



Frequently Asked Questions

What is integrative medicine?

Integrative medicine is an approach to health dedicated to treating the whole person, recognizing that the mind, body and spirit have a direct impact on your vitality and well-being. It combines conventional western medicine with complementary treatments, such as herbal medicine, acupuncture, massage, biofeedback, yoga, and stress reduction techniques -- all in the effort to promote optimal health. Integrative medicine focuses on preventing and treating disease. Our physicians and healthcare providers are pro-active in getting to the underlying cause of health challenges and restoring wellness through lifestyle change and the best of all global healing traditions.

Research has shown that integrative medicine can relieve anxiety, stress, pain, nausea, insomnia and fatigue. Lifestyle change programs that focus on nutrition, fitness and enhancing resiliency can halt and even reverse disease.

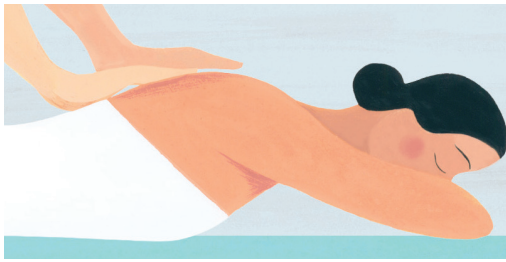
Strengths of Conventional Medicine	Strengths of Integrative Medicine
Manages disease	Prevents disease
Treats symptoms	Treats the underlying causes
Focuses on the physical body	Treats body, mind and spirit
Uses high-tech, biomedical interventions	Uses personalized approaches
Reacts to existing health issues	Anticipates health challenges and promotes prevention

What is the Chambers Center for Well Being?

The Chambers Center for Well Being, you will discover the benefits of integrative medicine. Our five pillars of health include nutrition, fitness, stress management, hormone balance and the wisdom of all global healing traditions. Based on these pillars, we work with each patient to develop a personalized “roadmap to health.”

The Center is a new, remarkable 20,000 square-foot facility home to unique and effective programs to achieve optimal health. The Center includes:

- Our physician group, Atlantic Integrative Medical Associates, where integrative medicine physicians focus on disease prevention, natural medicine and lifestyle change
- 15 treatment rooms for global healing services - such as acupuncture, meditation, massage, and Jin Shin Juytsu
- A fitness and strength training center that offers classes in yoga, Zumba, Nia and Pilates
- A professional cooking studio for classes and cooking demonstrations, where participants learn about healthy cooking and eating
- Nutrition specialists in weight loss strategies and benefits of food as medicine
- Luvo Café, our eat-in or dine-out nutrition cafe featuring a natural and organic menu offering gluten-free meals and healthy menu options
- Well Being Marketplace, our gift shop offering specialized products such as medical-grade supplements, candles, jewelry, teas, skin care products, cookbooks and relaxation CDs
- The Learning Center, where we provide training courses to educate medical professional and the community on the benefits of integrative medicine and how to proactively manage chronic health problems. We offer certification courses for those who are interested in being an integrative health professional.



All this in a beautiful, soothing environment designed by the Rockwell Group, a New York architectural firm renowned for crafting unique spaces. The Center for Well Being is an affiliate of Atlantic Health System, based in Morristown, NJ.

Who can benefit from integrative medicine?

Integrative medicine is an approach to medical care that optimizes the patients’ health and healing. It can be appropriate for pediatric patients to seniors. Some defining principles of integrative medicine are:

- Taking a more pro-active role in your health
- Creating lifestyle change to prevent disease
- A natural approach to treating health challenges such as diabetes, high cholesterol and pain management
- Distinctive methods to monitoring weight and energy levels
- Healthy options concerning your nutrition, metabolism, and digestion
- Improving resiliency and altering the way you respond to stress and tension
- Improving fitness levels and sleep patterns
- Enhancing your social, mental and spiritual wellbeing
- Natural treatments for anxiety, depression and stress

Why did Atlantic Health System open the Chambers Center for Well Being?

The Chambers Center for Well Being solidifies Atlantic Health System’s commitment to providing patients with treatment plans that have a direct impact on vitality. While conventional medicine is critical, the benefits of integrative medicine prove that health is more than the absence of disease – it is a cohesive balance of body, mind and spirit. The Chambers Center completes Atlantic Health System’s offerings and areas of expertise. Atlantic Health System has offered integrative medicine services to patients for over twenty years. Each year, 22,000 bedside visits and 8,200 inpatient services are provided to ease pain and anxiety for patients in our hospitals.

How many doctors do you have on site?

Our integrative physician practice, Atlantic Integrative Medical Associates, has four physicians and one nurse practitioner.

How can I book an appointment?

To make an appointment for any of our classes, programs or services, please call 973-971-6301. To make an appointment with someone from our medical team, please call 973-971-4686.

Who is your medical advisor?

