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## **December 28th, 2021**

12/28/2021

Our website has been updated and reviewed as of the date above.

## **Lavela**

3/2/2018

Integrative Therapeutics is a top supplements brand that we order often. Lately we've been recommending a new product of theirs called Lavela. Their blog shares a lot of good information on this product.

[Link to blog here!](#)

## **IHC Spring Newsletter**

2/15/2018

Please click [HERE](#) to view the most recent newsletter we have put out!!

## **Dr. Price Summary**

1/15/2018

### **MIND-BODY MEDICINE SUMMARY**

The summary below is a compilation of my understandings, perspectives and practice of “mind over matter”. This best fits my philosophical position

**Look  
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of “The thought came first, everything else followed”.

It is very much a “minority opinion” in the current medical practices. I am however an optimist, believing that modern medicine will eventually embrace most of these ideas when evolving technology can better pinpoint disease origins and outcomes from both mental and physical sources. Then they will recognize the dependency and interplay between mind and body.

## **MIND**

As you know, I believe that your mind is by far your greatest asset, but it can become your worst enemy. The potential of the mind far outstrips that of the body, and I have seen things with hypnosis that would be classified as miracles ordinarily. I think our medical profession continues treating from the bottom up, rather than from the top down – that is, the mind should be considered first, and then the body. There are some obvious exceptions to that, such as degenerative and structural diseases, but I suspect that these diseases are *the result of inappropriate DNA coding of past failures (mistakes) at the cellular level, a flawed rejuvenation system eventually being adapted in the cell.* We are aware of a number of simpler life forms that appear to be immortal or can rejuvenate new body parts, so maybe the possibility is there for humans. There is more and more evidence that severe traumatic emotional events can be transferred by DNA, why not traumatic physical events? Perhaps a fantasy, but if we paid as much attention to insufficiencies of the mind as we do to those of the body, theoretically we could mend the damaging cell instructions through processes akin to hypnosis, thereby becoming nearer to immortality.

## **THOUGHTS**

Your thoughts are mainly based on your interpretations and meanings from past experiences and events, and your mind generally projects ideas into the future based on the meanings of these past experiences. *All thoughts you have are your thoughts.* You may adapt or agree with someone’s thoughts, but basically, they are still what you think, you have given permission. This means you also have a choice with *all* thoughts and can make them positive or negative or anywhere between. A negative thought is harmless unless you believe it. It is the *attachment to* the negative thought that causes distress. Once attached, there is a problem that often goes unrecognized, and is the main reason causing people to believe that they do not have control of their thoughts. Potent, recurring, long standing negative thoughts frequently have triggers that allow “shortcutting” into the mind, seemingly almost unconsciously, so it *appears* that you do not have control. This is frightening. You can generally deal with these thoughts by *being aware* that you are having them. Often people will pretend that they are not there, but they are. When these thoughts (feelings) occur, instantly ask your mind what it is telling you. Accept the thought “*as is*”, don’t deny it, no matter how unpleasant. Acceptance is perceiving your experience and simply acknowledging it. Then hold off any judgment and do not attach any value or meaning to them., not letting them become your master. Listen to the thought, embrace it if necessary. Once you know what it is telling you, you

[Problems](#)  
[Digestive](#)  
[Problems](#)  
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[ion](#)  
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can correct or modify the thought. There is a second way that works as well, if not better. You do not have to answer any negative thoughts or feelings, once you do, they own you. You do not have to respond to any negative thoughts, no matter how tormenting. Remain silent, leaving the thought alone. This helps distance you from the thoughts, like stepping out of the thought and seeing it objectively.

### **THE NEGATIVE EMOTIONS, WHAT THEY ARE, HOW THEY WORK**

Hate, anger, jealousy, **sadness, fear, shame and guilt are the biggies.**

Negative emotions tend to become *problems* when they begin to mean something important to you. You have given some event, person or experience importance because you strongly believe, understand something about it. You *invent* your problems. Problems exist *only in the mind*.

