

Dr. Bonnie McLean of Spirit Gate Medicine Recently Featured on Close Up Radio

PENSACOLA, FL, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- Dr. Bonnie McLean has quite a bit of experience and training in the healing arts, beginning as a classic nurse and the becoming increasingly involved in integrative medicine. When it comes to the movement, you can consider her an influencer, because she was practicing therapeutic services such as acupuncture long before it became popularly available.

Integrative medicine is a holistic and people-centered approach to care that blends conventional medical treatments (such as physical therapy and surgical interventions) with complementary therapies (like acupuncture, yoga, massage, health supplements and nutrition) to bring people relief.



Bonnie McLean's postgraduate education includes certification in Orthopedic Acupuncture from the Emperor's College of Oriental Medicine in Santa Monica, CA and a Doctorate in Oriental Medicine from the California Acupuncture College in Westwood, CA. She is licensed to practice acupuncture in Florida and California. She is also a Diplomat in Acupuncture and Chinese Herbology with the National Commission for the Certification of Acupuncture.

"I walk the two worlds. I honor and respect Western Medicine. I often refer people to other practitioners, and they might be an MD. I also try to reconcile any misunderstanding when the two don't quite come together."

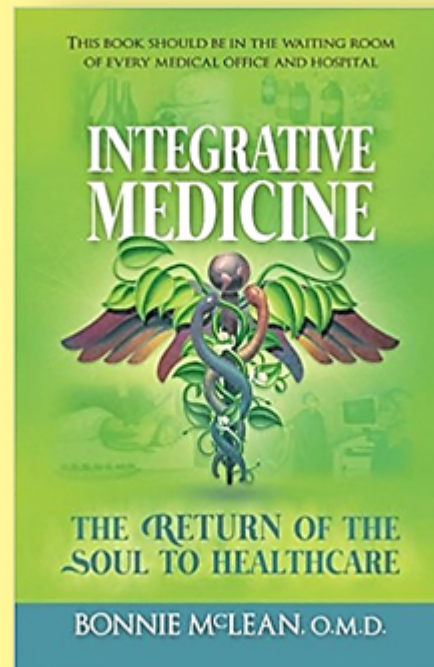
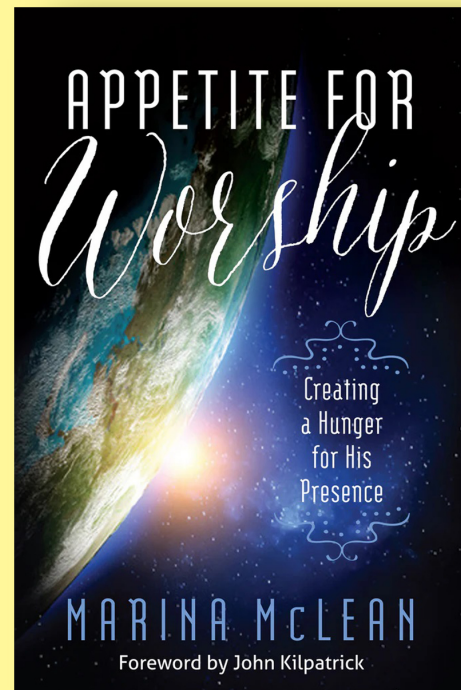
Dr. McLean says that healing is a matter of mind, body, and spirit and that our culture is too focused on the body part. When we don't feel well, we are not truly sick but more imbalanced.

Being too hyper is wrong but so is being sluggish. We need to use calming or stimulation to achieve the perfect balance. Medicine has to treat the brain and mood as well as the physical symptoms. We also have to remember that the human body has the ability to heal itself, and from the inside out, and that acupuncture, one of her specialties, will help people relax and respond accordingly.

