

Center for Integrative Healing & Wellness

In the face of a cancer diagnosis, most people understandably head straight to surgeons who cut out tumors and to oncologists who use potent chemotherapy and radiation to root out disease. For many, the treatment ends there. Many experts now agree that it's time to take a more holistic, long-term approach to the disease, and to pay closer attention to the overall health of patients suffering from cancer.

For the large majority of cancers, we believe that neither a purely conventional approach nor a purely natural approach is optimal. We believe in drawing from all branches of healthcare, using any and all modalities at our disposal - in other words, an "integrative" approach.



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ABOIM, ABNM, ABOM

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Local Hyperthermia

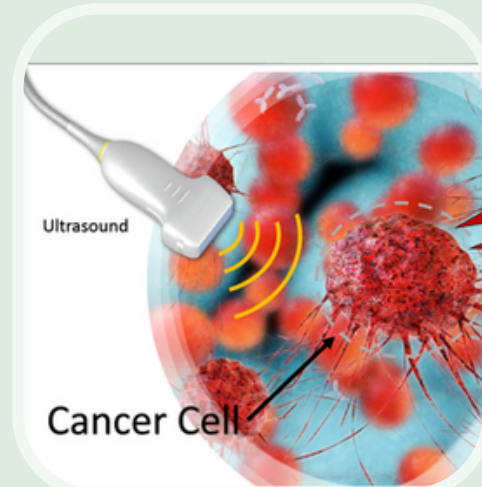


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**SONO-PHOTODYNAMIC
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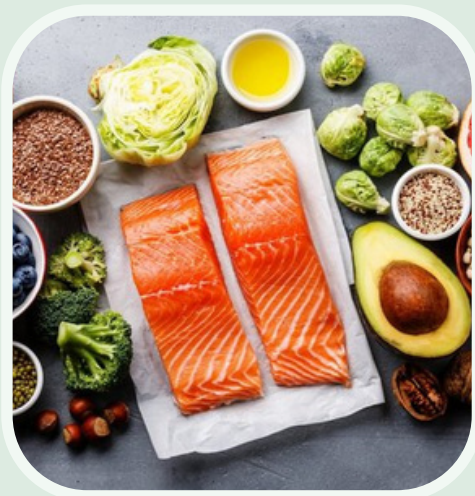
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THERAPY**



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don't have to.**



MIND - BODY HEALTH Stress management, mindfulness and mind-body awareness through massage, meditation and yoga



BOTANICAL MEDICINE, VITAMINS AND SUPPLEMENTS Coordinated use with conventional medications.



EXERCISE & FITNESS COACHING



NATURE THERAPY Shinrin-Yoku: The Japanese Art Of Forest Bathing

At the Center for Integrative Healing & Wellness, we offer an integrative, whole person approach to the person with cancer. Our physicians & staff are experts at helping you achieve a safe and effective combination of natural/complementary therapies with conventional treatments, to reduce side effects, to restore health and vitality after completion of cancer treatments, and to help prevent cancer recurrences.

Dr. Fabio Almeida M.D. ABOIM, ABNM, ABOM is the founder and director of the Center for Integrative Healing & Wellness at CIVANA Wellness Resort & Spa. Dr. Fabio is a triple board-certified physician with expertise in Integrative & Functional Medicine/Oncology, Molecular Imaging and Obesity. He served as an Assistant Professor of Radiology & Radiation Oncology, and subsequently as the Director of Molecular Imaging for the University of Arizona Medical Center in Tucson Arizona. Dr. Fabio is a fellow of the Integrative Medicine Program at the University of Arizona, where he acquired expertise in integrative medicine, herbal medicine, nutrition, fitness, acupuncture, and stress management. He is published in several peer-reviewed journals and book chapters in radiology, oncology, cardiology, nutrition, and information science.

For more information, visit www.drfabio.com/integrative-oncology or call **480-881-5621**.