

Montclair Health Associates



A Comprehensive Weight-Loss Program for
Children and his/her Family



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Montclair Health Associates offers nutritional, behavioral, diabetes, and psychological counseling services including: Diabetes care for adolescents, adults and children; Obesity, and weight management for adults, adolescents, and children; Hypnosis for smoking and other habit cessation, weight loss & personal issues; Stress management, anxiety reduction; and, Individual, Family & Couples psychotherapy.

www.MontclairHealth.com

Behavioral Medicine

Behavioral Medicine is a part of medical treatment that offers help by using the powerful, well-known connection between psychology, medicine, and our physical health. Behavioral health care works together with medical treatment, combining treatments to allow for a more positive medical result.

By understanding the importance of psychological distress and the effects of feelings and emotions on our body we can adjust our behaviors and positively affect our own health. Behavioral Medicine treatment focuses only on what you want help with. Some important benefits of Behavioral medicine are: increased satisfaction with care, better treatment outcomes, and reducing unnecessary medical care such as excessive medication use.

There are many physical problems that have shown improvement by adding Behavioral Medicine treatment and we gladly offer help for many common problems. Please ask your primary care physician if Behavioral Medicine can provide a new perspective to your treatment.

Specialty Areas Showing Benefits Adding Behavioral Medicine Care

- ★ Acute & Chronic Stress Reduction
- ★ Addictive Behaviors
- ★ Anxiety
- ★ Asthma (Inflammatory & Bronchospasm)
- ★ Cancer Coping
- ★ Depression
- ★ Diabetes Care
- ★ Erectile Dysfunction (ED)
- ★ Fibromyalgia
- ★ Headaches: Tension, Migraines & Organic
- ★ Hypertension (High Blood Pressure)
- ★ Immune System Disorders
- ★ Inflammatory Bowel Disease
- ★ Irritable Bowel Syndrome
- ★ Insomnia, SAD, & Sleep Disorders
- ★ Obesity & Over Eating Problems
- ★ Pain: Coping Skills & Management
- ★ Sexual Health & Sexual Problems
- ★ Smoking
- ★ Weight Loss