



MEDERI CARE

Wholistic Health & Healing

The Mederi Care Methodology: A Whole Person Path to Healing

Mederi Care is an integrative approach to cancer care, chronic illness, and health optimization rooted in a simple but powerful principle: true healing happens when we treat the whole person—not just the disease.

Every individual carries an innate capacity for healing. Our role is to support, strengthen, and awaken that potential.

Rather than asking only, “*What disease does this person have?*” we begin with a deeper question: “*What kind of person has this disease?*” From this perspective, care becomes more than a protocol—it becomes a personalized path toward reclaiming health, resilience, and wholeness.

Illness is a meaningful signal—an invitation to restore harmony and reconnect with what truly supports health. Whether you are newly diagnosed, managing a chronic condition, or seeking to optimize your well-being, Mederi Care offers a compassionate, evidence-informed model grounded in decades of clinical experience and guided by both modern science and the timeless wisdom of traditional medical systems.

A Collaborative Model of Healing

Mederi Care is inherently collaborative. Healing is not something done to you—it is a dynamic partnership between you, your practitioner, your broader medical team, and our internal network of clinicians.

Our practitioners meet regularly to review cases and refine treatment strategies, drawing on decades of combined experience under the guidance of our founder, Donnie Yance, CN, RH (AHG). This ensures your care is never static. It evolves in response to your progress, emerging research, and new clinical insights.

You are supported by a team that is continually thinking, adapting, and working together on your behalf.

In addition, Mederi Care practitioners have extensive experience collaborating with primary healthcare providers—including oncologists, surgeons, and other specialists. By aligning care across disciplines, we help ensure your treatment plan is cohesive, well-coordinated, and fully supportive of your needs. This integrative approach brings together the strengths of both conventional and natural medicine—enhancing effectiveness and improving overall outcomes.

Three Diagnostic Lenses: A Complete View of Your Health

At the heart of Mederi Care are three interconnected “lenses” that guide how we understand your health and design your treatment plan. Together, they allow us to see patterns, connections, and root causes that might otherwise be overlooked. Each lens is equally important. Meaningful, lasting results come from addressing all three.

Lens 1: Understanding You as an Individual

Lens 2: Assessing Your Internal Terrain

Lens 3: Understanding Your Specific Health Challenges





The overarching strategy of Mederi Care is to:

- Support overall health and vitality in alignment with the body's innate healing intelligence
- Optimize your internal biological terrain to promote health and discourage disease
- Directly address the disease or tumor with personalized, integrative protocols

Lens 1: You as an Individual

This lens focuses on your lived experience.

Through a comprehensive intake process, we listen deeply and observe carefully to understand your unique constitution—your strengths, vulnerabilities, and patterns of health.

It is here that we come to know you, not just your diagnosis.

Lens 2: Your Internal Terrain

This lens provides objective insight through advanced laboratory testing and clinical assessment.

We evaluate key biomarkers that reveal what is happening beneath the surface, including nutritional status, metabolic balance, immune function, and tumor-related markers. These insights help us anticipate how your body may respond to therapies and where additional support is needed.

We also examine the everyday factors that shape your health—nutrition, sleep, stress, relationships, environmental exposures, and connection to meaning and purpose.

Research continues to show that biology is not fixed. Internal and external environments influence gene expression, immune function, and healing capacity. By optimizing these factors, we help create the conditions in which health can thrive.

Lens 3: Your Specific Health Challenges

This lens focuses on the mechanisms of disease itself.

In cancer care, this includes detailed analysis of pathology, genetic mutations, molecular pathways, and biomarkers that drive disease progression. This level of precision allows us to target interventions more effectively.

Using genomic and clinical data, we design integrative protocols that both address the disease directly and support your body's ability to respond, repair, and recover.

