University of Wisconsin
School of Medicine
And Public Health

Integrative Health
Elective Rotation
For
Residents and Medical Students

PART ONE
(Welcome, Learning Objectives, Curriculum, Experiential Learning)

(2023-2024)
Dear Residents and Medical Students,

Welcome to the UW Integrative Health elective rotation! My colleagues and I are delighted that you are joining us. We both expect and hope that the experiences and knowledge that you gain with us will augment your already strong medical education and help you think in new ways, enhancing your own health as well as the health of your future patients.

In this packet, you will find our Integrative Health curriculum, philosophy of Integrative Health, and contact lists of holistic health practitioners. Read, experience, learn! Feel free to contact me with questions/comments/concerns. Others are here to help as well. See below.

Greta Kuphal, MD

**Faculty**

Greta Kuphal, MD  
Director of Osher Center for Integrative Health, Clinical Assoc. Professor  
Contact via email  greta.kuphal@fammed.wisc.edu

David Kiefer, MD  
Medical Director, Integrative Health Consult Clinic, Clinical Asst. Professor  
Contact via email  david.kiefer@fammed.wisc.edu

Vincent Minichiello, MD  
Asst. Professor (CHS) & Director, Integrative Health Fellowship  
Contact via e-mail  vincent.minichiello@fammed.wisc.edu

Samantha Sharp, MD  
Clinical Asst. Professor  
Contact via e-mail  ssharp@uwhealth.org

Jonathan Takahashi MPH, MD  
Clinical Asst. Professor  
Contact via e-mail  jonathan.takahashi@fammed.wisc.edu

**Fellows**

Jeremiah Shaw, MD  
Contact via email  jeremiah.shaw@fammed.wisc.edu

Michael Williams, MD  
Contact via email  michael.williams@fammed.wisc.edu

Ravneet Kaur, MD  
Contact via email  rkaur9@wisc.edu

Ravi Hirekatur, MD  
Contact via email  ravi.hirekatur@fammed.wisc.edu

Stephanie Liu, MD  
Contact via email  stephanie.liu@fammed.wisc.edu

Erica Yamamoto, DO  
Contact via email  eyamamoto@wisc.edu

Karina L. Viloria-Rodriguez, MD  
Contact via email  karina.viloria-rodriquez@fammed.wisc.edu
Staff
Sara Arscott, MS, PhD  
Integrative Health Education & Outreach Manager  
(608) 262-2218  
Cell: 608-332-7255  
sara.arscott@fammed.wisc.edu

Nicole Watson  
DFMCH Medical Student Coordinator  
(512) 705-2641  
ncwatson@wisc.edu

Dillon Novak  
DFMCH Residency Scheduling  
(608) 263-2090  
dillon.novak@fammed.wisc.edu
Integrative Health Learning Objectives

We have three overall learning objectives for this rotation:

1. To promote self-exploration/self-care.
2. To develop an understanding of integrative health.
3. To explore an area of interest within integrative health.

Background

What is Integrative Health?
The concept of integrative health arises from a need to appreciate the wholeness of an individual person. This means learning to view a person from a biological/psychological/social/spiritual perspective. Moreover, integrative health is healing oriented and emphasizes the centrality of the doctor-patient relationship. It focuses on the least invasive, least toxic, and least costly methods to help facilitate health by integrating the best of both worlds—allopathic (conventional) and complementary therapies. The founder of allopathic medicine, Sir William Osler, wrote, “It is much more important to know what sort of patient has a disease than what sort of disease a patient has.”

What is Healing?
Health comes from the Old English word “Hal,” meaning wholeness, soundness, or spiritual wellness. “Health” is defined by the World Health Organization as “a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.” To “cure,” conversely, refers to doing something (such as giving drugs or performing surgery) that alleviates a troublesome condition or disease. Healing does not equal curing. Healing facilitates change that reduces stress, improves diet, promotes exercise, and increases the person’s sense of community and connection. In doing this, we help improve the balance of health of the body, mind, and spirit that may result in the ability to discontinue a pharmaceutical, thereby reducing the need for the cure.

