

## **New Patients**

I am honored that you chose to become a patient here at Optimum Health Wellness Center. My staff and I work very hard to deliver a high level of care to our patients. The wellness center opened for operation in August, 2005. My vision was and remains to deliver a high quality of health care to the Mississippi community by integrating sound conventional medicine with science based complimentary and alternative therapies.

Optimum Health Wellness Center's premise is to treat the whole person with an effort to correct the underlying cause of various maladies. Very often there is a component of deficiencies and/or excess toxicities of various kinds that contribute to bodily disturbances which manifest as diseases. We seek to address these imbalances for each of our patients by emphasizing wholesome nutrition, targeted supplements, exercise, adequate pure water intake, stress management, natural hormonal balance, detoxification when needed, and a general lifestyle management strategy to help our patients reach the goal of optimizing their health.

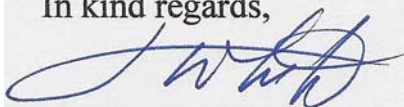
Sometimes it is necessary to utilize pharmaceutical products. However, we try to minimize the use of more toxic therapies. Lifestyle management is a challenge for all of us. We recognize that it is difficult to break free from old dysfunctional habits. However, it is imperative to replace them with new and better habits to ultimately improve our health. Therefore, we offer constant guidance and encouragement to make the gradual change to a wellness lifestyle pattern.

My practice makes frequent use of specialty referrals and ancillary testing to accomplish the goal of addressing all of our patient's medical needs. We have a strong emphasis on preventive health care here at Optimum Health

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Wellness Center. However, sometimes it is necessary to hospitalize our patients in order to address acute illnesses. In such cases my hospital of choice is St. Dominic Hospital at which I am on staff. I make every effort take care of my patients when they are hospitalized. However, as a solo practitioner, sometimes certain circumstances may preclude me from being able to admit and follow my patients through their hospital course. When those events occur I am grateful to be able to have the support of an associate or the hospital's staff of physicians called "hospitalists" which most hospitals now employ for the purpose of managing patients on an inpatient basis and returning them to their primary care physician once they are discharged.

**It is important to me that my patients understand that the use of a hospitalist for in-patient care in no diminishes the quality of patients care. It also does not diminish my commitment to the oversight and active involvement in the care of my patient's total health care needs.**

In kind regards,

A handwritten signature in blue ink, appearing to be "J. White", written over a light gray rectangular background.