



The Integrative Medicine Clinics Integrative Gynecology

Feel your best every day, at every age. At our Edward-Elmhurst Health Integrative Medicine Clinics we address your mind, body and spirit to assist you in living a better life.

What is Integrative Gynecology?

Conventional treatment is combined with evidence-based complementary therapies and mind/body medicine for whole-person healing. Integrative Gynecology begins with identifying the root causes of one's imbalances and then starting supportive treatment options that are natural, non-invasive, safe and have minimal to no side effects.

A holistic approach to gynecology combines lifestyle management (nutrition, exercise, stress management skills), herbal remedies and hormones with all the routine exams, tests and procedures expected during a gynecological appointment.

Dr. Elaine Biester, Integrative Gynecologist, might recommend Acupuncture, Therapeutic Massage, Reiki, Integrative Nutrition or other non-opioid treatments to support your health and wellness goals.

Meet Dr. Elaine Biester

My philosophy includes engaging and empowering women by using an approach that integrates both traditional and holistic treatments. Integrative Gynecology uses both standard medical protocols and complementary treatment modalities, by combining the power of both disciplines to restore and improve women's health and balance of the body, mind and spirit.

Women's health services provided:

- Non-hormonal therapies for perimenopausal and postmenopausal symptoms.
- Menstrual problems including heavy menstrual bleeding
- Hormonal imbalance
- Polycystic Ovarian Syndrome (PCOS)
- Cervical health
- Endometriosis
- Minimally invasive treatments for Fibroids and dysfunctional uterine bleeding
- Infertility
- Pelvic floor disorders and pelvic pain
- Urinary incontinence
- Sexual dysfunction
- Vaginal Health
- Vulvodynia (vulvar pain)

Patients can bill insurance as a regular physician visit.

To make an appointment call (331) 221-1700.

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