The Integrative Physician:
In order to be an effective practitioner of health and healing, one must understand health at a personal level. This equates with personal introspection, exploration, and an experience of well-being and balance. Because integrative health looks deeply into the life of an individual patient, it requires a deeper personal understanding on the part of the physician. As a result, this type of practitioner is more successful with health and healing because s/he develops rapport, understanding, and empathy with patients. This type of relationship fosters healing by allowing the practitioner to gain personal and empathetic insight into the patient’s unique situation. Likewise, the best way to practice and learn integrative health is to explore one’s own personal definition of health, as well as directly experience a number of different styles and modalities of healing.
Integrative Health Curriculum

With the above mentioned concepts in mind, the integrative health learning experience will develop individually, based on your own personal interests and moments of insight.

- **Explore, meet, and experience!** These are essential to fostering a sense of personal health and healing that is imperative to providing good holistic medical care. In addition to extrinsic textbook learning, intrinsic learning can only be acquired through experience and self-exploration. This type of knowledge is commonly known as wisdom. Lao Tsu writes, “Knowledge studies others, Wisdom is self-known.” Likewise, Roger Walsh, MD, Ph.D. writes that “Wisdom must be developed if we are to understand life and ourselves and to live well.” Exploration of different healing modalities is only the beginning to truly understanding health and healing; but intrinsic to it is the exploration of self that leads to wisdom that will reap great rewards in the practice of medicine. **Pragmatically, this means calling various complementary medicine practitioners and arranging meetings and sessions to learn and directly experience what they do.** (You will find lists of both UW Health Integrative Health holistic staff and community practitioners in this packet). Keep in mind that not all things can be known or learned through reading or reasoning. Roger Walsh describes this type of learning and knowing through analogy: “Compared to direct realization, mere book learning and theoretical knowledge are very poor substitutes, as far removed from direct experience as a text on human reproduction is from the embrace of a lover.” Remember, this rotation is about exploring what it means to be a human being, so that we can better understand health and treat disease.

- **Write a personal definition of health and devise a treatment plan.** Part of the integrative experience includes a short write-up that carefully reflects your own definition of health. What does health mean to you personally and in your own life? This task can be challenging, similar to writing a personal statement. It means being real and reflecting on your past and looking ahead to your future while finding out what it means to be healthy in the present moment. Additionally, at the end of the rotation, you will put together a treatment plan for yourself, similar to the patient health treatment plans you put together throughout this rotation. These tasks serve two purposes. First, defining health puts you into a mindset that facilitates better interaction and understanding with the various patients seeking improved health and resolution of disease. Second, writing your own treatment plan materializes your definition of health in a way that gives direction, focus, and memory to your intention and goals for balance, well-being, health, and healing.

- **Resources to assist you in reflecting on your personal health include:** the Personal Health Inventory and this Wellbeing Assessment from the University of Minnesota.
Integrative Health Consult Clinic at Science Dr Medical Center. Shadow integrative health physicians in this clinic. The length of time you do this depends on your specific goals for this rotation. Generally, it is good to spend at least 1-2 days with different physicians to evaluate different styles of patient care (that is 1-2 days per physician – number of physicians you can visit with will be determined by the length of your rotation and your interest. More shadowings means a more robust experience). Develop an understanding of the uniqueness of the patient and acquire insight into the needs and goals of that patient. Remember, integrative health attempts to bring a wealth of resources to meet an individual’s unique needs and goals, as opposed to a method of bringing the same biomedical model to every patient. Simply, this means developing a treatment plan that is specifically tailored to individual patients in a way that will best meet their needs in a holistic fashion.

Read the following: (Included in Part Two of the curriculum).

An overview of integrative health

Independent reading. Because this rotation is flexible and adapts to your own personal interests, additional readings will be based on your experiences and questions. It is always best to read about those things that you experience to help facilitate lasting memory and working knowledge. Of course, in many situations, it may be best to experience a particular modality of medicine (e.g. energy medicine such as healing touch) before reading about it. This way, you will be more receptive, open, and sensitive to the experience before altering your perception of it through reading. Take advantage of your “beginner’s mind,” an open vessel ready to be filled.

