to design a program that helps re-wire the brain, improve physical symptoms, manage emotions, aid in releasing pain, bring you together socially through artistic endeavors, help you learn to eat for your brain, and introduce you to the power of energy medicine. As one client said, "All the treatments dovetail!" R.C.

This holistic approach complements area physicians and other healthcare providers.

Each of our practitioners is conventionally trained in their respective fields of physical therapy, occupational therapy, and nursing. All of these practitioners are registered and licensed in the state of ND.



Riding on a five seater bicycle at the Parkinson's Picnic.

*"My muscles aren't nearly as stiff.
I move more smoothly, freely,
and have a less "ratchety" feeling." - C.M.*

*"Biking is the physical stuff
but i-L-s is the brain power!"
-M.S.*

*(Client who bikes ten
miles every day.)*

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Creating a better quality of life since 2008



iLs Parkinson's group pictured with iLs instructors,
Jan Nelson, OT and Barbara Edin, PT.

**Integrative
Medicine for
Parkinson's
Disease**

Integrative Medicine for Parkinson's Disease

What does it look like?

PHYSICALLY:

- Improved gross motor skills including balance and coordination
- Improved visual tracking
- Improved fine motor dexterity
- Reduction in physical pain
- Improvement in sleep
- Improved flexibility

EMOTIONALLY:

- Improved stress management skills
- Improved ability to work with attitudes, beliefs, thoughts, and emotions
- Improved ability to experience humor and laughter as healing agents

Our Research Shows:

- * Improved Quality of Life Scores
- * Improved Balance Scores
- * Improved Neurological Scores



SOCIALLY:

- Reduction in loneliness through support groups, community meals, and activities.

NUTRITIONALLY:

- Learning how to grow and cook meals in alignment with food that is good for your brain

COGNITIVELY:

- Improved cognitive skills including memory and concentration

SPIRITUALLY:

- Improved connection to oneself, nature, and Spirit (through meditation, and prayer)
- Improved ability to express creativity, hope, and holism through art,

poetry, music, dance, theater, and writing

We will guide and nurture you through the transition with our knowledge, expertise, and years of experience utilizing the best in evidenced-based medicine, and cutting edge therapies.

Through a program we call “slow medicine” we will work with you to “re-think” what it means to live with PD.

“Be patient! It’s not going to happen overnight, but it WILL happen.” - C.O.



Contact us today for a **FREE** consultation!

No matter what stage of PD you are at it is never too late and it’s never too early!