



MEDERI  
CENTER



*Welcome!*

Thank you for your interest in becoming a patient at Mederi Center! This packet will give you all the information you need to become familiar with who we are and what we do. Regardless of your health concern or condition, our goal is to provide you with exceptional care that translates into a positive healing experience and better clinical outcomes.

[www.medericenter.org](http://www.medericenter.org)



# Table of Contents

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Page 1	<b><u>Our Approach</u></b>
Page 2	<b><u>Our Clinic</u></b>
Page 3-4	<b><u>Our Practitioners</u></b>
Page 5	<b><u>Preparing for Your Journey.</u></b>
Page 6	<b><u>Becoming a Patient</u></b>
Page 7-8	<b><u>Rates &amp; Costs</u></b>
Page 9	<b><u>Daily Protocol Sample</u></b>
Page 10-12	<b><u>Frequently Asked Questions</u></b>
Page 13	<b><u>Our Apothecary.</u></b>
Page 14-15	<b><u>Testimonials</u></b>
Page 16	<b><u>Patient Resources</u></b>



# About Us

## Mederi Care

Our mission is to optimize health, promote longevity, and improve the quality of life of those facing chronic diseases, especially cancer.

### **Our Approach**

Guided by founder Donnie Yance's expertise and 40+ years of clinical experience, our practitioners harness the power of plants, nutrients, diet, lifestyle, and pharmaceuticals to help our patients thrive, regardless of their diagnosis. We utilize botanical and nutritional medicine independently and in concert with allopathic medicine, and have had outstanding results in thousands of cases. Our health-promoting modalities support the body's innate capacity to heal on multiple levels.

### **Personalized, Precision Medicine**

Our practitioners prescribe personalized, individually tailored treatment plans using a holistic, integrative approach called Mederi Care®. These in-depth treatment plans, also known as protocols, are designed to address the specific needs of each patient with targeted therapeutic strategies. Your practitioner will closely monitor your progress and adjust your treatment plan accordingly.

# Our Clinic

Whether you're living with cancer, a chronic illness, or are wanting to maintain optimal wellness and age gracefully, we're here for you every step of the way on your road back to health. Visit us at our Ashland, Oregon clinic or consult with your practitioner virtually.



## Practitioners

Our team of experienced practitioners partner with you and your healthcare providers to offer personalized, precision medicine and comprehensive treatment plans, using a holistic, scientifically-validated approach.



## Support Staff

From scheduling, to liaising with your practitioner, placing orders, or helping you with your protocol, our compassionate, dedicated staff are here to assist you in every aspect of your care.



## Apothecary

Our botanical apothecary offers custom compounding services and stock formulas for clients, licensed practitioners, and other qualified healthcare professionals and their patients.



# Our Practitioners

## Donnie Yance, CN, RH (AHG)



Donnie Yance is known for his extraordinary knowledge and deep understanding of the healing properties of plants and nutrition, as well as epigenetics, laboratory medicine, oncologic pathology, and molecular oncology. He is the founder of Mederi Center, Mederi Academy, and Natura Health Products and has authored two books.

## Susan Saccomanno, ND, MSOM



Dr. Saccomanno has over sixteen years of experience as a family physician with a specialty in wholistic cancer care and chronic illness. As a Naturopathic physician and Chinese medicine practitioner, Dr. Saccomanno has a unique skill set that enables her to assess health from both Western and Eastern perspectives.

## Jason Miller, DACM, LAc



Dr. Jason Miller is a doctor of Chinese medicine and acupuncture and has specialized in integrative cancer care and chronic disease for the last twenty years. His integrative approach bridges the time-honored theory and practice of traditional Chinese medicine with modern biomedical therapies and diagnostic tools.

## Rachel Stricker, ND



Dr. Stricker brings over a decade of experience in primary care and community wellness, specializing in gut health, autoimmune conditions, hormones, detox, and stress. A plant-based chef and yoga instructor, she blends nutrition, movement, and mindfulness in her practice. Dr. Stricker is also pursuing a PhD in the Quantum Science of Health & Integrative Medicine.

# Our Practitioners

## continued

### Gloria Schwartz, ND



Dr. Schwartz has been in practice for over 30 years, focusing on women's health and chronic health conditions. She consults with patients with cancer, metabolic, hormonal and autoimmune diseases, as well as those seeking health optimization. Her primary therapeutics are botanical, nutritional and homeopathic medicine.

