

## The Tao of Healing

Healing begins with balance.  
you quietly learn  
to see the whole in its parts  
ebb in flow  
as the universe spirals  
in perfect balance.

The healer must first know  
and then not know  
and then know all and nothing  
all at once.

The healer, a vessel perfectly empty  
must be perfectly full  
wholly present  
yet not here at all.

Balancing the infinite cannot be done,  
and it is achieved without effort  
when your heart opens  
in every moment of healing.

Howard Woodwind Morningstar  
New Haven, Connecticut, 1985



**Howard W. Morningstar, MD**  
Board certified family physician & Herbalist

**Rabbi Sue M. Morningstar, CNM**  
Women's health care nurse practitioner



Sue & Howard with our staff:  
Janite, Teja, Mimi, Paris & Jenn

## MORNINGSTAR HEALING ARTS



534 Washington St.  
Ashland, Oregon 97520  
(541) 482-2032  
[www.morningstarhealingarts.net](http://www.morningstarhealingarts.net)

*"Combining the best of both worlds;  
traditional medicine & natural healing"*

## OUR HEALING PRACTICE

We believe that health is everyone's birthright at any age. It's a harmonic state of energy flow through one's body, mind, spirit and the surrounding environment. When this balance is lost, our innate healing powers work to restore balance, and hence, health. We suffer from the symptoms of disease when this natural healing process is blocked.

When you are well, our goal is to help empower you with the knowledge to maintain your optimal health at any age. When you're ill, we help guide you to understand and correct the root causes of disease, rather than simply treating superficial symptoms. Success results in beneficial changes that will enhance your health and well being for a lifetime.

We combine our experience with ancient wisdom based healing arts and modern scientific medicine to offer you a wide range of alternative and conventional therapeutic choices. While we will often suggest gentle, sensible, natural therapies, we are also trained in the most current allopathic medical interventions, including inpatient hospital care if necessary. We are also comfortable consulting with a diverse assortment of healing specialists, from psychiatrists to shamans, from surgeons to homeopaths. And, we accept and bill Medicare and most commercial insurance.

## OUR SERVICES

### Family & Herbal medicine

- Primary integrative medical care for the whole family, from newborns to elders
- Personal disease screening, risk assessment and prevention
- Health maintenance checkups & employment physicals
- Well child checkups & sports physicals
- Lifestyle & nutritional counseling
- Consulting care in herbal medicine
- Evaluation and treatment of men and women's sexual & intimacy issues
- Minor office surgery
- Onsite herbal pharmacy
- Specialist and diagnostic testing referrals
- Spiritual counseling with Rabbi Sue

### Women's Health Care

- Primary and preventive health care for all aspects of women's lives
- Health maintenance physicals, women's health exams and disease screening
- Adolescents' first pelvic exam
- Contraception & Sexual counseling
- Menopause care, including herbal remedies, natural hormones and lifestyle counseling
- Osteoporosis screening, prevention and treatment

*"Gratitude is great medicine"*

## OUR BACKGROUNDS

Sue and Howard Morningstar have been best friends and life partners since they were three. They married in 1977 after Sue completed her nursing degree at Columbia University.

When Howard graduated from Harvard College with a degree in folklore & mythology in 1980, he and Sue outfitted a school bus and headed west in search of a better life. They settled on a homestead in Wolf Creek, Oregon, where Sue answered her life's calling and began attending home births as a lay midwife. Howard, drawn to the healing energy of plants, began to work locally as a barefoot herbalist while studying plant medicine in the woods, meadows and at the California School of Herbal Studies.

In 1985 the Morningstars left their hearts in southern Oregon and headed back east with a shared dream: to learn how to combine the best of ancient, wisdom based healing traditions with the most current scientific medical knowledge.

Sue graduated from Yale University with a master's degree in nurse-midwifery in 1989, the first in the country to do so while in a wheelchair.

Howard attended Yale Medical School, where his thesis on "Herbal Folk Medicine of the Siskiyou Region", helped him earn his M.D. degree in 1989. He continued his medical training at Brown University's family medicine residency program, and has been board certified in family medicine since 1992.

Sue and Howard then moved to rural Florida to work at a migrant and community health center. As medical director, Howard was also responsible for developing health care policy and delivery for the center's five clinics. He joined the faculty of the University of South Florida's medical school, teaching the art of healing to aspiring medical students and residents.

In 1996, the Morningstars fulfilled their dream of returning to Ashland to offer their healing arts to the community. In 2005 they opened a beautiful integrative healing center where they practice today alongside a variety of allied healing professionals.

The Morningstars continue to joyfully expand their healing skills. Sue was ordained as a Rabbi in 2009. Howard trained as a Certified Tantra Educator in 2010. Sue & Howard are so grateful to be sharing this work and life's always surprising adventures.