

THE FIVE STONES offers a unique opportunity for you to begin or continue your transformation to increased health and well being in a supportive and structured program which includes components of the best that Western and Holistic medicine have to offer. Join us in this innovative approach to achieving greater well being and balance in your life.

You will participate in a customized program to meet your individual goals and objectives, and will receive medical evaluation and supervision, nutritional counseling, personal fitness training, massage therapy and additional services as needed.

We understand that every person is different and the approach to obtaining optimized health will vary. Because of this, you will have the option to choose additional services as expanded components of the core program. All enhanced services will be coordinated by your consulting physician.

Examples of Additional Specialized Services

- You may choose to work with a personal coach who can assist you in goal setting, motivation, prioritization of competing demands, communication skills, and address other issues that may arise.
- You will have the opportunity to increase the fitness part of your program with additional personal training sessions or activities.
- Acupuncture treatments, provided by one of our licensed physicians, are available to you for specific health issues.
- Additionally, you will have the opportunity to go to the grocery store with the nutritionist and learn how to shop for healthy foods, as well as the option of having a “pantry raid” where the nutritionist will come to your home and go through your cupboards with you to remove the products you will no longer need.
- You will additionally have the option of attending cooking classes or of accessing the services of a personal chef.
- If you are enrolled in the first two months of the program, you will have the option of attending our week long wellness retreat in Costa Rica, featuring organic food, daily massage, meditation and relaxation.

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