**Fundamentally an emotion is *just a signal*. It is a signal that you are not where you want to be; there is a difference between your expectations and your experience.** People frequently assume that *feeling an emotion makes it real. It is thinking something is true, solely based on a feeling.* **Remember, you have emotions, but you are *not* your emotions, you are much more than all your emotions, thoughts, behaviors and actions.**

**Anxiety, in the fear category is by far the most frequent negative emotion.** The basic nature of the mind is to dwell in the past, which frequently leads to depressive states, and to constantly worry about the future. Our uneasiness about what's in the future has become our strategy to prepare for it – our mind's ingenious way of ensuring that we're equipped to survive. Unfortunately, these processes generally produce negative outcomes. Anxiety mostly occurs when someone considers the future, *imagines* something they do not like or want, or can't cope with, then comes the dreaded feeling, the uneasiness, fear, rapid thoughts and pulse, sweating, etc. – the old “fight or flight” response that was bred in ages ago as a protective mechanism, but rarely needed today. Fear and anxiety reactions are examples of “highjacked” fight or flight responses and are *not real*. Panic attacks more clearly reflect this primitive state. Just as in many emotions, it is the *feeling* that is the most troubling part of the anxiety reaction. One of the most important things to remember about anxiety is it is largely produced by “what ifs”, so it is a fabrication of the mind.

### **MORE ON EMOTIONS, ANXIETY AND SELF, YOU ARE NOT YOUR EMOTIONS**

The ancient eastern philosophers picked up on unhealthy association between self and emotions thousands of years before we in the west did. The entire Hindu *Bhagavad Gita* revolves around the concept of the *Eternal Witness* as the means of disentangling ourselves from worrisome emotions, feelings.

Now, however the west has fully incorporated the importance of the concept of separation of self and emotion. Our true nature is that we are *perceivers*. *We have emotions, but we are not those emotions.* We have thoughts, but we

are not our thoughts. We have feelings, but we are not those feelings. The easiest way to avoid this problem is to ignore the negative emotion or thought, but for most people this is not easy.

However, there are practical ways to do this. We know that the moment you step outside of your problem (emotion) and observe it, you create a different context, you are now a witness, not an emoter (my word). Step back from your emotions (feelings) and create a space between you and the emotion. This gives you a feeling of being separate from it. Observe an emotion without judging it – this also applies to negative thoughts.

Some more reflections on negative emotions. We need to think of our strong negative feelings and emotions as being more like *advisors*, not dictatorial bully's directing our every move. But for some of us, getting to that point is a major struggle. Controlling emotions [when we need to] doesn't mean *not* acting on the emotion. It means changing the emotion, to allow us to lead a happier and more comfortable life. We must face down, outwit, and learn to dominate the witches and warlocks of our own feelings.

One of the more prolific and eloquent authors on anxiety related subjects is Guy Finley. I have included some paraphrased quotes from him below.

Do not let fear tell you who you are and what you must do. Fear can only threaten, it cannot act. Anything that makes you negative owns you. There is no intelligence in any worry, fear or anger. There is nothing good, no saving grace in embracing any worry or fear. You do not have to live with any tormenting thoughts or feelings, no matter how compelling their cries (or lies) to convince you otherwise. Your own mind is scaring you, the feel is real, but the why is a lie.

### **COGNITIVE DISTORTIONS, BIASES**

Cognitive distortions are exaggerated or unreasonable thought patterns that aggravate and prolong psychopathologic conditions, particularly stress, anxiety and depression. *These are ways the mind uses to trick us into believing something that is not really true.* These are generally thought to be thinking patterns that you first used as you constructed meaning as a child and they are often brought into adulthood. I mention only the more common ones here, most of you got a full copy of these when you became a patient.

*Overgeneralization:* Taking one or two events, usually with significant negative outcomes such as a major failure, making hasty generalizations and broad assumptions (without further evidence or consideration) that they are true. Assuming bad outcomes will recur over and over because of this event. Creates false cause and effect relationships Often blinds to possibilities.

*Shoulds, musts, got to's:* Irrational should statements do not consider reality. Irrational should and must statements insist that *reality conform to one's desires or demands*, rather than our desires conforming to reality.

*Maximization/Minimization, all or nothing:* Over emphasizing failures and minimizing successes. Making a mountain out of a mole hill referent. Very common in depression. Another distortion "Catastrophizing", assuming the worst possible outcome is an extreme example of this

There are also numerous *cognitive biases* that affect the way you think.

They are less known, but still important, you might want to look them up.

### **AFFIRMATIONS**

Affirmations repeated with real desire and honesty and done daily seem helpful. However, my practice experience suggests that they do not work as well as often reported. It does appear that affirmations during self-hypnosis are much more effective.

