



Morningstar Healing Arts

By Emily Higham

Walking up the stone path to Morningstar Healing Arts, one forgets they are walking into a doctor's office. The path, surrounded by thriving gardens and trickling ponds, ends at a set of carved wooden doors. Once inside, you are put at ease in this establishment dedicated to wellness, where the beauty of nature from outside extends inside.

The center, designed by Howard Morningstar, M.D., board certified family physician and herbalist, and his wife Sue Morningstar, C.N.M., women's health nurse practitioner, was founded in 1996 according to the Morningstar's goal of combining traditional medicine and natural healing as the focus of their practice.

"Ashland is the best place we've ever seen for living and raising a family," Dr. Howard Morningstar said. "The community of Ashland is extremely ready

for modern medicine and old fashioned healing methods. They understand the healing power of nature. Healing gifts are appreciated by the community."

This combination is not only

ophy and was inspired by healing temples of Greece. It uses natural lighting provided by long, tall windows that surround colorful triangular skylights. The inside is a sight for natural elements, including

the wooden beams, plants and fountains. The exam rooms also feature windows that provide lots of natural light, that the Morningstar's believe make the experience "beautiful and inviting" and a "comforting place," but has every thing needed that doctor's offices require.

"We have the lab stuff all here except that it looks like this instead of what you're used to seeing," said Dr. Morningstar.

"You get a sense of well-being from the sounds, sights and smells."

Dr. Morningstar was educated at Harvard, the California School of Herbal Studies and Yale Medical School and Sue Morningstar studied nursing and midwifery at Columbia and Yale. With



seen through their medical procedures, but also in their current location, a building that the Morningstar's opened a year and a half ago.

According to Dr. Morningstar, their new building was constructed according to ancient principles of sacred philos-

their combined knowledge, they maintain many holistic philosophies that they exercise at the healing center.

"Health is more than the absence of sickness," Sue Morningstar said. She added that at Morningstar Healing Arts patients are asked questions regarding every aspect of their lives, including their emotional, psychological, spiritual and physical needs. "All of this impacts on their life," she said.

The Morningstar's seek to find out what is going on in patient's life, to make sure all aspects are in balance, emphasizing healthy living.

"We do a lot of listening, listening is a big part of it," Dr. Morningstar said.

With that, along with treating illness, one of the main goals of the center is to keep people healthy in order to stop illness before it starts, using preventative techniques.

"We want to help them before they start feeling it physically," Dr. Morningstar said.

Sue Morningstar, whose expertise is women's health, discusses many issues with her patients such as preventing breast cancer, osteoporosis and easing into menopause.

"It's lots of prevention." Sue Morningstar said.

The Morningstar's believe that illness occurs when a person's energy is out of balance. Through their examination, they seek find answers for their patients so a healthy lifestyle can be maintained.

"Where is their energy out of balance? Where is the flow being blocked?" Dr. Morningstar cites as examples of questions they ask when diagnosing.

The subject of aging is where another one of Dr. Morningstar's philosophies is put into play. He feels that many people procrastinate when it comes to making changes in their lives.

"Anything you want to be doing when you're 90, start doing it now," he said.

They also stress that people should be doing what they love. For the Morningstar's, who have been best friends since they were three years old, that means the work they do in the com-

munity they live in, and spending time with their friends and children.

"If you do the things you love,



*Howard W. Morningstar, MD
Sue Mauer Morningstar, C.N.M.*

everything works better," Dr. Morningstar said.

In conjunction to these philosophies, Morningstar Healing Arts offers

many services to their patients including family medical care, preventative screening, child check-ups and vaccinations, lifestyle and nutrition care and complete women's health care. They also house other healers that are allied with the center, including a naturopath, holistic psychologist, herbalist, masseuse, acupuncturist, homeopath and rapid eye movement healer.

"We have a collection of healers working here," Dr. Morningstar said. "It makes a tremendous synergistic effect of healing philosophies."

Sue Morningstar also appreciates the variety of resources the healing center can offer.

"We have an amazing group working here," she said. "They're compassionate, kind and caring. We're highly blessed to be working in a place with amazing healing."

Along those same lines, Dr. Morningstar reiterates their goal of living well and maintaining balance.

"Simple kindness is common sense," Dr. Morningstar said. "Being grateful is very powerful healing."