### Oscar Sierra, CH, RH (AHG)



Oscar Sierra blends Traditional Chinese Medicine with modern Functional Medicine. He is board-certified in Herbal Medicine, Acupuncture, and Biomedicine, a registered herbalist through the American Herbalists Guild, and a Certified Mederi Care Practitioner. *(Please note: Mr. Sierra only accepts new clients that come from patient or professional referrals.)*

“Mederi is playing a huge part in the fact that I'm able to continue to thrive and live with the cancer. Mederi is healing in every aspect... with your body, your mind, your soul. Not only are they able to talk about all of the medicine that I'm on and the chemo and oncology aspect, they're also giving me the supplements to keep my body healthy.” ~ Keri



# Preparing for your healing journey

## **Collaboration | Commitment | Consistency**

We practice collaborative care, which means you can expect to feel fully partnered in your healthcare. Your voice is important to us and supports a better outcome, broadening possibilities for long-lasting improvements in health.

We understand that receiving a new diagnosis or rekindling hope for healing in a chronic condition can be challenging. We also know that natural medicines facilitate healing in the body, working synergistically to optimize health and increase lifespan. This approach requires consistency over time to be effective. Therefore, in order to achieve positive, sustained results, we ask our patients to be committed to having regular consultations with their practitioner and adhering to their individualized treatment plans.

You can expect the number of visits to be no less than three times per year, or as often as once a month, depending on your health status, lab results, and your practitioner's recommendations. Regular consultations also help to build a supportive and effective relationship with your practitioner.

Ultimately patients that are consistent in following the specific recommendations of their individualized treatment plan have the best clinical outcomes.



# Start your *Journey* Becoming a Patient

## Step 1: Registration

Once you've decided to move forward with becoming a patient at Mederi Center, we'll get you set up with our secure patient portal. You'll receive an invitation to set up your personalized login information and register your account.

## Step 2: New Patient Paperwork / Intake Forms

We send all our new patient paperwork directly through the patient portal. This empowers our patients to fill out their forms electronically, with no need for printing and scanning.

## Step 3: Onboarding

A pivotal part of the Mederi Care approach is to give our practitioners the opportunity to review past medical records prior to your first appointment. Each practitioner has a Client Liaison that will assist you in gathering the appropriate records needed. We have several avenues for sending records and will assist you in choosing the method that is easiest for you.

## Step 4: Scheduling

Once all the needed records are gathered, we can move forward with scheduling your initial consultation with your practitioner. New patient appointments are typically 60-90 minutes in length.

## Ready to become a patient?

Call us at 541.488.3133 to talk with one of our team members and we will gladly assist you in getting started, or email our clinic coordinator at [dchasmar@medericenter.org](mailto:dchasmar@medericenter.org). Please provide your full name and date of birth in your email.







# Consultation Rates

We're committed to providing you with high-quality, personalized care that makes a meaningful difference in your health. While most of our patients pay for consultations out-of-pocket, we do accept a few select insurance plans for patients who consult with our Naturopathic physicians. For more information regarding our Naturopathic rates please [click here](#). Below is an overview of the out-of-pocket investment involved.

## Your Initial Consultation

The rate for our practitioners is \$300 per hour. Your initial consultation is capped at \$750, which includes:

- A thorough review of your submitted medical records
- A 1.5-hour in-depth consultation focused on your health goals and challenges
- The development of a personalized, integrative treatment plan

This comprehensive approach, which can take up to 4-5 hours, ensures that your care is informed, targeted, and aligned with your individual needs.

## Follow-Up Appointments

Follow-ups are generally 60–75 minutes and billed at the same rate of \$300/hour, in 15-minute increments. These fees may include time spent reviewing new lab results or other updates in advance, so your appointment time can be used most effectively.

## Timing Between Appointments

After each visit, your practitioner will suggest a follow-up timeline based on your treatment plan. This gives you time to implement your therapies and for your care team to assess how your body is responding—maximizing effectiveness and avoiding unnecessary changes.



# Protocol Costs

As part of your custom protocol (also referred to as a treatment plan), you will be prescribed supplements, herbal liquid tonics, powders, or topical treatments. The monthly cost for this typically ranges from \$350 to \$850. You'll be able to review pricing before purchasing, and *your practitioner can help prioritize the most essential items to support your goals while staying within your budget.*

## **What is the average cost of an individualized protocol?**

These are general cost estimates—not guaranteed rates. Our protocols are highly individualized, and actual costs will vary based on your unique needs and presentation.

***Please Note: These are NOT subscription plans, but rather rough guidelines to help you anticipate potential expenses, based on your health concern, condition, or the complexity of your diagnosis.***

**General Health and Wellness** ..... average \$300-\$600 per month  
**Chronic Health Conditions** ..... average \$400-\$700 per month  
**Cancer or Complex Health Condition** ... average \$500-\$900 per month

# Daily Protocol Sample

Your custom protocol is tailored to your unique health needs and may include supplements (pill, powder, tea, or liquid), dietary recommendations, medicinal smoothies, and lifestyle modifications. The sample shown represents just a portion of a full treatment plan, with dosing and instructions designed for optimal absorption and effectiveness.