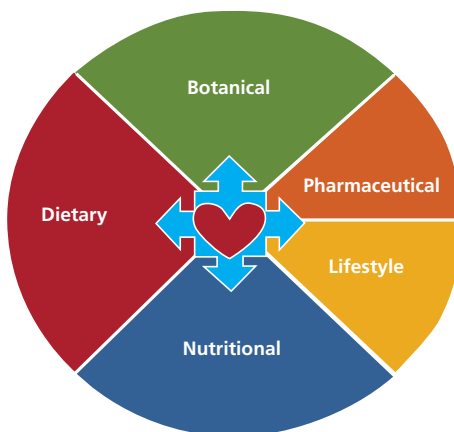




Six Therapeutic Toolboxes

To address all three diagnostic areas, or lenses, we draw from a rich and well-integrated set of therapeutic modalities, each informing and enhancing the others. This is what makes Mederi Care truly unitive—everything working together to serve the whole person.

- **Herbal Medicine:** Customized, synergistic herbal formulas validated by modern science provide evidence-informed support that works in harmony with the body's natural processes
- **Clinical Nutrition:** Precision supplementation and targeted nutritional support deliver the essential nutrients and cofactors cells need to repair, regenerate, and function optimally
- **Dietary Medicine:** Food-as-medicine strategies, tailored to your condition and constitution, provide daily nourishment as the foundation for cellular health, energy balance, and overall vitality
- **Lifestyle Recommendations:** Practical guidance for supportive daily habits—such as movement, stress management, sleep, and self-care—lays the groundwork for long-term resilience and well-being
- **Modern Medicine & Pharmaceuticals:** Advanced diagnostics and pharmaceutical therapies offer precision tools for targeting specific conditions, thoughtfully integrated with natural therapies to enhance safety and effectiveness
- **Spiritual Care:** Tending to one's inner life supports emotional and spiritual well-being, opening the door to deeper dimensions of healing—where meaning, purpose, and a sense of belonging nourish the whole self



Botanical Medicine in Mederi Care

Botanical medicine is central to the Mederi Care approach. Plants contain complex arrays of active compounds that work synergistically, often influencing multiple biological pathways at once—including those involved in cancer.

We draw from a wide range of traditions—including American Eclectic, Physiomedical, Traditional Chinese Medicine, and Ayurveda—to create personalized herbal formulas and recommendations tailored to your constitution and condition. These may include:

- **Adaptogens** to strengthen stress response and resilience
- **Herbal Tonics** to restore vitality, resilience, and stamina
- **Immunomodulators** to regulate the immune system
- **Detoxifiers and lymphatic support** to aid elimination
- **Cytotoxic or anti-proliferative herbs** for targeting tumor cells
- **Nervines and harmonizers** for emotional and spiritual support
- **Additional herbs** for symptom support and constitutional balancing

We also integrate targeted supplements and nutritional therapies based on lab results and clinical insight.



Botanical Medicine in Modern Research

A growing body of scientific research highlights the wide-ranging and multi-targeted effects of herbal and botanical medicines across numerous biological systems.

Research shows that botanical compounds can:

- Down-regulate genes involved in cancer development
- Act at the mutational, intercellular, receptor, and extracellular levels
- Promote apoptosis (cell death) in cancer cells while protecting healthy ones
- Alter the microenvironment to favor health over disease
- Inhibit resistance to chemotherapy and radiation
- Support detoxification, immune function, and overall resilience
- Enhance the effectiveness of chemotherapy while reducing its side effects
- Protect vital organs and bone marrow
- Strengthen immune surveillance and natural killer cell activity
- Regulate inflammation, improve stress response, and support detox pathways
- Support healing of secondary health concerns such as diabetes, cardiovascular disease, insomnia, depression, pain, digestive distress, and the effects of cancer treatments on hair and skin
- Offer pleiotropic effects: doing many beneficial things at once, safely and naturally

Botanical medicines work in harmony with the body's biology, engaging multiple pathways at the same time to support regulation, repair, and resilience. Because humans have co-evolved with plant compounds over time, these substances are often well-recognized and well-tolerated by the body.

