

Treating You to the Best of Both Worlds.

For the throngs of patients fearing and loathing the idea of their next doctor's visit, a beacon of hope and help awaits at MindBodySpirit Care. It's not everyday that entering a medical facility induces tranquility but once you step inside MindBodySpirit Care it becomes clear that something is different. Soft music sets a soothing tone while painted poppies bloom from behind the reception desk. Recommended reading, fragrant candles and gifts adorn the waiting area, where during a brief stay you may receive a complimentary massage or a taste of a new product.

Treating you to the best of both worlds, MindBodySpirit Care is an integrative medical center combining mainstream medical therapies with complementary alternative therapies. And yes, they accept most insurance. Hooray!

"Our intention is to heal," says MindBodySpirit Care Founder and Director Ron N. Shemesh, M.D., A.B.H.M., F.A.C.O.G. who is triple board certified in Obstetrics and Gynecology, Holistic Medicine and Anti-Aging Medicine. Dr. Shemesh is a graduate of Rutgers College and New York Medical College. He was a clinical instructor at New York University Medical Center and is a Fellow of the American College of Obstetrics and Gynecology, and the American Board of Holistic Medicine. "I believe in working from the inside out," he reports.

One of the many refreshing aspects of Dr. Shemesh's approach is the dignity that comes with being treated as a whole person instead of just a cluster of symptoms. Like a good detective, Dr. Shemesh asks questions in order to identify not just what you have but how it happened. Then, instead of simply scribbling a prescription, he employs a combination of nutrition and herbal supplements, bio-identical hormones, meditation, stress management, mind-body-spirit connectivity and conventional medicine to promote healing.

"Patients who seek our help recognize that quick fixes may give them relief but are not really getting to the root cause of the disease

or preventing it from coming back," the doctor explains. "In many ways, I practice as a general practitioner but as a natural general practitioner." Dr. Shemesh justifies the use of certain natural extracts by citing sound medical studies from esteemed universities around the world that prove they work.

A patient who has suffered from chronic sinus and allergy problems for 23 years writes, "Thank you so much for a good diagnosis and [for] treating me with supplements allowing my body to correct itself. I feel like a new woman."

With an emphasis on education, MindBodySpirit Care is developing a series of videos and currently offers seminars for patients concerned with topics such as weight and nutrition, gastrointestinal conditions and overcoming fatigue. A comprehensive weight management program is also available, featuring in-house nutritional consultant, Stephanie Moore, N.M.D.

Fatigue, depression, stress and anxiety are a few of the common conditions yielding positive results from MindBodySpirit Care's integrative approach but the practice is far-reaching and impacts have been made in some surprising areas. "We've made a name for ourselves with patients who come from Moffitt Cancer Center," Dr. Shemesh says in reference to integrating a holistic approach that complements patients' cancer programs.

Dr. Shemesh is pleased to work in coordination with his patients' other healthcare providers. MindBodySpirit Care has planted roots in the prestigious Carrollwood Professional Center, a move Dr. Shemesh considers symbolic because his practice is becoming part of a medical community. He sees his role as bringing people together. "I'm not in conflict with anybody; I complement them," he declares.



In today's healthcare climate it's quite common for patients to be ambivalent if not downright terrified about their next physician encounter. Dr. Shemesh's own frustrations as a former cancer patient inspired the noble philosophies he has established at MindBodySpirit Care. Instead of endless waits to see the doctor followed by impersonal hurried visits, his patients receive the time and attention they deserve. One woman shared her experience writing, "Thank you very much for treating me with care, dignity and respect. You have restored my faith and I will return."

The secret of MindBodySpirit Care is spreading and if you're reading this, it must be your lucky day. With a warm smile, Dr. Shemesh imparts the message that "Life is good" and suggests that we be thankful, learn to balance it and enjoy it to the fullest.

A step into MindBodySpirit Care is the first step in the right direction towards healing. Patients of all ages are welcome. Call 813.935.2273 for an appointment and visit www.mindbodyspiritcare.com for more information. The office is located at 3610 Madaca Lane in Tampa, 33618.

Managing Stress & Fatigue Workshop

Level 1 October 7th at 5:30pm or October 8th 8:00am

Level 2 October 21st 5:30pm or October 22nd 8:00am

Cost \$45 per person limited seating RSVP 813-935-2273