### **SELF HYPNOSIS**

Self-hypnosis is a great way to relax. Using the anchors for hypnosis that I give most of the patients, one can use them and get into a hypnotic-like state quickly. Then one can use imagery and the other 4 senses to create pictures like on a screen, or can actually step into the scene and be a part of it. One can imagine what they will look, feel like, act like now or in the future.

Want to accomplish something that requires a little extra boost? Want to dazzle your friends and enemies with your skills and performance? Consider using the power of self-hypnosis. It is like any other skill, practice improves performance. The subconscious mind has vast resources, generally sparsely used, to help you realize any goal or ambition. Make an affirmation (s) in present or future tense. Say your affirmations at least 5 times and believe that they will happen. Repetition is the way to success, particularly with hypnosis, as it often takes time for the suggestions to be acted on by the subconscious. When the sub-conscious “buys in” it is generally a “done deal” as it doesn’t ask questions, just does what is needed.

Remember, numerous experiments have shown that the sub-conscious has difficulty distinguishing your real images from your imaginary ones, so you can usually substitute a very positive and favorable one for the less desirable one. It estimated that less than 20 % of patients continue to use self-hypnosis beyond the actual treatment period.

### **HAPPINESS, SELF EFFICACY**

There is a very broad range for what one thinks represents happiness.

However, there is a tendency to dwell on short-term, fleeting occurrences and events that soon disappear, only to be replaced by similar events. The pursuit of happiness is not the same as being happy. Happiness is more about living a meaningful life. Ask yourself what and why you’re going to do with your life. Does it have meaning?

Happiness [and self-worth] is also frequently represented by one’s possessions or standing or associations. Although some happiness can be created through possessions, etc., true happiness does not come from them, it comes more from a quality of the mind that pursues positive thoughts and real meaning. *It’s not about what you have, where you are or what you’re doing that makes you happy or unhappy, it is how you think about it all.* Self-confidence and self-esteem are often used interchangeably, but they are very different. Self-confidence is about *what you do*, self-esteem, *who you are*. Self-confidence is about knowing you can do all your activities of daily living and do your occupation in a satisfactory manner. Most people in reasonable health have decent levels of self-confidence, but not nearly as many have another higher and more productive level, *self-efficacy*. This is

being confident about doing something you have not done before. Self-efficacy occurs by knowing yourself and knowing how you know things and how you learn things. Self-efficacy is one's *belief* in one's ability to succeed in specific situations or accomplish a task. One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges. Do you have self-efficacy?

### **IT'S ALL ABOUT MEANING, THE IMPORTANCE OF FRAMES AND RE-FRAMING**

As most of you know, my treatment emphasis is on meaning. I believe that what something means to someone is the primary determinant (my word) of what and who they are and how they function. *Our meanings determine the quality of our lives.* You cannot *not* be a meaning maker, *for that is what the mind does.* Rather than act instinctually like most animal species, we react through meaning-making, and therefore our responses are mostly altered by our meanings. My basic treatment goal is to alter, improve, upgrade, transcend to reach the highest quality meanings.

It's all about changing meaning! That means we must change the *frames*. In everyday language these *frames* are beliefs, values, understandings, intentions [\[IP1\]](#), anticipations, memories, imaginations, hopes, dreams, models, worries, metaphor, cultures, etc. Meaning is a process; it is something that we do. Meaning is made by associating one thing with another so that they become linked and connected; they are not necessarily logical, but when you link them you make them as your meaning. Our lives are made up of *experiences* (actual events, relationships, actions, even words) that have for one reason or another stuck with us. These events then become stored as memories and because they have some importance to us, we reflect back on them over and over. This self-reflection can be harmful or helpful, depending on the circumstances. However, most of our difficulties come from layering the original event, circumstance with partially true generalizations that over time create a pattern of negative thinking and actions. Very often these mistakes in thinking are in the form of cognitive distortions, which most of you have a copy of from me. Using a series of questions, one can usually get back to the original event and thinking and replace it with more useful, dynamic and positive meanings. *This process is called a reframe* in the system I use. This is the one where you exchange one meaning for another: *It is not that meaning, it is this meaning.* Could it mean this rather than that? The person is never the problem, the frame is the problem. Your mind is made up with frames, frames are made from images sounds, sensations and words. During the sessions I often encourage patients to start with a meaning that's been constructed for some event of experience. An example: rolling the eyes means treating others with contempt, speaking in a strained tonality means the person is angry at me and may hurt me. In most cases, I want to help to re-frame their issues, so they see their problems as a learning opportunity. Then move to a new meaning or new frame, assert or ask a question that opens the possibility that the original meaning is not the only or best

meaning and there are other constructions. You always go for the most powerful, best and most useful meaning.