Rather than simply opposing disease, botanical medicine helps restore balance—supporting the body's innate capacity to heal, adapt, and thrive.

Personalized, Evolving Treatment Plans

No two people—and no two healing journeys—are the same.

With Mederi Care, your treatment plan is dynamic and continually refined. As your condition, lab results, and symptoms change, your personalized protocol evolves with you.

We tailor diagnostics and therapies to your unique biology and constitution, and we provide ongoing education—through written protocols, research summaries, and practical resources—so you can actively participate in your care.

This is precision medicine in its truest form: personalized, responsive, and collaborative.





A Living Philosophy of Healing

Mederi Care is more than a clinical methodology—it is a philosophy of healing.

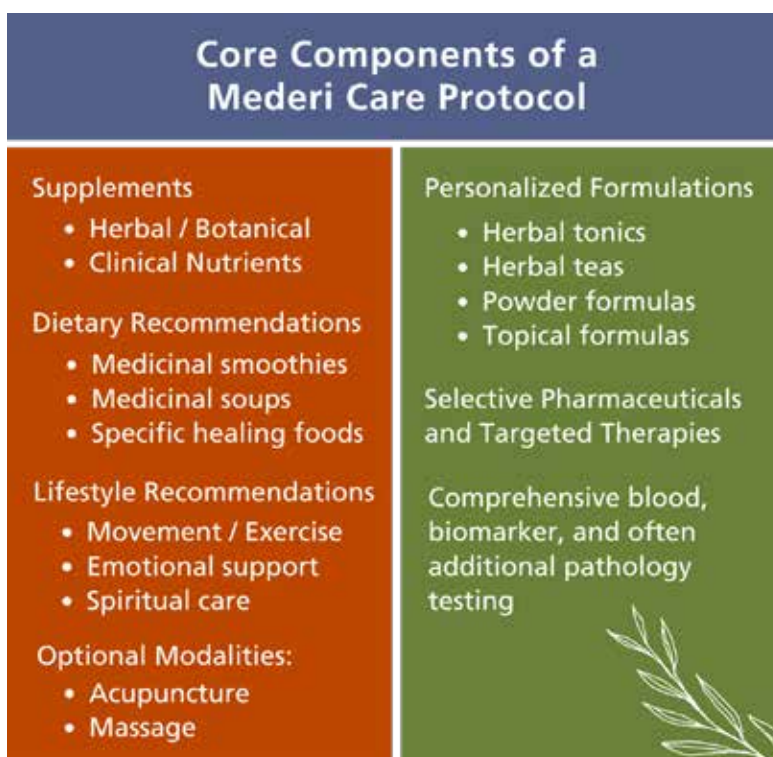
Rather than focusing solely on eliminating disease or managing symptoms, we focus on strengthening the foundations of health—supporting your body’s innate capacity to heal, adapt, and restore.

When these foundations are strong—when the roots of health are nourished—the whole system becomes more resilient to disease and more responsive to treatment. Healing becomes not just about intervention, but about creating the conditions for lasting health.

In a healthcare landscape that often treats symptoms in isolation, restores a more complete view of health—honoring the body as an interconnected system and working in partnership with its inherent intelligence.

The Mederi Care Difference

- We provide evidence-informed, integrative, personalized care
- We use scientifically validated botanical medicine and clinical nutrition as core therapeutic tools—all safely integrated with conventional (allopathic) care
- We foster collaborative and respectful partnerships with patients and their medical teams
- We continually assess and refine each protocol based on patient progress
- We believe in the body’s natural wisdom and capacity to heal





Begin Your Healing Journey

Whether you are newly diagnosed, living with a chronic condition, or seeking to optimize your health, Mederi Care offers a thoughtful, personalized path forward.

We are here to support you, advocate for you, and walk alongside you—every step of the way.

Questions?

We're here to help. Call us at (541) 488-3133 to speak with a member of our team and explore whether Mederi Care is right for you. Or learn more at www.medericenter.org.



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