Determine whether you want a general overview of integrative health or if you will focus on one or two areas of interest. The field of complementary medicine is expansive and daunting. However, the principles of healing apply to all modalities within the field. Specifically, you will learn through experiencing various modalities that healing follows a common pattern. First, there is a health related crisis (e.g. severe, refractory eczema). Second, there is a search for and arrival at a place of healing (e.g. a medical clinic). Third, there is an explanation of the situation followed by development of a treatment plan (e.g. hydrocortisone cream and quitting smoking). Finally, there is resolution (or re-evaluation) followed by memory, reflection, and attainment of experiential understanding on the part of the patient (e.g. certain behaviors/memories/emotions make my eczema worse and certain interventions make my eczema better).

GENERAL OVERVIEW

- 1-3 days/wk shadowing different MDs in IH Consult Clinic (pages 2 & 10)
- Time with all or most modalities of UW holistic staff (pages 11-12)
- Time with community holistic practitioners as interested, including a naturopathic physician (page 13-15)
- Visits to holistic pharmacies (page 15)
- Visits to Willy Street Coop (East location—1221 Williamson St., Madison. West location—6825 University Avenue, Middleton) and Whole Foods (3313 University Avenue, Madison, WI)
- Other curriculum requirements

Find both of the following readings as attachments to your welcome email:

**Evidence-Informed Whole Person Care**

**Decolonizing Medical Education**
In order to really appreciate the wisdom and knowledge of a particular healing modality in so short a time frame as a two-four week rotation, some trainees prefer to focus on one or two areas of interest (e.g. energy medicine, homeopathy, botanical/herbal medicine, Traditional Chinese Medicine, manual medicine, meditation/spirituality, etc). Remember that lasting memory comes from understanding at greater depth and level of experience.

**SPECIALIZED FOCUS**

- 1-2 days shadowing different MDs in IH Consult Clinic (pages 2 & 10).
- Emphasis on activities (shadowing, reading, project) related to 1 or 2 modalities (pages 11-15 for shadowing).
- Other curriculum requirements

➢ Discuss your area/s of interest with your integrative health clinician mentor.

• **Final Project** (optional for short rotations) - Share what you have learned by contributing to our integrative health program data files. This involves **creating a handout (2-3 pages) in plain language that helps individuals** understand how this therapy will enhance their health. Write the handout, so it is self-explanatory for patients. (For an example, see [Managing Dietary Carbohydrates for Better Health](#), a patient educational handout located on the [UW Integrative Health Clinician and Patient Education webpage](#)). Gaps in the educational content remain in our patient education materials. Identify a gap that matches an area of interest that you have to create a patient-oriented handout.

• **Integrative Health Grand Rounds and Didactic Training for Fellows.** Check with your integrative health clinician mentor to see if integrative health grand rounds or didactic sessions for fellows (contact the Fellowship Director, Dr. Vincent Minichiello) that you could attend will occur during your time with us.

  ➢ [Osher Center for Integrative Health Grand Rounds](#) – First Wednesday of the month 7:45-9AM during the academic calendar year.
  ➢ Thursday AMs 2nd floor of Yahara Clinic 9am-12pm. Fellow individual check-ins, DEI microlearning, mindfulness/movement practice, case presentations.
  ➢ IH Fellowship Seminars: Every Thursday PM except the first Thursday of every month. Either at the Yahara Integrative Health Clinic or off-site. Check with Dr. Minichiello

• **Finally, relax.** Get to know yourself. We recommend that you smile, explore, open-up, and most importantly let go. This is fun. Medicine is fun. Life is fun. Be open to the possibilities of health and healing while simultaneously maintaining an appropriate and healthy skepticism. Life’s Little Instruction Book has a quote that expresses this well, “Don’t be so open-minded that all of your brains fall out.” But at the same time, maintain a sense of openness. The beginner’s mind is a powerful way to learn and experience this type of medicine.
### SHADOWING FACULTY & FELLOWS IN THE CLINIC

