



# Power to the Patient

This Santa Monica, California–based practitioner reveals how she guides her patients toward health and happiness.

by Tom Badzey

After more than 30 years as a health practitioner, Dr. Pamela Maloney has seen the face of medicine change—and not always for the better. “It’s time to put the power of medicine back into the hands of the patient,” she says, her normally calm voice freighted with concern. Dr. Maloney practices acupuncture, herbal medicine, homeopathy, and emotional guidance in her office near Los Angeles, California.

## Options Create Optimism

“These methods give you hope,” Dr. Maloney says. “You feel like you’re more in control of your own body.” Unfortunately, “most doctors are trained to tell their patients the worst-case scenario,” she adds. “That’s a result of the insurance companies and the threat of malpractice lawsuits. I tend to look at health and medicine a different way.” Her clientele, including A-list celebrities and ordinary folks alike, certainly appreciate her point of view.

After completing her doctor of homeopathy degree at Hahnemann Homeopathic College in Santa Monica, Dr. Maloney went on to earn credentials as a California Acupuncture Board–licensed acupuncturist, a board-certified traditional naturopath, and a doctor of ergonomic design. Her extensive education and training is integrated into her practice.

She gives her patients another valuable service as well: time. In today’s world of rushed, HMO-dictated office visits, this is a welcome change. “Sometimes I’ll meditate with a client. Other times they ask me to pray with them. I don’t see myself as merely treating the physical body. I’m treating the whole person,” she says.

This whole-body approach especially resonates with women. Traditionally, girls are expected to remain silent and wait for instruction, whereas boys are taught to speak up and take charge. “It’s changing,” says Dr. Maloney, “but old habits are hard to break. Some of my female patients tell me, when we work together in my office, that this is the first time anyone has asked for their opinion about their own health. Just the feeling that you can make decisions for yourself creates rapid improvements in your health.”

## You Can Start Taking Control

Dr. Maloney emphasizes the following three principles for her clients:

**1. Increase Body Awareness.** “Most people don’t think about their bodies until something goes wrong,” she says. “Even then, they often aren’t aware enough to accurately describe their problems.” To remedy this, Dr. Maloney teaches body-awareness techniques. “If you’re aware of your body every day, you’re more apt to take important steps to keep it healthy,” she explains.

**2. Use Herbal and Nutritional Supplements.** Dr. Maloney believes the human digestive tract should have evolved more quickly, especially considering that the majority of the foods we eat have been processed in some way. “And with so much overfarming, people are relying on undernourished food to provide nutrition,” she says. “I believe in multivitamins, but there are also plenty of specific nutrient combinations and herbal extracts.”

**3. Consume Organic Foods.** “I’m especially concerned with the amount of pesticides used on produce, as well as hormone- and antibiotic-treated meats, so I advise my patients to switch over to

organic foods as much as possible,” says Dr. Maloney. Deciphering labels can be difficult, though, and many states use several designations for organic foods. “I go through this process with my patients so that they understand how to give themselves and their families the most natural and wholesome food possible.”

## Finding the Balance

Quite simply, Dr. Maloney believes in getting back to the basics of medicine, which, in her own words, “includes personal care and a sincere belief that patients should be in control of their own fate.” An advocate of balancing ancient traditions and modern science, she explains, “New drugs and new medical technologies can accomplish some amazing things. But there has to be a balance.” This balance is the key to living a longer life filled with vitality, and for her patients, Dr. Maloney hands them that key. **JOL**

*Pamela Maloney, Ph.D., D.H.M., L.Ac., provides one-on-one customized diagnosis and treatment plans. Offering the highest quality health and healing programs for groups or individuals, she is also available as a public speaker and medical consultant. For 12 years, Dr. Maloney has hosted her own radio show, Health Forum, for KCRW (89.9 FM) in Santa Monica, California. Her Web site is [www.pamelamaloney.com](http://www.pamelamaloney.com).*