Mimi Guarneri, MD, serves as the senior integrative medicine advisor

for the Chambers Center. She is board-certified in cardiology, internal medicine, nuclear medicine and holistic medicine. Most recently, she was elected president of the American Board of Integrative Holistic Medicine. Dr. Guarneri served as an attending interventional cardiologist at Scripps Clinic, where she placed thousands of coronary stents. She pioneered the Scripps Center for Integrative Medicine where she uses state-of-the-art cardiac imaging technology and lifestyle change programs to aggressively diagnose, prevent and treat cardiovascular disease.

Dr. Guarneri collaborated with Deepak Chopra, MD, world-renowned speaker and author on the subject of alternative medicine; Dean Ornish, MD, founder and president of the non-profit Preventive Medicine Research Institute; and leading Atlantic Health System physicians and executives to ensure the Chambers Center is at the forefront of integrative medicine.

What conditions does the Chambers Center for Well Being treat?

The Chambers Center for Well Being has a team of providers who can help treat adults from conditions including:

- | | |
|-----------------------------|----------------------------|
| • Allergies | • High blood pressure |
| • Anxiety or depression | • High triglycerides |
| • Arthritis | • Hormonal imbalance |
| • Asthma | • Hypoglycemia |
| • Cancer | • Inflammation |
| • Candida | • Insomnia |
| • Chemotherapy side effects | • Insulin resistance |
| • Chronic pain | • Irritable bowel syndrome |
| • Diabetes | • Lyme disease |
| • Digestive disorders | • Menopausal symptoms |
| • Dizziness | • Osteoporosis |
| • Eczema | • Palpitations |
| • Fatigue | • Pre-diabetes |
| • Fibromyalgia | • Shortness of breath |
| • Headaches and migraines | • Thyroid disorders |
| • High cholesterol | • Weight issues |

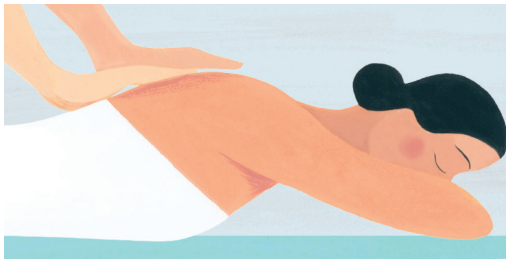
We also offer integrative pediatric care for conditions including:

The Chambers Center for Well Being has a team of providers who can help treat adults from conditions including:

- | | |
|--|-----------------------------------|
| • ADHD | • Food allergies |
| • Autism | • Gastrointestinal (GI) disorders |
| • Developmental disorders and other neurological disorders | • Infant colic |
| • Feeding issues | • Insomnia |
| | • Stress |

What is acupuncture?

Acupuncture is a 2,000 year old traditional Chinese medicine technique that uses very fine, solid disposable needles, inserted in specific points on the body. These acupuncture points elicit a response which helps restore the body’s energy and balance.



At the Chambers Center for Well Being, we believe acupuncture is beneficial for many health challenges including:

- Gynecology: fertility, menopause, amenorrhea, premenstrual syndrome, fibroids
- Muscular skeletal: acute and chronic pain, muscle spasm, sports injuries
- Gastrointestinal: constipation, diarrhea, irritable bowel syndrome, colitis
- Respiratory: allergies, sinus problems, asthma
- Neurology: headaches, migraines, trigeminal neuralgia
- Insomnia
- Addiction

What are Chinese herbs and how do they help with healing?

Chinese herbal medicine focuses on restoring the balance of body, mind and spirit through complex combinations of herbs, minerals and plant extracts. During a consultation, our practitioner will analyze your health, in order to detect imbalances in your body. Based on the assessment, our practitioner will determine if Chinese herbal treatments are right for you.

Why do you offer facial esthetician services?

Our licensed esthetician provides expertise in medical and natural skin analysis. Our estheticians evaluate your individual skin care needs and develop treatment plans that may include in-center treatments and home regimens. We take an integrative approach to our skin care services and no steam is utilized during any treatments. Our services include acid free treatments, acne skin treatments, dermaplaning, microdermabrasion and micro-peels.

What is Mind-body medicine?

Mind-body medicine techniques can change mood, behavior and consciousness. When you are physically or emotionally stressed, your body releases stress hormones. Stress can result in headaches, insomnia, palpitations, heart disease, memory loss, muscle spasm, high blood pressure, diabetes and stomach pain, and can also cause weight gain and osteoporosis.

One goal of mind-body medicine is to promote relaxation and reduce the levels of stress hormones. The key to any mind-body technique is to “train” the mind. In this state of “focused concentration,” a person is able to improve their health. We offer this in the forms of hypnosis and meditation.

What is Wellness Coaching?

The Chambers Center for Well Being wellness coaches set up a foundation for growth and change based on one’s strengths and values. Being in a coaching relationship helps you navigate health and wellness challenges that may feel insurmountable. Coaching is not psychotherapy; however, it can be therapeutic. Certified coaches can help clients obtain personal goals such as improving one’s diet, enhancing a fitness regimen, improving time management skills or stress relief.

How long does it take to see results?

Some results are experienced immediately while others require your participation and time.