**INTERESTS & LOCATION OF FACULTY & FELLOWS**

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<th>NAMES</th>
<th>DAY</th>
<th>CLINIC LOCATION*</th>
<th>INTERESTS</th>
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<td><strong>FACULTY</strong></td>
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<tr>
<td>David Kiefer, MD</td>
<td>Wednesday AM &amp; PM</td>
<td>IH Consult Clinic</td>
<td>Herbal medicine, dietary supplements, nutrition, probiotics/microbiome, cross-cultural medicine, global health</td>
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<tr>
<td>Samantha Sharp, MD</td>
<td>Tuesday PM</td>
<td>IH Consult Clinic</td>
<td>Hypnosis, nutrition</td>
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<tr>
<td>Vincent Minichiello, MD</td>
<td>Monday PM</td>
<td>IH Consult Clinic</td>
<td>Acupuncture, mindfulness meditation</td>
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<tr>
<td>Jonathan Takahashi, MPH, MD</td>
<td>Monday AM</td>
<td>IH Consult Clinic</td>
<td>Nutrition, mind/body medicine, yoga, OMT for MDs, mindfulness meditation</td>
</tr>
<tr>
<td>Greta Kuphal, MD</td>
<td>Contact for best times</td>
<td>Yahara Clinic</td>
<td>Herbal medicine, biofield therapy, compassionate communication</td>
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<td><strong>FELLOWS</strong></td>
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<tr>
<td>Jeremiah Shaw, MD</td>
<td>Wednesday PM</td>
<td>Yahara Clinic</td>
<td>OMT, Obstetrics, Women’s Health, Community Medicine, Antiracism</td>
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<tr>
<td>Michael Williams, MD</td>
<td>Tuesday AM</td>
<td>Yahara Clinic</td>
<td>Traditional Chinese Medicine, Acupuncture</td>
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<tr>
<td>Ravneet Kaur, MD</td>
<td>Tuesday PM</td>
<td>Yahara Clinic</td>
<td>Nutrition, Mindfulness, Diversity and Inclusion</td>
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<tr>
<td>Ravi Hirekatur, MD</td>
<td>Wednesday AM</td>
<td>Yahara Clinic</td>
<td>Ayurveda, Herbal Medicine, Mindfulness</td>
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<tr>
<td>Stephanie Liu, MD</td>
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<td>OMT, women’s health, behavioral health, weight management</td>
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<tr>
<td>Erica Yamamoto, DO</td>
<td>Starting 9/1/23</td>
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<tr>
<td>Karina Viloria-Rodriguez, MD</td>
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<td>Preventive care, mind-body medicine</td>
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See page 1 and 2 for contact information for faculty and fellows.

**Clinic locations**

- [Yahara Clinic](#)
- [Integrative Health Consult Clinic at Science Drive Medical Center](#)
- [UW Carbone Cancer Center](#)
- [UW Health at East Madison Hospital](#)
OPPORTUNITIES FOR EXPERIENTIAL LEARNING

Experiential learning may involve observing/shadowing, experiencing the treatment yourself, or discussing the modality. For descriptions of modalities, go to www.uwhealth.org/integrativemed. There are four options for experiential learning about a specific modality:

1) Contact one of our faculty providing holistic treatments. (This page)
2) Contact a member of the UW Integrative Health holistic staff. See pages 12-13.
3) Arrange an interview, tour, or experiential opportunity at UW Health at East Madison Hospital – Integrative Health and Wellness department. See page 14.
4) Contact a practitioner in the community. See pages 15-17.

When you contact community practitioners about a learning experience, please identify yourself as a resident or medical student enrolled in our Integrative Health Elective Rotation.

FACULTY PROVIDING HOLISTIC CARE

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<td>ACUPUNCTURE &amp; PROLOTHERAPY</td>
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<tr>
<td>Michael Weber MD</td>
<td><a href="mailto:michael.weber@fammed.wisc.edu">michael.weber@fammed.wisc.edu</a></td>
<td>Yahara Clinic</td>
<td>Integrative health family physician who has completed formal acupuncture training. Provides acupuncture, prolotherapy, and perineural injection therapy.</td>
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<td>OSTEOPATHIC MANIPULATIVE THERAPY (OMT)</td>
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<tr>
<td>Megan Dudek, DO</td>
<td><a href="mailto:megan.dudek@fammed.wisc.edu">megan.dudek@fammed.wisc.edu</a></td>
<td>Science Dr Medical Center</td>
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Links for clinic addresses and maps

- [Yahara Clinic](#)
- [Belleville Family Medicine Clinic](#)
- [Northeast Family Medical Center](#)
- [Integrative Health Consult Clinic](#)
- [Verona Family Medicine Clinic](#)
When you contact practitioners about a learning experience, please identify yourself as a resident or medical student enrolled in our Integrative Health Elective Rotation.