*Your Meanings are not working properly* when you fail to translate your skills and knowledge into action, the same problem continues year after year, you seem imprisoned by a set of perceptions, understandings and feelings that keep you locked in, attempted solutions worsen the problem and what has worked no longer seems to. That's a long way of saying you are not happy with yourself or your situation.

## **RELATIONSHIPS**

A few comments on relationships. Relationships in birth related families have special problems, so here I am talking more about non-birth related situations, however, most of the thoughts here also apply to birth related families. Relationships are intended to be mutual, that is, you put something in and expect to get something back. Put another way, you are expecting something favorable from a relationship and you plan to give something favorable back in return. Relationships work best when both (or multiple) parties understand that it is a "give and take" arrangement. Relationships are also driven by what they mean or how they are perceived by both (either) parties. Even then, one party often puts in more than the other.

In relationships, one should always focus on the *actions* and *not be fooled by the words*. Often people enter relationships with silent pre-suppositions, i.e. they are making assumptions about the relationship based on their perceptions, *not* on the open exchange of ideas about the relationship. *Be your imperfect self, not an imaginary self, playing a role*. Accept people as they are, do not enter a relationship expecting to change someone else.

When in a relationship keep your promises, mean what you say and keep it honest on any vital issues. Relationships don't necessarily create happiness, but they will reflect it. What people say and do in a negative manner is mostly a reflection of their own short comings. Ignore hurtful criticism and nonconstructive comments. No one has an absolute right to judge you, and what most people say or think about you is not important. *People will treat you about the way you let them treat you*.

Finally, good relationships need at a minimum forgiveness, compassion, appreciation, giving, recognition and love.

## **MORNING ROUTINE**

One of the suggestions I offer most of my patients is to develop a simple positive morning routine. Most people get up in the morning and right away are thinking about the upcoming day, often in a nonconstructive and anxious way. They often let the slightest cue, such as a rainy day, set the tone for the day. Over the years I have convinced some (not nearly enough) patients to follow some simple daily routine that starts with a positive note. I suggest always remembering that each new day is an opportunity to expand your life in numerous ways. Remind yourself to live in the moment and not dwell on the past or future. Do something every day to grow toward what you wish to be and have in your life. Have a strong sense of gratitude. Say

to yourself, I *will* have a good day. Instead of thinking I must, I should, I ought to, *say I get to!*

### **THERE IS NO FAILURE, ONLY FEEDBACK**

The “failure concept” is a deeply ingrained belief in our culture.

When it comes to the experience of failure, I suspect that the great majority of people on the Planet believe in it; they believe there is such a thing.

Next, they believe it is a “bad” thing. They also believe they should avoid it at all costs. Worse of all, they believe they could become "a failure" if certain events occur. Talk about a sad and pathetic perspective!

*There is no failure, only feedback [or learning experience]* is a re-frame; those of you that have read the blogs know that the re-frame is changing the content of a belief with a more empowering and productive belief. The re-frame states that the meaning of an experience that *did not turn out the way you wanted it to*, or hoped that it would, is not a "failure," but "feedback information." This gives you tremendous flexibility to adjust when something doesn't work. Whatever happens, you can just as easily classify it under the category of "feedback." Remember feedback is not just saying that you failed, but a thoughtful analysis of the process and what went wrong. There is no failure, only feedback, when well-integrated into yourself, becomes an *attitude*. As a frame of meaning, it offers you a new mind-set that can generate one of the most productive set of attitudes that contributes to effective and successful living.

The new attitude is that you can "invent solutions as you go." You don't have to have everything figured out ahead of time. You don't have to live in a constant fear of failure. You don't have to procrastinate on getting started because everything is not perfect. You can start today and experiment as you go.

Most people give up far too easily. They give up on projects, businesses, marriages, friendships, etc. because they take the information and communication about something not working as failure instead of as feedback.

