

Mind Body Medicine

The independent medical practice of Gary G. Kohls, MD



Holistic,
compassionate care...
linking mind, body
and spirit...

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Vision

To provide holistic, compassionate mental health care for patients who are searching for safe, effective, scientifically grounded, non-pharmaceutically-driven medical care. To provide a small clinic atmosphere for patients who desire a less hurried approach to their health care.

Scope of Practice

- Assessing patients with depression, insomnia, psychiatric drug dependence, the traumatic stress spectrum of disorders (PTSD), weight management, and such common problems as fibromyalgia, migraine headaches, ADHD, irritable bowel and chronic fatigue syndromes. Special attention may be given to any psychological trauma that is frequently a crucial component of many illnesses.
- Avoiding the use of costly prescription drugs that are potentially addicting, may have undesirable or dangerous short and long-term side effects and, all too often, exhibit declining long-term effectiveness and safety.
- Helping to safely wean patients off psychiatric, brain-altering drugs when the risks of those drugs outweigh the benefits.
- Using neuroscience-based nutrients as healing alternatives to these drugs.
- Emphasizing nutritional education and counseling as the cornerstone of optimal mental and physical well-being.
- Offering consultation to the providers of complementary/alternative medicine (CAM) for clients who want help from a physician who does not discount the legitimacy of CAM.
- Offering consultation services to psychotherapists whose clients may be adversely impacted by psychotropic drugs.
- Offering evaluation and treatment of various medical problems including assessment of the possible toxicity of certain prescription drugs and combinations of drugs.