Following is a list of the various modalities and opportunities. Please note that schedules can change, and shadowing is subject to patient consent.

**Acupuncture**
May be open to observation. Educational meetings can be arranged. Contact Julia Pitz (below), who coordinates the program, to learn more.

**Healing Touch**
Currently on hold. Not open to observation. Educational sessions may be available with the Healing Touch practitioners when they have open clinical appointments in their schedules. Contact Julia Pitz (below) to learn more.

**Massage Therapy/Bodywork**
Not open to observation. Educational meetings can be arranged. Contact Julia Pitz (below), who coordinates the program, to learn more.

To schedule an appointment to discuss and learn more about Acupuncture, Healing Touch, or massage therapy/bodywork contact:

**Julia Pitz:** jpitz@uwhealth.org, 608-263-1050


**Eastern Practices**
Includes classes such as Tai Chi, Qigong, Yoga. To learn more or sit in on a class, contact Julia Pitz: [jpitz@uwhealth.org](mailto:jpitz@uwhealth.org).

**Exercise Physiology**
To learn about the application of the principles of exercise physiology to a wide variety of people (i.e., clinically ill to athletic), contact Dianne Lahey [dlahey@uwhealth.org](mailto:dlahey@uwhealth.org). There are a variety of virtual and in-person class programming that may be accessible to learners.

**Health Psychology**
Sessions with patients are not open to observation. Health psychologists offer an hour-long meeting to discuss their work and demonstrate biofeedback. Contact Shilagh Mirgain at [SMirgain@uwhealth.org](mailto:SMirgain@uwhealth.org) to schedule an appointment.

**Mindfulness Meditation**
If you are interested in learning more about mindfulness meditation or in experiencing an individual session as a patient would do, contact Lisa Thomas-Prince, UW Health Mindfulness Program Manager, at [LThomasPrince@uwhealth.org](mailto:LThomasPrince@uwhealth.org) or (608) 263-6343. She may arrange an appointment or suggest another colleague to contact.

**Music Therapy**
Not currently offering service.
The Integrative Health and Wellness at East Madison Hospital is dedicated to helping patients, community members, and employees achieve their best well-being and quality of life. Opportunities to shadow, educational opportunities, and facility tours include the following. Please contact Alyssa Bobo: abobo@uwhealth.org.

**Wellness Consultations**
During this 60-minute appointment with a physician or advanced practice provider, we will explore your personal and family health history, clarify your health goals and create a personalized lifestyle plan you can implement and sustain. We will use evidence-based treatment options, personal support and self-care practices to optimize your health.

**Group Medical Visits**
Group Medical Visits offer an innovative and interactive approach to meeting your healthcare needs. Patients with common health goals are brought together and led by one or more healthcare providers in a supportive environment.

Led by a healthcare provider, each 90–120-minute visit allows patients to share as information as they feel comfortable sharing. Patients can share experiences while also learning how to incorporate key elements necessary to live a healthier life. Through hands-on learning, we explore self-management skills to support lifestyle and behavior changes that directly relate to specific health problems.
- Group Medical Visit offerings may differ with each season. Please visit our webpage at uwhealth.org/wellness to view a list of current offerings, if interested.

**Health Coaching**
Personalized one-on-one meetings with patients to help patients reach health goals and make positive life changes through empowerment and positive reinforcement. Sessions with clients are not open to observation.

**Aquatics Center, Fitness Gym, Learning Kitchen, and Wellness Studio**
A wide range of classes for adults of all ages and fitness levels are available from cooking to fitness, personal training, and mindful movement. The excellent facilities are available for touring.
Contact practitioners to learn more about a modality and to schedule a visit. Identify yourself as being enrolled in the UW-Madison Integrative Health Elective Rotation.