### **EASY SELF-TREATMENT IDEAS**

These are more anxiety related, and to me seemed to be the most used by patients. Set yourself up “*a worry time*” no more frequently than daily and do all your negative thinking and worrying during that time specific period.

This gives more control over random worry (which tends to increase negative thinking) and anxiety for you can say “I will save that worry for my worry time”. A similar idea is to set up “*a worry box*”. When you notice a worry or other anxious thought, just write it down on a piece of paper and put it in a “worry box”, a container that you keep handy. Doing this allows you to distance the worrisome item from your mind, thereby separating it somewhat from the mind. Then at a specified time, no more frequently than daily (or less), take out and read your items. Some you can often immediately discard, others will give you an indication if there is a pattern or dominating theme which you can use to make positive changes.

*Change your internal dialogue.* When you get those anxious feelings, notice



that you are talking to yourself in a very negative way. You can manipulate the self-talk and change it into something productive. Notice where the self-talk is coming from. Is it in your forehead, left or right side of your head or somewhere else? Change the location of where it is coming from. Maybe it can come from your left shoulder or from a radio or the floor or ceiling. Change the voice as if it were from someone you considered stupid. Change the tone, make it high pitched, wavy or weird. Change the tempo. Slow it down more and more until it stops.

*Visualization exercises* - these can be done at most any time that you have a few minutes and can get into a comfortable, quiet spot. Relax, take several deep breaths while saying “relax” or a similar word while exhaling. Select an anxious thought or fear, one that really frightens you, or is foolish or dumb. Notice what you are saying about it to yourself, how you feel. First create a clean image of yourself in your mind as strong and powerful person with many courageous resources. Notice how that feels. See yourself as relaxed, looking confident, successful. Make a clear picture of that in your mind, close up, vivid colors and sensations. See it as if you are on a screen. Now step into it and notice how powerful it feels. Now, for the moment, step back out. Shrink down that desired image into one corner of the screen. Make it very small, black and white, and blurry. Then using the initiating fear picture, bring it up fully on the screen, up close, bright colors, see, and feel yourself in the picture through your eyes. Now shrink down this picture to almost nothingness into the same corner as the other and bring up the resourceful picture to full screen. This is a *swish*, exchanging one image for another, sometimes saying or thinking “swish” during the process makes it stronger. The resourceful screen should be same as before, bright, vivid colors, up close, strong feelings. You can add music, strong commanding voice tones as well. You can also place these resources into the future. Clear your mind screen and repeat 3-4 times.

When you find that you are anxious, see a picture in your mind of your anxious self, with all the features you know you have when you are anxious. Imagine in your mind that you could press a pause button and step out of this mental movie. Once you step out imagine how you could feel if you added positive resources that you would rather have to your image. Think of some beneficial resources that you have or can imagine by going back to a time where you were confident, strong and focused and add or layer them to the picture. Consider putting on a vest or jacket of peace and confidence and adding this to the picture. Then step back into the movie and notice how it feels, notice how you appear. You will generally notice how the image changes and you become relaxed and calm in the scene. If you still feel any anxiety, step out, add more resources and step back in. Repeat again if needed.

### **BEST OF THOUGHTS FOR THE DAY (originals, quotes and paraphrases)**

If you take your thoughts too seriously, you give your mind undue attention. This encourages you to think more and more, often confusing possibility

with probability. Step back from the thoughts and don't let thoughts become your master.

*The present is the only real time that we have.* However, because the present is given to us, our mind perceives it as *something not worth dwelling in* – it's not worth thinking about the present because it's simply guaranteed. Search the past for valuable lessons, significant points, and truths to live by, but remember it is just an experience from the past, not something as a reason to feel bad.

The future will be made from the actions, thoughts, beliefs, frames that I create today. I will focus my energies on what I can do today to aid a more enticing future.

Comparisons often lead to insecurity. This is often made worse by comparing your circumstances (your factual behind the scenes reel) to everyone else's *public highlight reel*.

Your ICAN is more important than your IQ

Stop focusing on what's wrong and focus on what's right. It's all about where you focus.

You Always Have a Choice, there are always at least two options. If you can't physically change something, you can change the way you think about it and if you can change it, you can view a problem as a challenge, a learning or an enlightening opportunity.

**Worry less about what other people think of you.** Life is about spending your time passionately, being happy with who you are inside, and not worrying about everyone's petty judgments.

