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Dear Friends:

After a great deal of thought and personal reflection, I have decided to take a break from my private medical practice at the end of this year (12/30/09).

My motivation to implement this change has come about due to several reasons. First, I have a strong desire to spend more time with my family. Second, after taking care of individuals with serious medical conditions for 25 years, I need to take a break and recharge my batteries. Being proactive with this decision is critically important in order to preserve my health and vitality.

Many of you have heard and heeded similar advice from me along the way. I have been pleased to see several of you take a significant break from your job or completely change what you were doing in order to disconnect from your stress for awhile to help your body heal. Making a change such as this takes courage and faith, yet it sometimes is necessary to improve your health and keep your creative juices flowing.

The relationships I have formed during the past 25 years are deep and valuable to me. When I reflect on all that we have shared, I feel saddened that I need to make this move. However, just because I will not be available to be your doctor does not mean I will stop caring or thinking about you and praying for your well-being.

I hope you will understand that this has not been an easy decision for me. It has been in my thoughts for quite awhile. I have also discussed it with my most trusted advisors.

Over the years, I have greatly appreciated the love and trust you have placed in me. My greatest hope is that you will apply some of the healing advice I have professed and take the best care of yourselves possible.

I look forward to consulting with each of you on how to best provide for your future health care needs.

Wishing you the best of health and well-being,

Jon D. Kaiser, M.D.