Dr. McLean helps restore balance with a variety of wonderful services that include Chinese Medicine (acupuncture, herbs, cupping) Pain Control (injuries, headaches, neck and back pain, arthritis, tendonitis); Stress-related Disorders (anxiety, depression, insomnia, and PTSD) and Habit Control and Addiction (smoking, alcoholism, opiates, etc.) She also focuses on women's health and menopause conditions and on allergies and sinus issue. Beyond these core treatment services, she published a book on the integrative medicine concept called *The Return of the Soul to Healthcare*. She retails this book and other related ones on her Spirit Gate Medicine website.

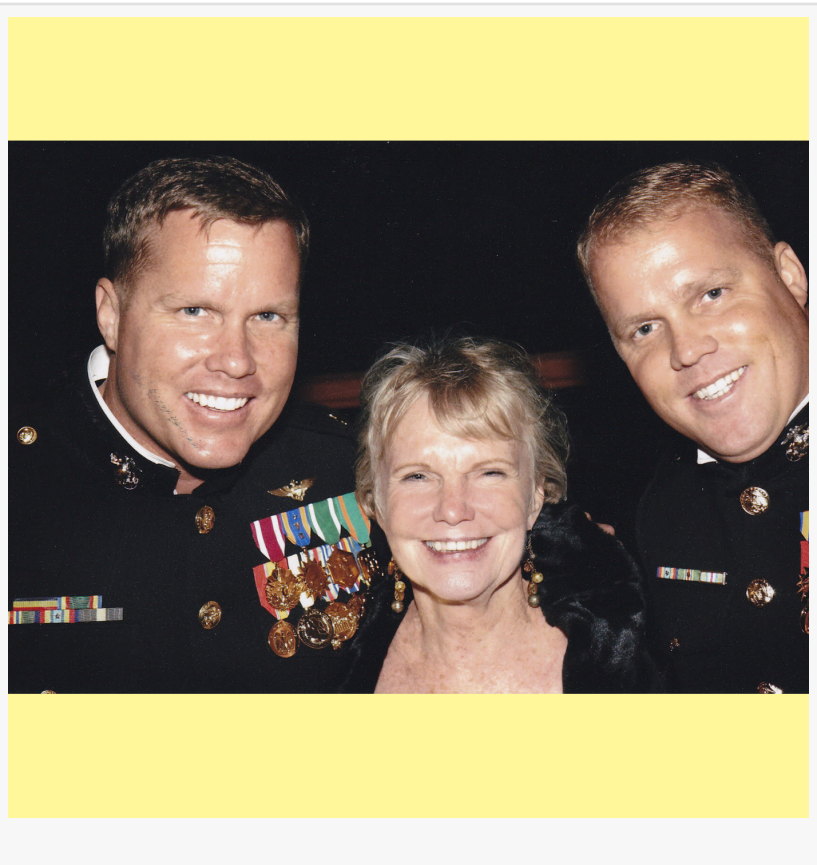
Dr. McLean also offers a variety of homeopathic blends, usually in capsule form, to treat gastrointestinal issues, blood pressure, and women's balance, to name a few. These blends, together with nutritional and exercise advice, will align the body and achieve better results.

"I don't look for new clients, but they seem to find me; I'm well known in my home town. I will also get referrals from other healers and massage therapists. Once people grasp balance, energy



medicine, and natural healing, they begin to seek it out. Too often I am the last resort when people really should make this a first choice. What I do is so much more subtle than other medicines and there are no bad side effects."

Dr. McLean enjoys travelling and learns lessons about other cultures as she does. She believes America is a Type A Country where people are always rushed and stressed while others in South America lead calmer lives and eat differently, so they are healthier. New strains of viruses, such as COVID or the cyclospora problem are also easier to handle when you use services like acupuncture to enhance the immune system.



Learn more techniques for a blissful and balanced life and all the goals of Spirit Gate Medicine when you hear the interview with Jim Mastern.

Close Up Radio recently featured Dr. Bonnie McLean of Spirit Gate Medicine in an interview with Jim Masters on Monday August 24th at 1pm

[Listen to the Podcast](#)

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For more information about Spirit Gate Medicine and its founder Dr. Bonnie McLearn, please visit www.spiritgatemedicine.com

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