

Psychological health has been a medical focus for Dr. Wyker since his initial practice as a family physician in his hometown in Ohio. He served as the chairman of the Committee on Mental Health for the Ohio Academy of General Practice and facilitated a collaborative continuing medical education venture with the Ohio

Psychiatric Association. The Academy was successful in securing a National Institute of Mental Health grant to train primary care physicians in “*useful* psychiatry for non-psychiatrist physicians.”

The next 20 years in medical practice were dedicated to emergency medicine in high-volume hospital emergency departments and urgent care centers. During those years, Dr. Wyker continued his interests in *useful* psychiatry and spiritual psychology in clinical medicine.

Dr. Wyker invested seven years of scholarship in natural and nutritional medicine and biomedicine therapies while transitioning into holistic medicine. He became a Founding Diplomat of the American Board of Holistic Medicine in December, 2000. Dr. Wyker is a long-term and grateful member of the American Holistic Medical Association.

In 1999, Dr. Wyker edited a text titled, *Abe Stories: Abraham Speaks on Joy-Based Psychotherapy and Holistic Healing*. In 2000, he was asked by Academic Press to author a chapter, *Spiritual Psychotherapy*, for a seminal text, *Complementary and Alternative Therapies in Mental Health*, edited by Scott Shannon, MD.

Although highly trained in the biomedicine or the “Body” aspects of holistic medicine and Ayurveda medicine, the “Spirit-Emotion-Mind” aspects of holistic health continue to personally and professionally fascinate Dr. Jerry—see the complementary sections on *What is Joy-Based Psychotherapy?* and *What is Unconditional Love?*

Now, he primarily functions as a Holistic Health *Life Coach* – rather than as a biomedicine holistic physician. However, a holistic biomedicine treatment plan is created for each new patient, and updated/revised periodically.

## PROFESSIONAL VISIT FEES

Dr. Wyker’s professional fee as a Holistic Health Life Coach is \$150 per half-hour. A half-hour visit is the most common visit after completing the initial new-patient visit, and a new-patient visit **usually requires two hours** to complete. Brief visits and phone consults are often scheduled on a quarter-hour basis once a treatment plan is well implemented, with a minimum fee of \$80.

Prospective HHC patients are encouraged to consult **briefly** with Dr. Wyker by phone at **no charge** to align health focus and core issues. Restoration and resolution, not just palliation, are the intended outcomes in holistic medicine.

We do not bill insurance companies, and Dr. Wyker is not a Medicare provider. Payment is due at the time of service by cash, check, Visa or MasterCard. Patients are given a paid receipt for each visit that reflects diagnostic and billing codes, and they should submit this superbill to their insurance company for reimbursement.

## PRACTICE HOURS

Dr. Wyker is available by appointment, only. For visits in person, he is available afternoons on Tuesdays and Thursdays. For phone consults, he is available most mornings, Tuesdays through Friday.

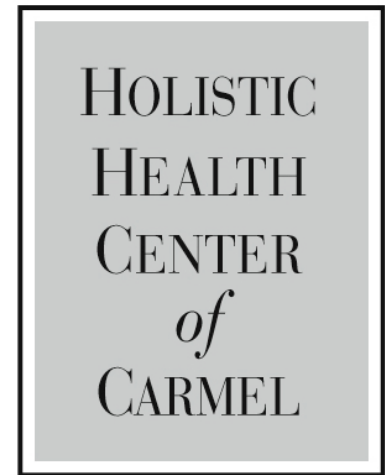
Feel free to call with questions; and leave a **brief** message on our answering machine if we are not available in person at the time you call. Dr. Wyker and his wife, Lee, intend to respond to telephone messages on a same-day or next-business-day basis.

## HOW TO REACH US

**PRACTICE** 831-625-0911  
**HOME** 831-625-0352 (not preferred)  
**FAX** 831-625-0467  
**USPS** PO Box 22770, Carmel, CA 93922  
**EMAIL** jerry@h-h-i.org (not preferred)

## HOW TO FIND US

- Highway #1 to Rio Road (turn east, away from the ocean).
- East to 4000 Rio Road (Riverwood Condos) – **do not enter this property.**
- Across from this entrance you will see a white Ford van – Dr. Wyker will be there, or be there soon.
- If Dr. Wyker is not there within five minutes, call him at 831-238-0399 (please do not use this number at other times, unless so requested).
- Welcome!



JERRY WYKER, M.D.  
*Board Certified in Holistic Medicine*



*Unconditional Love  
 is Life’s Most  
 Powerful Healer*

*Medical phone:*

**831-625-0911**

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*Integrating the best of  
conventional medicine and the best of  
natural and nutritional medicine  
with  
Spirit-Emotion-Mind-Body health.*

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### **What is bio-identical Hormone Replacement Therapy?**

Bio-identical Hormone Replacement Therapy (HRT) has been well established in the advanced practice of integrative and holistic medicine for many years. Visit these websites: [www.wrightnewsletter.com](http://www.wrightnewsletter.com), [www.tahomaclinic.com](http://www.tahomaclinic.com), [www.whitakerwellness.com](http://www.whitakerwellness.com) and [www.drwhitaker.com](http://www.drwhitaker.com). We are particularly grateful to Dr. Jonathan Wright and Dr. Julian Whitaker for their pro-active leadership in championing health freedom in the United States for our patients during these pivotal times in clinical medicine. Dr. Jerry's biomedicine protocols and intravenous therapies are largely adapted from Dr. Wright's teachings and courses in natural and nutritional medicine.

