



FOR IMMEDIATE RELEASE
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**DENISE HELIN, MD ADDS INTEGRATIVE MEDICINE TO WOMEN'S
HEALTH PRACTICE**

Dr. Denise Helin, an OB/GYN at Livingston HealthCare, now offers comprehensive integrative women's health through her practice at Livingston HealthCare. Currently Dr. Helin is the only medical doctor in the region who is also fellowship trained in integrative medicine and offering this approach as part of her practice.

"Integrative medicine takes into account the whole person," explains Dr. Helin. "When I meet with a patient, we look at mind, body, spirit, and all aspects of lifestyle. Then, we discuss the best options for achieving balance and wellness using all appropriate therapies, both conventional and alternative."

In 2010, Dr. Helin completed a two-year Fellowship in Integrative Medicine through the Arizona Center for Integrative Medicine at the University of Arizona. Created by Andrew Weil, MD, in 2000, the Fellowship has achieved international recognition as the leading integrative medical education program in the world.

Dr. Helin has worked with women in Park County since 1999. "I love my work. It is my calling and what I was meant to do," she says. Her goal has always been for each woman who leaves her office to feel she has the guidance she needs to seek and maintain wellness. Her increased focus on integrative women's health allows her to expand this guidance. "Alternative medicine has long been an interest of mine," she adds. "I have used it in conjunction with traditional treatments for preventive care, pregnancy, and disease management for many years."

For more information on Dr. Helin and Livingston HealthCare, visit www.livingstonhealthcare.org.

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