Product Description	B-fast	Dinner	Notes
<b>Botanical Treasures®</b> Delivers broad-spectrum antioxidant activity to quench free radicals and normalize gene behavior. Features turmeric, green tea, resveratrol, black cumin seed.	3 caps	3 caps	Take with food to enhance absorption. Powder can be included in smoothies.
<b>Mushroom Synergy®</b> Contains medicinal mushrooms that powerfully modulate the immune system, providing deep cellular, kidney, and liver support.	3 caps		Can put powder in smoothie.
<b>InflamAway®</b> Supports healthy inflammatory response. Features a standardized extract of frankincense, which beneficially influences multiple pathways involved in cancer inhibition.	3 caps	3 caps	
<b>Vitamin D-A-K</b> Features highly bioavailable forms of vitamins D, A and K to support healthy immune system response and cell-cycle functions.	2 caps		Best with food. Try to get some sun daily as well.

Apothecary Formulas	Dosage & Directions
<b>Custom Tonic Formula</b> Reishi, Lions Mane, Poria, Chaga, Elderberry Glycerite, Nepata Glycerite, Lohan Glycerite, Silybum marianum, Scutellaria baicalensis, Cinnamomum zeylanicum	Take 1 tsp in the morning and 1 tsp midday
<b>Herbal Tea Recipe - Tahebo Concoction</b> Tahebo/Tabebuia, Chaga/Inonotus, Astragalus/Huang Qi, Cat's Claw/Una de Gato, Lemongrass/Cymbopogon, Red Clover/Trifolium, Rooibos Chai®, Burdock root/Arctium, Dandelion root/Taraxacum, Hibiscus, Lavender, Licorice/Glycyrrhiza, Lycii/GouQi, Orange peel/Citrus, Rose, Sarsaparilla/Smilax, Luo Han/Momordica	Follow brewing instructions and drink 2 cups daily



# Frequently Asked Questions

Below are answers to some of our frequently asked questions. For more FAQs, please [visit our website](#).

## What makes Mederi Center unique?

Our world-class center for integrative oncology and the treatment of chronic disease gives patients access to more targeted therapies and a chance to thrive, despite their diagnosis. Our practitioners combine advanced botanical and nutritional therapeutics with the latest in conventional treatment to go beyond the scope of standard of care (chemotherapy, radiation, surgery, pharmaceuticals or other allopathic approaches). Our research and practitioner education programs add another layer of depth to our patient services.

## What can I expect during my initial consultation?

Our Practitioners invest significant time and effort preparing for a new patient's initial consultation. On average, they will spend up to an hour and a half reviewing your records, labs, and intake form, and researching the specifics of your diagnosis. After your appointment takes place, your practitioner will spend an additional one to two hours creating your customized treatment plan. Despite the extensive time involved in delivering personalized care, *we never charge more than 2.5 hours for your initial consult, regardless of the actual time spent on your case.*

During your initial consultation, your practitioner will conduct a comprehensive review of your current and past health status in order to gain a deep understanding of your entire health picture. This will include a thorough assessment of your physical, mental, emotional, energetic, and spiritual well-being, taking into account factors such as stress, weight, emotional state, activity level, along with labs, imaging, and other diagnostics.





# FAQs *continued*

## What happens after my initial consultation?

Following your initial consultation, your practitioner will dedicate significant time to researching your specific health concerns and developing a comprehensive treatment plan. This meticulous process ensures that all aspects of your health are considered.

Next, the Client Liaison who works directly with your practitioner will call you to provide additional support. This includes guidance around downloading your protocol from your patient portal, understanding how our billing process works, how to place orders for custom formulations and supplements, and scheduling your next follow-up consultation. Your Client Liaison will support and guide you through all aspects of your care with Mederi Center and your practitioner. Most often, they will be your direct point of contact if you have questions or need clarification.

Our practitioners prioritize creating protocols (treatment plans) that work for our patients long term. They can adjust these plans to accommodate your needs, so please provide feedback to ensure they can assist you effectively.

## What kind of success rate do you have?

Statistics are based on a controlled environment where patients with same diagnosis are given the same treatment. Our patients come to us in various states of health, with diverse types and subtypes of cancer, and in varying stages of their disease. Mederi Center protocols are individualized to meet the specific needs of each person. Thus, we are unable to provide statistical data, other than through research that substantiates our application of specific therapeutics for conditions we treat.

While some of our clients are not undergoing mainstream therapies, many of them are. Though everyone's response to botanical, nutritional, and dietary medicine differs, our goal is to support healthy immune system function, reduce or mitigate side effects of conventional treatment, and promote vitality. This generally results in enhanced quality of life and increased life span for many of our clients, regardless of their diagnosis.



