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**Dear Valued Patients**

Most of you are aware that I have been studying continuously in an effort to find the cause of disease. I wanted to know **why** people get sick. Well, I am excited to say that I finally figured it out. However, with this discovery came the understanding of how the current system of care and the way I was practicing medicine only promotes more sickness and disease.

**Therefore, starting April 1,** **2018 I will no longer accept or participate in private insurance.** I am creating a members-only wellness practice in which I work with a small group of patients to teach them how their bodies work so that they can create wellness for themselves. It goes beyond nutrition and supplements. There will be an annual membership fee and this model takes away the emphasis on the office visit and the associated fee. I will be freed up to communicate with patients in a variety of ways: phone, texts, email, skype, in addition to in person. Participation in
this model requires a drastic shift in thinking that not everyone is ready or willing to make. As a result, membership will be limited to those who already **believe that they can be well.** Most people are still expecting decline and loss with age even though they don’t have to. However, this will change as more doctors learn what I know and begin to shift their practices. Wellness will eventually become the norm.

**Medicare patients have** **until January 1, 2019** to decide on wellness or to continue in the present mode of care. For the patients unable to shift, I will make your medical records available to another physician.

My mission has always been to make the world a better place and I chose medicine to do that. However, encouraging and cultivating faith and belief in disease will not ever get us to wellness. Patient response will let me know where their faith is.

Sincerely,

Maxine J. Thomas, MD