

## Why People Choose Our Clinic

**Failure of conventional medicine** to effectively treat a health problem that continues to get worse.

Patients who prefer **safer/healthier alternatives to pharmaceutical drugs and surgery.**

Those seeking a **more holistic, natural system of medicine** that incorporates the latest advances in medicine with diet, nutrition and prevention.

Families and individuals who want a more **preventive and healthy approach to their health care.**

Those dealing with a **chronic health problem**, that is not getting better, and is affecting their daily life.

Patients on several prescription medications who want to **reduce their use and side effects.**

Individuals seeking to **treat the root cause** of their health issues, instead of suppressing the symptoms.

## Common Questions

### Can you treat my specific health problem?

We treat most primary care conditions. Please call us to speak with Dr. Wicher or our staff to discuss your treatment options or visit our website for more information.

### Do you accept my health Insurance?

We currently do not accept health insurance, but do provide forms so patients can seek reimbursement. Health Savings Accounts can typically be used for our services.

### How much does a visit to the doctor cost?

New patient appointment are 90-110 minutes and cost \$350. Once you are a patient, all further patient consultations are follow up consultations. A typical follow up appointment lasts 30-60 minutes and costs \$180-\$240, however follow ups may be shorter or longer\*.

### What should I bring with me?

Recent medical tests, along with a list of your current prescription drugs or supplements you are taking. If you take many dietary supplements, we may ask you to bring them with you.

\*Fees as of Jan 2022. See our website for current fee schedule.

## What can Dr. Wicher do to Improve Your Health Right Now?



Call our office to schedule a free 10-minute phone consultation to discuss your specific health concern.

**(626)303-3300**

  
SYNERGY  
NATURAL MEDICINE CLINIC  
698 West Foothill Blvd, Monrovia, CA 91016

# Naturopathic Primary Care



## BETTER HEALTH, NATURALLY

Modern medical science with a natural, whole-person approach to health

Safe and effective treatment plans to treat both everyday health problems and chronic illnesses, focusing on prevention

By supporting the body's natural ability to heal, our patients achieve long-term results

  
SYNERGY  
NATURAL MEDICINE CLINIC  
synergynaturalmedicine.com

## A Modern Holistic Health Center

**Dr. Jennifer Wicher provides the best in** primary care medicine through a comprehensive and holistic review of a patient's health. She invests the time and focus needed to truly understand the many underlying causes of health problems and works closely with her patients to meet their health care goals and needs.

As you would expect from a patient-centered physician, Dr. Wicher prescribes individualized health treatment plans designed to address specific health concerns. Treatment plans are designed to address both the underlying causes of disease through changes to diet, the addition of dietary supplements, regenerative medicine and other natural/holistic approaches to health. She helps keep patients on track with follow-up visits designed to assess progress and to fine tune his or her treatment plan.

In many cases, Dr. Wicher's goal is to minimize a patient's need for pharmaceutical drugs, however, she does prescribe them when they are necessary. More often, however, she helps patients reduce or eliminate their need for prescription drugs, and can use Naturopathic Medicine to treat the side effects they cause.

Dr. Wicher's integrative approach to healthcare results in better patient care and outcomes. She has had great success treating both simple and complex health problems by providing her patients with long-lasting results.

Naturopathic medicine is the only medical specialty where doctors are trained in both standard conventional medicine and a wide array of natural and holistic therapies.

Dr. Wicher helps bridge the gap between MD specialists and holistic practitioners, such as chiropractors and acupuncturists, to make sure patients receive the best care possible.

## About Dr. Jennifer Wicher ND, PT



**Dr. Jennifer Wicher ND, PT** is a California-licensed Naturopathic Doctor & Physical Therapist. She received her medical degree from Southwest College of Naturopathic Medicine and her Physical Therapy degree from the University of Buffalo. She has been in private practice at Synergy since 2003.

Dr. Wicher's skills as a Naturopathic Doctor are informed by her 20 years of experience treating patients, her background in patient rehabilitation, and more than a decade training dozens of new Naturopathic Doctors in California.

Let her experience, knowledge and dedication to patient care go to work for you!

### Initial Consultations at Synergy

A patient's first appointment is usually 90-100 minutes long, giving Dr. Wicher time to develop a thorough understanding of you and your health concerns, and to put together a treatment plan you can start right away.

First appointments include:

- A medical history and physical exam
- Review of any recent tests, prescription drugs and nutritional supplements you may be taking
- Review of diet, daily routine and personal habits
- Discussion of the patient's goals and objectives
- A personal treatment plan you can start right away
- Referrals for labs and diagnostics as needed

Follow up visits are scheduled on an as needed basis to evaluate a patient's progress and adjust his or her treatment plan. These visits are typically 30-60 minutes, depending on the reason for and scope of the follow up.

## Naturopathic Medicine at Synergy

### Holistic Primary Care for the Whole Family

Primary Care Medicine, Health and Wellness plans, Functional Medicine, Cardiovascular & Thyroid Health, Digestive Health, Integrative Orthopedics & Rehabilitation Medicine

### Digestive Problems and Diseases

Acid reflux, GERD, food sensitivities, constipation or abnormal stools, stomach pain, IBS, colitis, fatty liver, gallstones, diverticulitis, celiac & Crohn's disease

### Female Focused Healthcare

Hormone testing & management, bio-identical hormones, menstrual issues, PMS, PMDD, fibroids, cervical dysplasia, ovarian cysts and female cancers

### Common Age-Related Health Problems

Cardiovascular disease, high blood pressure, high cholesterol, diabetes, liver disease, kidney disease, osteoporosis, arthritis, infections, auto-immunity diseases, and immune dysfunction

### Integrative Cancer Support Programs

Dr. Wicher has treated more cancer patients than any other Naturopathic Doctor in California, and has helped many cancer patients recover from cancer, including treating the side effects of radiotherapy, chemotherapy and surgery.

### Integrative Orthopedics

Injections using Platelet-Rich Plasma (PRP), prolotherapy, prolozone, umbilical cord stem cells or other forms of regenerative medicine to treat joint pain, injuries and age-related deterioration

### Fatigue and Mood Disorders

Stress, Anxiety or Depression, exhaustion, sleep problems, ADD, ADHD, CFS and Fibromyalgia Syndrome

### IM and IV Therapies at Synergy

B12 shots, Intravenous vitamins & minerals, Ozone therapy, High-Dose Vitamin C & many others! See our website for more information.