

ALL ABOUT REBEL MED NW



As a part of the Rebel Med NW philosophy, we believe that health is more than a singular objective, it is in daily living. It means different things to different people, and will look different from one person to another.

Health is an experience of empowerment, not control. True health is empowering the mind, body, and spirit.

What is Naturopathic Medicine?

Naturopathic Medicine in WA State is:

- **Primary Care Medicine:** labs, physical exam, Rx management, supplement management, lifestyle/diet counseling, health goals, referrals, etc.
- **Physical Medicine:** spinal manipulations, stretching/exercise strategies, sports taping
- **MindBody Medicine:** Biofeedback, counseling
- **Natural tools** to support the foundations of health.
- **Telehealth**



What is Chinese Medicine?

Chinese Medicine is a unique system of medicine that includes:

- **Acupuncture:** trigger points, including injections, meridian therapy, Qi balancing methods, emotional release techniques, cosmetic acupuncture
- **Manual Therapies:** cupping, Gua Sha (soft tissue scraping), Tui Na (medical massage techniques), Qi Gong and breathing training.
- **Herbal Medicine:** ancient herbs and formulas that rebalance the constitution and the microbiome.
- **Health Advice:** based in ancient Asian philosophies can address physical, psycho-emotional, and spiritual needs.



Why Nutrition:

Our Licensed Nutritionist works closely with our doctors to assist in assessing nutritional needs and developing strategies to meet nutrition goals.

Why Medical Massage Therapy:

Our Medical Massage therapist provides a targeted and intuitive style of massage that can deepen physical and mental well-being.



Rebel Med NW was founded by Drs. Andrew Simon and Phonexay Simon. Their own birth story began right after graduation as they were embarking on their careers. They know first hand the experience of juggling their careers, their kids, and their own relationship.

At Rebel Med NW, they have assembled a team of real people who bring their own life experiences to the table. We all show up in whole form for our patients to guide our patients towards whole health & well-being.

Learn more at www.rebelmednw.com