

One-Stop Healthcare

MEDICAL CENTERS that integrate traditional and alternative care are all the rage, but few are as extensive as HealthBridge, a wellness complex in Manhasset, New York, which has a gym, a spa, and a full range of experts to help you get your lifestyle in shape.

"The current model of medical care is broken," says David Edelson, M.D., an internist who founded HealthBridge two years ago. "Medical delivery is all geared toward fixing problems that are already established. We want to get to the patient early, with interventions that include lifestyle changes, fitness training, nutrition, and stress management."

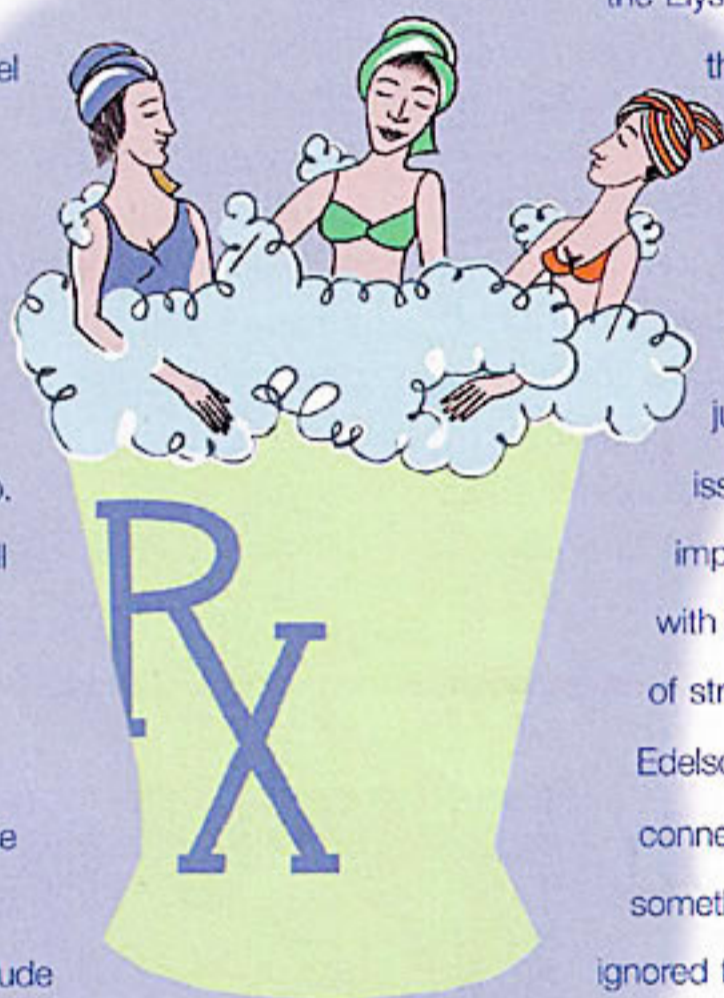
To that end, the complex has five divisions. One provides general healthcare,

with an emphasis on natural, holistic treatments. In another, chiropractors, acupuncturists, personal trainers, physical therapists, and massage therapists focus on injuries and pain. In a third, personal trainers work with nutritionists on fitness and weight management. A fourth addresses sleep disorders.

Perhaps the most unlikely division is the Elysium Day Spa. "I

think the medical practice and the day spa work so well hand in hand. We can deal not just with cosmetic issues, which are important, but also with the internal issues of stress," says Dr. Edelson. "The mind-body connection in medicine is something that's been ignored for years. Spa

activities are very health-promoting, and once you integrate them into the medical model, you get a better delivery of healthcare."



SAY WHAT!#?

"I do yoga and Pilates ♪ And the room is full of hotties ♪ So I'm checking out their bodies ♪ And you know I'm satisfied." —Madonna, on the title track of her new album, *American Life*