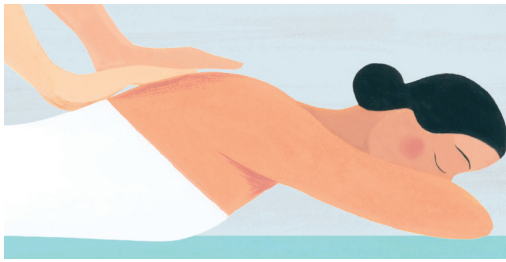
Who designed the Chambers Center for Well Being?

The creative design for the Chambers Center for Well Being was produced by the New York-based architectural firm Rockwell Group. The Rockwell Group is a global firm that specializes in a wide array of projects from hospitality, cultural and health care to education, product and set design.

Where can I find a class schedule and pricing?

The service fees listed below are for physician visits, specialty programs, treatments, personal training and health and fitness classes at the Chambers Center for Well Being:

Integrative Physician Visits	\$225
Specialty Programs	
Dr. Dean Ornish Program for Reversing Heart Disease	<i>covered by insurance</i>
Mindfulness-Based Stress Reduction (9 sessions)	\$400
Nutritional Groups	\$20
Treatments	
Acupuncture (initial visit)	\$90
(follow-up)	\$70
Clinical Skin Care Services	\$120
Initial Evaluation (45 min)	\$50
Acid Free Treatments (45 min)	\$90
Acne Skin Treatments (one hour - includes micro-peel)	\$120
Dermaplaning (30 min)	\$75
Microdermabrasion (30 min)	\$75
Micro-Peel (45 min to one hour)	\$120
Energy Therapies	
Healing Touch, Jin Shin Jyutsu, Reiki	\$55
Heart Math Stress Reduction	\$70
Chinese Herbal Consultations	\$70
Holistic Health Assessments	\$70
Hypnosis: Weight, Smoking or Stress (initial visit)	\$70
(follow-up)	\$65
Massage (one hour)	\$55
CranioSacral	
Jin Shin Jyutsu	
Pediatric Massage & CranioSacral Therapy	
Prenatal Massage	
Reflexology	
Therapeutic Massage	



Nutritional Assessment & Counseling (initial visit)	\$100
(follow-up)	\$50
Prepare for Surgery	\$70
Private Yoga	\$55
Wellness Coaching	\$70
Personal Training	
One session	\$70
Five sessions	\$350
10 sessions	\$650
20 sessions	\$1,200
Health and Fitness Classes (per session)	
Cooking Classes and Lectures	\$10
Emotional Freedom Techniques	\$15
Jin Shin Jyutsu Self Help	\$15
Jin Shin Jyutsu Mentorship	\$15
Meditation	\$10
Nia	\$10
Pilates	\$10
Prenatal Yoga	\$10
Restorative Yoga	\$10
Singing Bowls	\$10
T'ai Chi	\$10
T'ai Chi Chih	\$10
Yoga	\$10
Yoga Pilates Fusion	\$10
Zumba	\$10

For more information and to register please call 973-971-6301 or visit ChambersCenterForWellBeing.org

What is a Membership Package?

We are pleased to offer two exclusive membership packages so you can enjoy discounts and services at a low monthly cost. Each membership offers a variety of privileges. Initiation fees are either \$200 or \$400 and monthly membership fees are \$70 or \$60 per individual. Descriptions of the packages can be found in our brochure or on our website.

Are your programs covered by insurance?

Insurance coverage is available for certain programs such as Intensive Cardiac Rehabilitation. For all uncovered services, patients will receive a super bill that they can send for reimbursement to their health insurance company, Flex Spending Account (FSA) or Health Savings Account (HSA).

Are your programs considered “experimental?”

Our physicians and health care providers are experts in integrative medicine. Our patients receive a treatment plan and recommendations that are evidenced-based.

What do you sell at the center?

The Well Being Marketplace, our gift shop, is a reflection of the values that we convey from our center that will complement your journey to overall health. We offer specialized and affordable products such as medical-grade supplements, candles, jewelry by local artisans, teas, skin care products, home décor, gifts, books, cookbooks, and relaxation CDs. The gift shop is conveniently located near the main entrance of the center in Morristown.

Do you train medical professionals?

As a teaching facility, we are in the unique position to offer medical students, interns and residents clinical rotations in holistic integrative medicine. Our Learning Center has partnered with leading training programs to offer international health coach training and certification. Our vision is to create one of the most comprehensive wellness centers in the nation. Our center also incorporates workshops, retreats and courses, which enhance health and inspire individuals through lifestyle change. We educate our colleagues through grand rounds, seminars and symposia throughout the year.

What are the Chamber Center for Well Being’s hours of operation?

We are open seven days a week:

Monday – Friday: 9:00am to 8:00pm

Saturday: 9:00am to 5:00pm

Sunday: 9:00am to 3:00pm

What does the café serve?

The creative design for the Chambers Center for Well Being was produced by the New York-based architectural firm Rockwell Group. The Rockwell Group is a global firm that specializes in a wide array of projects from hospitality, cultural and health care to education, product and set design.