



HEART TO HEART MEDICAL CENTER

FALL IN LOVE WITH YOUR LIFE!

ONE STOP MEDICAL SERVICES



- 1.5 Hour Initial Consultation
- Wellness Coaching
- Chronic Pain Treatment
- Hormonal Testing & Balancing
- Acupuncture Face Lift
- Specialized Acupuncture Treatments
- Hypertension & High Cholesterol Treatment
- Heart & Circulation Evaluation & Treatment
- Nutritional Consultations
- Herb & Supplement Evaluation & Treatment
- Customized Detox Program
- Digestive Balancing
- Blood Sugar Balancing
- Healthy Aging Program
- Specialized Lab Testing
- Allergy Testing & Balancing
- Immune System Testing & Balancing
- Brain Chemistry Testing & Balancing
- Cranial Manipulation
- Stress Relief Coaching

MY (P.I.E.) FORMULA FOR 100% VITALITY AND EMPOWERMENT.

20% (P)HYSICAL WELLNESS

Sometimes we require an intervention from a health provider to advance our physical health. Regardless of the service needed, experts in the health field have much to tell us about our condition.

30% (I)NTELLIGENT LIVING

The first step to creating balance in your body is learning how to listen to your body. The second step is making great lifestyle choices involving a combination of diet, exercise, supplements, and attitude.

50% (E)MOTIONAL WISDOM

Have you ever had a physical problem that wouldn't get better no matter what you did? Most likely you are processing an emotional or spiritual imbalance that is preventing you from getting better. Dr. Shiroko has developed a system for you to understand how those issues are connected to your symptoms.

WELLNESS COACHING SERVICE



Are you finding yourself struggling with the same health and personal issues year after year?

Dr. Shiroko utilizes the Chinese Medicine holistic medical model, and her P.I.E. Life formula to provide in-depth medical, emotional and lifestyle guidance.

Work with Dr. Shiroko on strengthening the three areas of your health: physical wellness, intelligent living, and emotional wisdom.

**YOU DESERVE AN AMAZING
LIFE.**