Menopause and andropause can become healthy and invigorating events with a) proper assessment/testing and b) replacement of the exact hormone molecules that our own bodies produce—in contrast to the altered/patented molecules used in conventional hormone therapy.

### **What are some other conditions for which there are science-based natural and nutritional therapies?**

Science-based natural and nutritional therapies are available for tinnitus, recurrent ear infections, cataracts, glaucoma, macular degeneration, night blindness, gingivitis, canker sores, hardening of the arteries, high cholesterol, high blood pressure, acne, eczema, shingles, kidney stones, recurrent bladder infections, asthma, constipation, Crohn's disease, gall bladder attacks, hemorrhoids, peptic ulcers, ulcerative colitis, bursitis, degenerative arthritis, rheumatoid arthritis, diabetes, hypothyroid, lupus, enlarged prostate, impotence, multiple sclerosis, Parkinson's and Alzheimer's, to mention a few. Visit [www.wrightnewsletter.com](http://www.wrightnewsletter.com) and [www.drwhitaker.com](http://www.drwhitaker.com) for more information.

### **What are the best therapies for mercury and other heavy-metal toxicities?**

Chronic mercury toxicity is ubiquitous in our country and

in our bodies—particularly from dental amalgam fillings—and many conditions, thereby, are the resulting immune-system injuries (see previous section). Chronic lead toxicity is often found in patients with high blood pressure and hardening of the arteries. There are advanced/improved chelation therapies available for heavy metal detoxification such as DMPS, DMSA, and EDTA. Arrangements for holistic intravenous therapies can be made by having an intravenous nurse come to your home.

### **What is Low Dose Antigen therapy?**

Low Dose Antigen (LDA) therapy is similar to Enzyme Potentiated Desensitization (EPD), which is an efficacious and safe allergy therapy from England that is not available in this country at this time. Compared to the narrow range of inhalant and food allergies of conventional allergy therapy, LDA and EPD therapies cover more than 40 conditions of immune-system injury. These therapies also have resolution rather than palliation as a therapeutic endpoint; therefore, they have more cost benefits for the patient. LDA therapy is available to individual patients by prescription. For more information, visit [www.drshrader.com/news.htm](http://www.drshrader.com/news.htm).

### **What is Wilson's Thyroid Syndrome therapy?**

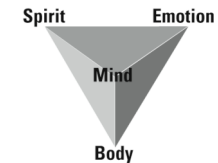
Wilson's Thyroid Syndrome (WTS) is commonly found in patients who have normal conventional thyroid blood tests, low body temperatures, and a host of up to 60 symptoms of low thyroid function. For more information, visit [www.WTSmed.com](http://www.WTSmed.com). The compounded sustained-released T3 used in WTS therapy is complemented with naturopathic products to enhance a smooth and effective recovery of low body temperatures. WTS therapy is somewhat complex and there is a distinct learning curve, but the therapeutic outcomes can be outstanding and are comparatively inexpensive. A patient text and doctor's manual are required reading for each new patient. With the most successful outcomes, there is resolution of the symptoms, and no ongoing thyroid prescriptions are needed.

### **What is Joy-Based Psychotherapy?**

Joy-Based Psychotherapy (JBP) is primarily based on the principle: "What we dwell upon, we manifest." If we dwell upon fear-based thoughts (beliefs, stories), we manifest illness; if we dwell upon joy-based thoughts, we manifest health. The entire Universe is based on contrast and managed by the Law of Attraction: That which is like unto itself is drawn. View [www.abraham-hicks.com](http://www.abraham-hicks.com); and see *Abe Stories*, referenced in Dr. Jerry's biographical sketch. JBP is primarily derived from the teachings of Abraham. These teachings are elegantly and *usefully* communicated in an advanced spiritual psychology text, *Ask and It Is Given*; and a practical philosophy text, *The Law of Attraction*. Dr. Wayne Dyer states, "The teachings

of Abraham, essentially, are focused on helping you to return, in all respects, to that Source from which all things originate and all return to as well." Dr. Jerry states, "The teachings of Abraham, essentially, are focused on *unconditional love*."

JBP summary: 1) *Emotion* is the language of *Spirit*—*Body* is the language of *Mind*; 2) holistic health, and the 5,000-year-old Ayurveda balance of Spirit-Emotion-Mind-Body, is best modeled by a tetrahedron



and 3) Joy is the *purpose* of life!

### **What is unconditional love?**

Unconditional love is ...

- *Life's most powerful healer.*
- *Adoring self first, without judgments or conditions*—and then adoring others.
- *What we are all students of*—and what we are all each other's teachers about.
- *The process of life*—Joy is the outcome.
- *Being deliberate and passionate about Joy*—which is the purpose of life; in the physical, and the non-physical.
- *A deliberate and dominant zone of Joy*—such as in gratitude or appreciation.
- *Joy*—without cause.
- *Allowing*—which is the art of individual discovery of harmonious vibration to desire.
- *Enlightenment*—which is the Art of Allowing, or releasing of resistance, or a natural return to one's natural Being.
- *Balance*—of the mental-body, physical-body, spirit-body and emotion-body within the vibrational Being that we are.
- *Being*—not doing.
- *Feelings*—not words.
- *Sharing*—from one who temporarily has more, with one who temporarily has less.
- *Letting go of fear*—in all of its many forms.
- *Serenity*—even with the subtle feeling of the unknown.
- *Presence*—and open welcoming of the unknown.
- *Freedom*—which is the basis of life.
- *Growth*—which is the result of life.
- *Life*—full on.
- *Lifting the veil of separation of self from Self*—or the you/You living as One.