

Insurances that we are paneled with:

Cigna, Blue Cross/Regence, Aetna, OHP, Providence

When you decide to commit to our office, you are choosing to develop a relationship and become a working member of the GCW Community. By this, we mean that you are participatory in your journey to health. We have many tools to make this journey easier, but you are ultimately the empowered person to take the actions in order to become a greater healthier you.

In a typical visit with us, you will come across an hour to an hour and a half visit, with follow up visits to check in how you are progressing. We are confident that we have many different modalities in order to best assist you.

We offer a wide variety of therapies that we uniquely combine in order to best serve you: nutritional counseling, cooking classes, supplements, medication management, laboratory analyses, altitude contrast, life coaching, acupuncture, customized herbal formulas & flower essences, exercise instruction, body work, and ozone saunas – we have you covered!

As a community of practitioners, we refer amongst each other and discuss your health so that you may have a comprehensive team of practitioners behind and beside you as you step onto your path to become a more beautiful, healthy, functional you.

Rather your deepest desires are simply to connect with Nature and find a deeper meaning to life or to manage an illness more naturally, we are here for you. Welcome to the GCW Community <3