# More FAQs

## Should I be concerned about herb/drug interactions?

Our practitioners have intelligently and safely combined herbal formulations with hundreds of different drugs for all kinds of conditions and diseases. Our decades of clinical experience and ongoing comprehensive and careful review of scientific literature has demonstrated numerous positive herb-drug interactions. Herbs can help potentiate the beneficial effects of certain drugs, allowing for a lower dosage of that drug. They can also reduce side-effects of certain drugs, protecting vital organs from short and long-term toxicity, and can inhibit drug resistance. If you're concerned about herb-drug interactions, please discuss with your practitioner and we can arrange for them to speak to your PCP and provide the data or science to support our recommendations.

### Core Components of a Mederi Care Protocol

#### Dietary Supplements

- Botanical / Nutritional
- Dosage & Timing

#### Dietary Recommendations

- Medicinal smoothie
- Medicinal soup
- Specific healing foods

#### Lifestyle Recommendations

- Exercise
- Spiritual care

Optional treatment modalities (acupuncture, massage, etc.)

#### Personalized Formulations

- Herbal tonics
- Herbal teas
- Powder formulas
- Topical formulas

#### Selective Pharmaceuticals & Targeted Therapies

Comprehensive blood, biomarker, and often additional pathology testing







## Our Apothecary

The Mederi Center® Apothecary is a trusted full-service compounding botanical apothecary for Mederi Center patients, licensed practitioners, and other qualified healthcare professionals and their patients. We are a source of quality botanical medicinals and offer both custom compounding services and stock formulas.

Our Apothecary features 200+ single extract botanicals, 100 dried botanicals, 150 botanical extract powders and Chinese granules, and many top brands of practitioner-quality nutritional supplements.

Our extensive line of unique stock formulas includes tonics, teas, powder blends, and topicals, that have been formulated and clinically tested for decades by Clinical Master Herbalist, Donnie Yance.

All of our raw materials are expertly vetted for the highest quality, purity, potency, and clinical effectiveness, and are manufactured in accordance with the American Herbal Products Association's Good Compounding Practices.

A protocol often consists of custom formulations using raw materials from our Apothecary. Formulas can include tonics, powders, teas, topicals and Chinese granules.



# Testimonials

“ Dr. Susan's gifts are her graciousness, humility, curiosity, and desire to really understand patients. I appreciate that she was willing to work with me while I underwent surgery and decided to take chemotherapy. I didn't feel judged for the path that I chose -- I felt only supported. Dr. Su continues to welcome my questions, take the time I need to understand my protocol and why she is prescribing it, and to offer encouragement on this journey. I am grateful for the Mederi team and feel indebted to them for the care I have received. ~ Kristin

“ I've been a patient of Dr. Jason Miller for over twenty years. Over that time, we've been working on the prostate cancer issues that I've had for over twenty years. Of all the practitioners I've worked with, Dr. Miller has the most comprehensive understanding of the biochemistry of the human body and how everything is interrelated. He's able to describe how taking a specific food or herb impacts the whole system. He's a compassionate, sensitive, caring person who has supported my decision to heal my whole body with a holistic, collaborative approach, and obviously I trust his judgement completely. ~ Richard







# Testimonials

“ Working with Dr. Rachel Stricker as my Naturopathic Doctor has been transformative. Easily one of the best decisions I’ve made, in regards to healing and wellness. Dr. Rachel is an invigorating human. This matched with her level of knowledge, awareness, and care for her patients has me leaving each session feeling empowered and in charge of my health. ~ C.D.

“ I attribute my physical strength during and after chemotherapy, and continued enjoyment of my life to Donnie’s protocols for healthy food, targeted herbal supplements for any out-of-balance ailments and complaints, and wise lifestyle recommendations. Most of all, I am grateful for his endless optimism, his boundless and very reassuring knowledge of the medicine which he shares readily, and his deep sense of spirituality and concern for his patients. It is also rare in a practice as busy as his, that the entire clinical support staff is as consistently organized, pleasant and professional as it is. ~ B.F.

# Patient Resources

## Mederi Center Website

Visit [www.medericenter.org](http://www.medericenter.org) for additional information, including educational and inspirational videos, patient resources, blogs written by our practitioners, book recommendations, and more!

## Donnie Yance's Blog

Mederi Center founder and creator of the Mederi Care methodology has an informative blog at [www.donnieyance.com](http://www.donnieyance.com). Check out research-informed articles on cancer, chronic disease, health optimization, plus recipes and spiritual writings for deeper contemplation on health and well-being.

## Fullscript

Additional discounts for product purchases are available through an online distributor called Fullscript. Fullscript offers convenient ordering features and savings for established patients.

## Cancer Resources & Support Groups

We've compiled a list of references for you -- everything from in-person support groups in our region, to online support groups and helpful websites, to cannabis and financial resources. [Click here](#) for more info.



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