

Health eFX Wellness Center

5757 W. Johnson Road, Ludington, MI 49431-1516 • 231/845-1250 • info@health-efx.com

Thank you...

...for choosing Gary Cools, N.D. and his associates for your complementary and alternative health care. The staff of this office is dedicated to making scheduled visits comfortable and convenient to all patients.

Our new location features handicapped accessibility as well as expanded treatment rooms. During your office visit, Gary will be able to talk with you about your appropriate care. In addition to consultation, therapy may also be given during your first office visit, as well as the first level of remedies or home exercises to begin your health program.



About Gary Cools

Gary S. Cools, N.D. is a long term resident of western Michigan. He has attended several Michigan Colleges and Universities, holding membership in both Phi Theta Kappa and Mensa.

A multiple graduate of the Blue Heron Academy, Gary has completed their programs in Medical Massage, Herbal Mastery, and Holistic Healthcare.

His studies in acupuncture include Auricular Detox Specialist studies through NADA, and the diplomate program through the International College for Alternative Medicine in Ontario, Canada. The latter included a month-long acupuncture internship at the Kalubowila Hospital in Colombo, Sri Lanka.

Gary has taught for the Blue Heron Academy, the Institute for Alternative Medicine, and as a private presenter. He is a founding member of the Hartwick Institute of Medical Arts and Sciences, providing alternative medicine seminars to M.D.s, D.O.s, Chiropractors, and other mainstream healthcare providers.

About the Clinic

As a Naturopath, Gary has chosen to offer a select program of therapies that have a high level of scientific support for benefiting human health. These are acupuncture, medical massage, herbal medicine, and homeopathy. These are offered as single or as combined therapies, depending on the type of complaint as well as the patient's individual health profile and treatment goals.

Here are just some of the conditions these therapies can help to manage:

Insomnia
Asthma
Joint Health
Lung Function

Allergies
Pain
Digestive Function
Cardiac Issues

Pancreatic Deficiency
Arthritic Pain
Liver and Kidney Deficiencies
Anxiety
Muscle Deficiency
Dizziness/Vertigo
Addictions

Hormonal Irregularities
Skin Conditions
Emotional or Physical Exhaustion
Parasites/Yeast Dominance
Inflammation
Mental Functions
Side effects from Chemotherapy

And more; call for details.

We see ourselves as team players for your healthcare. We are happy to work together with your other health care professionals, and will not hesitate to refer you to your physician or to a specialist if we feel your healthcare needs go beyond our scope of practice. Most patient care is given in conjunction with conventional health care: regular physicals, periodic medical testing appropriate to your conditions and age, and periodic review of your health care support network.

Ludington office hours are by appointment on Monday, Tuesday, Thursday, and Friday. On Wednesdays, Gary is a member of the team at the Evergreen Center for Integrative Health in Suttons Bay, Michigan. In Suttons Bay, Gary works independently and also shares clients with three wonderful M.D.s -- Dr. Phil Seimer, Dr. Tom Lammy, and Dr. Jimmy Mistry.

Clinic Location

Our clinic is conveniently located just off U.S. 10, near the Jebavy Drive intersection on the east side of Ludington. From the South, take U.S. -31 North to the very last exit, westbound U.S.-10. Travel west to the Jebavy Drive intersection (Mancino's pizza on the corner) and turn right. Travel approximately ½ mile to Johnson Road and turn left. The clinic is a light blue building on the left.

Travelers coming from the north may take U.S.-31 South to U.S.-10 and follow the directions above.

Coming from Ludington, take Tinkham Road east, which becomes Johnson Road outside the city limits. The clinic is between Nelson Road and Jebavy Drive, on the south side of the street.

The Greatest Compliment...

Your referrals are the greatest compliment we can receive. We value not only your improvement in the area of your complaint, but also your health maintenance and preventative care. Please tell others about the quality of care you've received in our office.

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#### **Office Hours**

Ludington: Monday, Tuesday, Thursday, Friday  
By appointment at 231.845.1250

Suttons Bay: Wednesday  
By appointment at 231.271.2002

First-time clients, please arrive 15 minutes early to complete your intake paperwork. Bring with you the bottles containing any supplements or medicines you are taking. Please do not wear perfume or cologne as a consideration for other clients who may be sensitive. Thank you.