

Corazon Holistic Health Uses an Integrated, Evidence-Based Holistic Treatment Model to Boost People?s Well-Being

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Columbia, SC: Mental and physical health are two of the most critical aspects of an individual's journey to well-being. With the growing evidence of the mind-body connection, more and more wellness providers have started integrating holistic approaches into their services. In Columbia, South Carolina, a local wellness center named Corazon Holistic Health provides an innovative, integrative, holistic health model to individuals, couples, families, and groups.

Holistic health is an approach that takes into account the whole person - body, mind, and spirit. It recognizes that the body & mind are interconnected and that imbalances in one area can lead to problems in another. By addressing all aspects of health, holism seeks to create balance and harmony within an individual. When someone is in balance, they are more likely to be happy & healthy in all areas of their life.

Many Western medical professionals have traditionally treated physical and mental health as separate entities. However, evidence has shown that the two are inextricably linked. This was a firm belief of Licensed Independent Clinical Social Worker in the State of South Carolina, Kimberly Kocak, who founded Corazon Holistic Health Model with a vision 10 years in the making.

The Corazon Holistic Health Model is reinforced by a combination of mindfulness practices, neuroscience, and research-based alternative therapeutic techniques. The holistic health center's team of licensed practitioners offers individualized care through an array of services, including licensed professional counseling, yoga and meditation program, nutrition counseling, and massage therapy.

This holistic therapy model is unique in many ways, but one way that sets it apart is the marriage of modern holistic health science with ancient Eastern healing practices. "Each individual receives a unique treatment plan that encompasses all the components that will create a path to optimal health," says Kimberly Kocak, a Licensed Independent Clinical Social Worker and Owner of Corazon Holistic Health.

When clients enjoy a high level of physical care and comfort, the mind and body become more and more receptive to holistic healing. That is why the holistic health practitioners at Corazon Holistic Health have created a safe and tranquil space that encourages individuals to recognize and address the ?whole person,? on a physical, mental, emotional, social, intellectual, and spiritual level. That is the essence of holistic treatment.

About Corazon Holistic Health:

Corazon Holistic Health is a holistic health center that helps people improve their mental, physical, and spiritual health in Columbia, South Carolina. This local wellness center uses a combination of modern science and ancient Eastern healing practices to create an individualized care plan for each person. For more information, please visit their Facebook page.

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Corazon Holistic Health

Located in Columbia, South Carolina Corazon Holistic Health addresses the root causes of individuals' needs for mental

and physical wellness by treating the whole person with evidence-based practices.

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