

Community Spotlight: Dr. Artemis Morris



by Nancy Cohen

In 2005, Dr. Artemis Morris wanted to create a place where people could go to achieve and/or sustain health and prevent disease, a resource for healing with natural therapies. Envisioning a central location devoted to holistic healing, she opened Revive Wellness Center. Revive's focus on "healing from within" reflects its patient-centered care. Components

of staff commitment involve:

- Being a healing center with resources for body, mind, and spirit revitalization in one location;
- Dedication to improving health through natural and integrative therapies in a nurturing environment;
- A collaborative team of licensed professionals providing the highest quality care for patients' optimal wellbeing;
- Serving community health and healing with integrity;
- Upholding the maximum standards in their fields.

Revive includes naturopathic physicians, a psychiatric nurse practitioner (APRN), energy healer, massage therapists, organic spa, and studio offering personal training, belly dance, and more. They are seeking a family practitioner for their team. Physicians are board certified and licensed Naturopathic Doctors (ND). They provide holistic family care, with a number of specialties. Therapies include: nutritional care; supplements; herbal medicine; and homeopathy.

Three NDs, Dr. Artemis, Dr. Bert Schwarz, and Dr. Nicole Kerr, are also licensed acupuncturists (L.Ac.), with Masters in Acupuncture. They work with patients looking to maintain/re-establish health, manage pain, optimize fertility, complement cancer care, and more.

Artemis also offers Craniosacral Therapy, and Flower Essence Therapy. She is currently enrolling participants in a free study on the Mediterranean Diet for wellness and disease prevention. Furthermore, she has a private practice at 87 Cherry Street in Milford, also with multiple practitioners.

Initial naturopathic appointments involve health/lifestyle questions, and physical exam or lab work to assess any imbalances and find the cause of issues or disease. Diet, stress reduction, lifestyle changes, and personalized nutritional supplements may be discussed. Acupuncture treatments depend on patient's concerns. Re-establishing balance takes longer if disharmony has been present a while. Maintenance acupuncture is usually once

a month for disease prevention, stress reduction, and wellness.

Revive is in Westville, a neighborhood under revitalization thanks to the Westville Village Renaissance Association, and across from where Artemis' Greek immigrant grandfather had a vegetable stand during the depression. Her father lived there "when farms outnumbered commercial buildings," leading Artemis to suggest "We would all do well to cultivate a small garden to help us eat well, or support our local farmer's markets in letting food be our medicine." Her research (including books such as Michael Pollan's *The Omnivore's Dilemma*) has shown an important connection between sustainable agriculture and medicine. Good diet is essential for health.

Artemis' mother, a native of Crete, was an inspiration, fending off illness with herbal teas and natural remedies. Such experiences helped shape Artemis' medical future. She earned her Masters in Acupuncture and Naturopathic Doctorate at Bastyr University, is licensed and board certified in Naturopathic Medicine and Acupuncture (with a diploma from the NCCAOM, the national accreditation board for licensed acupuncturists). Her memberships include the American Association of Naturopathic Physicians (AANP), American Botanical Council and American Herbalists Guild. To stay apprised of medical advances, Artemis consults colleagues, websites, medical journals, and patients, who she sees as her best teachers.

Artemis teaches clinical nutrition at University of Bridgeport's naturopathic college and gives presentations on health topics. Her advice for professionally pursuing healing is to first become a patient and experience it yourself. For naturopathic school information, she recommends visiting www.naturopathic.com, and for acupuncture, www.nccaom.org.

To avoid winter blues, Artemis advises good diet and restful sleep. Individualized nutritional supplements may help stave off illness. Acupuncture releases natural endorphins and stimulates the immune system. Information can also be found in Revive's online newsletter, or its free Healthy Harvest Fair on Saturday, November 7 (see calendar).

How does Dr. Artemis maintain her health despite a full schedule? "I eat as well as possible, take my vitamins, get regular massage, acupuncture, energy healing, natural remedies and services recommended by my holistic healthcare team. I also try to stay physically active with belly dancing, yoga, qi gong, and walking." When stressed, "I know it is time to take a break and smell the roses. It is my body's way of telling me to slow down before I get sick and by listening to my body I am working on preventative medicine. Like my grandmother said, when you are hungry you must eat and when you are tired you must rest."

DECEMBER SPECIAL: Revive will absorb 50% cost of a physical exam for the uninsured. Revive Wellness Center: 867 Whalley Avenue, New Haven, CT, 203.387.1540, revivewellnesscenter.com. Artemis: drartemis@aol.com, drartemis.com. See ad page 5.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

—Thomas Edison, Inventor
