



Center for Health & Integrative Medicine

It's all about food as medicine.
And it's right for everyone.

Welcome to our inaugural newsletter! The wheels have been in motion for several years to create what is now a reality: The Center for Health and Integrative Medicine and attached healing garden in the West Pavillion of Good Shepherd Hospital and the Smart Farm expansion to north of Art in the Barn, on the farthest east side of the hospital. This partnership will build health starting with regenerative organic farming that provides nutrient rich soil for the crops, to learning how to incorporate some of the produce into daily meals at an integrative medicine visit. And more! Join us as we introduce you to this way of building health that is right for everyone.



The SmartFarm will be expanding from 2.5 to 15 acres in it's new location. New buildings include a propagation house, two high tunnels, a wash-pack station and a barn. The current location at Route 22 will also still be used.

See the attached articles from QB Barrington profiling the Smart Farm and the Center.

Contact

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Did you know?

The International Herb Association (www.iherb.org) has named CHAMOMILE as the “herb of the year” for 2025. Chamomile is a daisy-like flowering plant with a long history of use in traditional medicine, primarily known for its calming and sedative properties, most commonly consumed as a tea brewed from its dried owers; it is believed to help with anxiety, insomnia, indigestion, and minor skin irritations, and is often used as a relaxation aid due to its mild soothing effects.

Physician Notes

Chamomile is safe for children and adults. Steeping it as a tea, covered for 15 minutes is great way to get the gentle but significant benefit from this herb.

Farmer's Notes

Chamomile flowers are harvested when they are fully open but before they lose their petals. This is when they contain the highest concentration of essential oils.

Plant Sale

Smart Farm will be holding our annual plant sale on **Saturday and Sunday, May 17 & 18, 2025**. Our plants include medicinal plants, annual and perennial flowers, vegetables and herbs.



**Bringing the Health and Wellness
Conversation to Barrington**
Come Join us

<https://www.barringtonswhitehouse.com/bhws/>

**Barrington Health &
Wellness Summit**
February 26 & 27,
2025

In person and virtual