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<td><strong>ACUPUNCTURE</strong></td>
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<tr>
<td>Xiping Zhou, M.D.O.M., L.Ac.</td>
<td>(608) 236-9000</td>
<td><a href="mailto:DrXZhou@acupunctureherbalMD.com">DrXZhou@acupunctureherbalMD.com</a> <a href="http://www.acupunctureherbalmd.com">www.acupunctureherbalmd.com</a></td>
<td>6425 Normandy Lane Madison, WI</td>
<td>Professor of Chinese Medicine. Has practiced acupuncture and Chinese Medicine for 32 years. Provides opportunities for shadowing.</td>
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<tr>
<td><strong>ART THERAPY and ART IN HEALTHCARE</strong></td>
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<td>Currently we are exploring new Art Therapy partners in the community</td>
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<td><strong>CHIROPRACTIC</strong></td>
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<tr>
<td>Kelly Andrews, D.C.</td>
<td>(608) 577-5230</td>
<td><a href="mailto:chirokelly@gmail.com">chirokelly@gmail.com</a> <a href="https://www.lsmchiro.com/doctors/kelly-andrews">https://www.lsmchiro.com/doctors/kelly-andrews</a></td>
<td>LSM Chiropractic Clinic Dean St Mary’s (SSM) Outpatient Center 700 S Park St. Madison, WI 53715</td>
<td>More than 20 years of experience. Offers a 3½-hour shadowing opportunity, beginning at 8:30 AM or 1:00 PM. Provides education on types of patient concerns best suited to chiropractic care: neuro-musculo-skeletal (headaches, back, neck, sciatica, brachial neuritis.)</td>
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<td><strong>HOMEOPATHY</strong></td>
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<td>No current contacts – see Richard Levinson at Quintessence</td>
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<td><strong>MASSAGE THERAPY/BODYWORK</strong></td>
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<td>Currently we are working to identify preceptors in the community</td>
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<td><strong>NATUROPATHY</strong></td>
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<tr>
<td>Mihal Davis, N.D., C.A.</td>
<td>608) 588-4464</td>
<td><a href="mailto:mihaldavis@hotmail.com">mihaldavis@hotmail.com</a> <a href="http://www.ndaccess.com/Mihal">www.ndaccess.com/Mihal</a></td>
<td>Grandmother Moon Clinic, LLC 608 Water St., Prairie du Sac, WI 53578</td>
<td>N.D. and certified acupuncturist specializing in acupuncture, nutrition, western herbs.</td>
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<tr>
<td>Dawn Ley, N.D.</td>
<td>(608) 228-3261</td>
<td><a href="mailto:info@fullcirklenaturalmed.com">info@fullcirklenaturalmed.com</a> <a href="http://www.fullcirklenaturalmed.com">www.fullcirklenaturalmed.com</a></td>
<td>Full Circle Natural Medicine 2702 Monroe St., Suite E Madison, WI 53711</td>
<td>N.D. with certification in natural childbirth. Opportunity to shadow in clinic ½ - 1 full day. Hours: generally Mon.-Wed. 9-5; Fri. 9-3.</td>
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<td><strong>PHARMACIES (HOLISTIC)</strong></td>
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<td>Community Pharmacy</td>
<td>(608) 251-3242</td>
<td><a href="mailto:outreach@communitypharmacy.coop">outreach@communitypharmacy.coop</a> <a href="http://www.communitypharmacy.coop">www.communitypharmacy.coop</a></td>
<td>130 S. Fair Oaks Madison, WI</td>
<td>Will give tour and discuss herbs, homeopathics, supplements, vitamins. Also happy to discuss issues related to establishing a coop.</td>
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<td>Contact head of outreach team or any other member of team member</td>
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<tr>
<td>Quintessence</td>
<td>(608) 251-6915</td>
<td>None</td>
<td>334 W. Lakeside St. Madison, WI</td>
<td>Closed Thurs. &amp; Sun. Main field of interest-homeopathics. Will also discuss botanicals, herbals, supplements.</td>
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<td>Call Richard Levinson to identify a time that would be best to visit. This is a retail establishment, so please note that there may be some interruptions during your visit.</td>
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<td><strong>SPIRITUALITY</strong></td>
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<td>Currently Seeking partners in this area</td>
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<td><strong>YOGA</strong></td>
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<td>Shannon Kunstman, PT, MS, OCS, RYT</td>
<td>(608) 212-0903</td>
<td><a href="mailto:kunstmanpt@gmail.comno">kunstmanpt@gmail.comno</a> website</td>
<td>6441 Enterprise Lane Suite 107 Madison, WI</td>
<td>Physical therapist who blends traditional PT with alternative practices: yoga therapy, zero balancing, neurovascular integration. Will offer 1 hour discussion and/or experiential session.</td>
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