



## COVID Solidarity Visits: Pay what you can

*The fruit of silence is prayer.  
The fruit of prayer is faith.  
The fruit of faith is love.  
The fruit of love is service.  
The fruit of service is peace.*

–Saint Mother Teresa of Calcutta

### [Don't let financial stress be a barrier to reaching out for medical help at this time– WE ARE HERE FOR YOU!](#)

Sometimes we need a push and sometimes we need a shove.

I've long been bothered by how to offer my services as an integrative physician and reconcile all the expenses and efforts of my training and gifts and maintain a healthy business so that I can continue to serve people... while still serving from the heart and helping those most in need. Over the years I have flirted with finding a practice model that just lets people pay me what they can or what they think it is worth. But I have never had the courage to do so. I do think it is important to have some sort of exchange and boundaries and our culture does seem to value things that cost more, and when someone invests in their health it has therapeutic benefit, but I do think a shift is needed to provide integrative and functional medicine to folks, especially during this time of such uncertainty and suffering.

Integrative and functional medicine looks at why and how illness occurs and restores health by addressing the root causes of disease for each individual and addresses our health: MIND, BODY and SPIRIT. During COVID19, there could not be a more important time. Theresa Hernandez and I use our training to support patients in becoming more resilient. We help provide folks with “internal PPE” you might say! We can also provide folks with more conventional medical advice and incorporate all our tools into our support for you.

So, when I heard [this report on NPR](#) while driving into my office today, I got my “shove.” In Naples Italy they are using solidarity baskets to lower food down to the street for people to pay what they can (or not). I have decided to apply the same concept to my medical practice until the end of April 2020 and perhaps longer. [For the rest of April, We will see patients](#)

[over telemedicine \(new and existing\) and they will only need to pay what they can.](#) Theresa Hernandez can also see patients but her access may be more limited as she is homeschooling her 2 children and expecting another child at the end of the month! Again, this is such a time of uncertainty for us all, but we can each do our part and support and help one another.

We will also continue our weekly free zoom group “[Connection Without Infection](#)” at 1 pm on Tuesdays!

Peace and strength to you all!

Dr Julie

## NEW from the blog!



### [COVID 19: Our response, Resources & Updates](#)

*We will be updating this frequently as we learn more!*  
Continue to stay safe, stay healthy, wash your hands, and continue to practice physical distancing. #stayhometexas



### [How can we keep our children calm during a quarantine](#)

COVID Resources for kids, the importance of talking to your kids and checking in with them during this difficult time, & more!



### Need help accessing the patient or video (telemedicine) portal?

For help accessing the patient portal or the telemedicine (video) portal, contact [corrie@laketravisintegrative.com](mailto:corrie@laketravisintegrative.com)

Check out our [#LIVEITminutes](#) on

**vimeo**

*Believe in yourself. Believe in your health!*



