



A Pattern Health Retreat

Integrative lifestyle therapy for well-being and healing of body, mind, and spirit

Dear Friend interested in health and restoration,

We are happy to share with you a description of our lifestyle center and program. A Pattern Health Retreat is nestled in the beautiful Meramec River region of east central Missouri, about an hour southwest of St. Louis. Our medically-supervised health program offers a relaxed and peaceful rural setting for a revitalizing health vacation or personalized healing therapy.

Physician Care

Lifestyle sessions include two or more personal consultations with the staff physician, as well as attentive guidance and monitoring throughout your stay by the medical staff. Our physician will review your health concerns, counsel you regarding the restorative steps needed, recommend laboratory and/or other diagnostic procedures, and carefully explain any ordered test results. If you have recently had lab testing done, you may bring the results with you to the program. Otherwise the procedures can be ordered upon your arrival. Please note that although lab work is not included in the program package price, most insurance plans will usually cover the basic tests the doctor may request. The staff physician, Dr. A. Scott Grivas, has practiced both conventional and lifestyle medicine for many years, and is dedicated to blending the two for the best results.

Cooking Instruction

Education in the nutritional and culinary principles foundational to healthy cooking is a vital part of changing your life and health. We trust that the beautiful and healthful vegetarian cuisine will inspire you to learn new recipes and enjoy cooking simple good food. You will be given several practical cooking classes from experienced instructors on how to prepare attractive, healthy, and tasty food. As you watch the demonstrations and participate, you might be surprised at how easily you can develop new cooking skills and habits. Tasting the food you helped prepare can also be educational and enjoyable! Most guests leave with a complimentary cookbook featuring a number of the recipes that you will be served while here.

Hydrotherapy and Massage

The physician will prescribe regular water-based treatments tailored to your needs during your stay. These may include soothing hot packs, whirlpool baths, steam treatments, foot baths, or contrasting warm and cool showers. The healing properties of these simple therapies are highly effective in relieving pain, stimulating a sense of well-being, and strengthening the immune system. Therapeutic massage is also available, depending on the physician's recommendation.

Exercise and Fitness

Since healthful physical activity is vital for well-being, we encourage it during your lifestyle session. You may enjoy walking nearby scenic country roads and wooded trails. Our fitness center offers convenient opportunity for indoor exercise when necessary. And early morning stretching sessions led out by the staff help strengthen and invigorate the body—cheering the day off to a positive start. The benefits of stretching, and exercise in general, are many, including increasing your range of motion and flexibility, stimulating blood flow, improving the circulation, enhancing emotional and mental health, and easing tension and stress.

Counseling

Depression, stress, and anxiety are very prevalent today and affect many of the people who spend time with us. Brain research clearly shows the strong body-mind connection. Therefore we also offer one-on-one counseling for those desiring it. Our counselors are dedicated to sharing God's many healing truths that can strengthen us to face life's circumstances positively.

Health Lectures

Being individual stewards of our health involves many decisions. Thus we seek to educate you with the best options for your personal health needs. You will be offered numerous practical demonstrations and health presentations that can help you make good lifestyle choices. We have found that as we share the physiological principles of a healthy lifestyle vs. a poor one, many people are better equipped and encouraged to implement these practices in their own lives. Topics covered may include hypertension, diabetes, cholesterol, cancer, depression, healthy weight loss and maintenance, mental health, nutrition, exercise, natural remedies, or overcoming addictions.

Spiritual enrichment

Gratefully acknowledging God as the Great Physician of our entire being, we offer regular appointments for spiritual presentations. Even secular science now demonstrates the health benefits of spiritual fellowship, prayer, and Bible study. Knowing Him personally as our all-loving, powerful, wise, and faithful Creator and Redeemer lies at the foundation of all true restoration. Thus, although your personal conviction are fully respected, we encourage participation in these opportunities which can inspire assurance and confidence in Him who alone can truly heal and bless us.

Outings

We plan weekend trips to local nature attractions, such as state parks or sanctuaries, the St. Louis Zoo, Botanical Gardens, or Butterfly House. Other options during inclement weather include the metropolitan art museum or science center. These excursions, planned according to the individual needs and preferences of our guests, provide precious seasons of fellowship and refreshment while exploring the wonders of creation.

Program costs

Charges depend on the options you choose. Please feel free to call us to discuss your needs and financial details.

Registration fee:

The 11-day program requires a partially refundable deposit of \$300 per individual or couple. This may be paid over the phone with your credit card* or by mail with a check. The balance of the program price is due when you arrive. We accept cash, personal checks, and all major credit cards.*

*Please note that all credit card payments do involve a small processing fee.

Additional Costs:

Any herbal/pharmaceutical agents, outside labwork, and/or other diagnostic testing that the doctor may order for your treatment are additional charges not included in the package program price. Payment for these extras is due at the conclusion of the program.

Refund:

Reservation deposits paid at the time of booking are partially refundable if you notify us at least two weeks in advance of your scheduled program start date.

11 Day Program cost:

- **Lifestyle Guest (Medical), \$2,900 (private bedroom); \$2,825 (shared bathroom):**
This package includes the full program, with all medical benefits, doctor's visits, treatments, health presentations, exercise sessions, accommodations, meals, and more.
- **Lifestyle Guest (Educational non-Medical), \$1,435 (private bathroom); \$1,385 (shared bathroom):** Includes most of the full-package benefits excluding the medical components. Additional services, such as physician consultations or therapeutic treatments are available upon request at additional cost.
- **Companion, \$1,250:**
This option is basically the same as the non-medical, but available only to companions of medical guests occupying the same room. Additional services, such as physician consultations, massage, or hydrotherapy are available upon request at additional cost. We encourage family members to accompany guests to support ongoing positive lifestyle practices after departure.
- **Returning Lifestyle Guest (Medical), \$450 discount:** Full program.

In summary, lifestyle session program highlights include:

- A comfortable suite with a private, or semi-private bath.
- Nutritious, delicious plant-based meals.
- An initial thorough doctor visit, with follow-up consults as needed.
- A health history upon arrival. Recent Labs will be provided by you, or obtained at a local lab while here.
- Cooking instruction on plant-based tasty recipes.
- Regular massage and/or hydrotherapy treatments.
- Regular group stretching sessions.
- Regular spiritual enrichment presentations.
- Mental health counseling if desired.
- Personalized health presentations covering a variety of relevant topics.
- Weekend outings to local nature or educational attractions.
- Affordable transport to and from the St. Louis Lambert International Airport if needed.

Contact Info:

phone: (573) 245-6226 or (573) 210-2455

website: www.apattern.life

e-mail: apattern.life@gmail.com

physical address: A Pattern Health Retreat, 250 Richter Road, Bourbon, MO, 65441

We look forward to hearing from you, and serving you for blessed health!