

Greenwich Hospital's Integrative Center Adds Naturopath

Dr. Gary Gruber is the first naturopathic physician to join the team of integrative medicine specialists at Greenwich Hospital's brand new Center for Integrative Medicine in Cos Cob. Dr. Gruber has a practice in New Canaan, where he works on a very individualized basis with each patient.



Dr. Gary Gruber

"Naturopathic Medicine recognizes that you, the patient, have very specific health issues that should be addressed on three levels: physical, emotional, and spiritual," Dr. Gruber explains. "Each level has its own complexity; the sum of the levels is *you*. So when you visit my office, don't be surprised to hear such questions as: What do you most fear about your illness? What impact have your symptoms had on your life? What do you believe is the source of your problems? How are you hoping that I can help you today?"

Dr. Gruber is a practitioner of Field Control Therapy, a cutting-edge system of diagnosis and treatment. He also uses the advanced HeartMath technology to assist his patients with stress management.

Treating the whole person—mind, body and spirit—is at the heart of Greenwich Hospital's new Center for Integrative Medicine in Cos Cob, which offers clinical services and a wide variety of programs for all ages. The Center's team of integrative medicine specialists and affiliated community practitioners offer traditional medical practice combined with evidence-based integrative therapies—with a particular focus on women's health consultative services, family medicine consultative services, chiropractic services and naturopathic medicine.

The Greenwich Hospital Center for Integrative Medicine is at 35 River Road in Cos Cob. To learn more about the Center, or to schedule an appointment with Dr. Gary Gruber, please call 203. 863.4538. See ad pg 2.

New Fast Track to a Massage Degree at CCMT

If you've ever flirted with the idea of becoming a massage therapist, but didn't think you could handle the academic requirements because of your job or other time commitments, things are looking up. The Connecticut Center for Massage Therapy definitely had you in mind when it launched its new 2007 12-month training schedule.

"We're always soliciting feedback from our students, and a common refrain, especially from our younger students, is that they want to do the training in a shorter amount of time and still be able to work part-time," says CCMT founder Steve Kitts. "This new 12-month schedule makes a career in massage far more accessible to more people."



Eric Mosher teaches at CCMT.

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