Many of the patients I see tend to take criticisms and judging too personally. They are usually sensitive to these because of diminished self-esteem. I tell them the old quote, sticks and stones can break my bones, but words can never hurt me (sometimes a tough sell). The truth often is the *criticizers* are responding to *their own personal hurts and failures*.

You cannot solve problems using the same thinking that created the problems.

When you judge another, you do not define them, you define yourself.

**I will not hold the past against myself. Despite what you may have seen or heard, your past does not determine your future, you can learn from the past, but what you do every day that is positive will allow the best possible future.**

**You need to ignore what everyone else is doing and achieving.** – Your life is about breaking your own limits and outgrowing yourself to live your best life.

Anxious, go from what ifs to what is'es, i.e, the moment.

The only person you are destined to become is the person you decide to be.

The mind is your battleground. It's the place where the fiercest and most ruthless conflict resides. It's where more than half of the things you feared were going to happen, never did. It's where your expectations generally get the best of you. It's where you fall victim to your own train of negative

thoughts time and time again.  
Whether you say “I can” or “I can’t”, you are usually right.

## Expand Health Care Coverage the Sensible Way

1/3/2018

Health insurance funding is in and out of the news continually. The current proposals don’t seem to make anyone happy.... Not only are many uninsured, or paying high premiums, but Medicare is currently headed for ruinous expenses.

I have worked in many roles and areas of health care over a 40 year career and believe in the benefits of access to primary care.

Here’s a different idea that should be considered. It would allow market capitalism to work in a way that would increase patient choice, promote preventive care, spur innovation and hold down costs, and it could provide really affordable care and security for all Americans. Ours is a wealthy country and some benefits should go to all our citizens - the whole community loses when people fall through the cracks in the system and develop serious and chronic illness... but when everything is provided by government, everything is controlled by the government. Here are my proposed A B C’s of health coverage.

1. Medicare A for All- Acute care This is the branch of Medicare that pays for hospital care and some rehabilitation and home care. This is currently provided to all US citizens age 65 and over or disabled. We should provide this for all citizens, as it would: 1) Reduce costs for outpatient insurance coverage to manageable levels 2) Make it easier for hospitals to manage costs. 3) Provide security to US citizens. Costs for uninsured patients are currently covered by Medicaid or “cost shifted” to insured patients AFTER the patient has become seriously ill and has a large hospital bill, so the public is already paying these costs.
2. Better Care in Basic Primary Care and Outpatients This insurance would cover all office visits to primary care and specialists, emergency care and outpatient testing and surgeries. It would be purchased by individuals or employers. Potential advantages: 1) Security of affordable coverage - people would be free to change jobs, start a new enterprise, etc. 2) American business would have more options and manageable costs in helping employees with coverage. 3) Flexibility - it could include a health savings account to allow more flexible spending on non-standard care such as nutrition

counseling, chiropractic care, acupuncture, etc. Each citizen would be required to purchase some type of coverage OR have a sum set aside to cover costs. Policies could be in the form of an HMO, group coverage or individual. Current Medicare recipients would be partly funded to buy this outpatient coverage - as they are now. Medicaid recipients could receive a voucher to purchase a basic plan, providing them more choice.

3. Cost saving measures - Other measures to save costs are also needed. Some may include: 1) Reducing pharmaceutical prices by allowing more competition 2) Hospital cost controls using established international standards for effective care, 3) Require a small co-pay for all Medicare outpatient services to reduce excessive tests and doctor visits, and 4) Allow establishment of infirmaries with excellent nursing care for simpler acute / hospital care. This could reduce Medicare payments in the last year of life - currently 1/4 of all Medicare payments. 5) Allow experienced nurse practitioners to practice within their scope without formal supervision requirements in all states as 18 states already do.

Our current “system” is causing a huge amount of stress for Americans and many people neglect treating disease at an early stage, leading to higher overall costs, worse outcomes and many bad effects on the health of the community at large. Americans need a platform of security in health coverage to free them to innovate and live their lives with greater peace of mind.

Elizabeth Markovich,  
Nurse practitioner, Integrative Healthcare.

## **New Tests with Pathway Genomics!**

12/1/2017

## **October 2017**

10/24/2017

Greetings to all,

I had more than usual favorable responses to last month's blog about persuasion. One asked was my material original or adapted from other sources. I would have to say that most of my material is adapted from other sources, using my own personal "take" on it. There is very little truly

original material out there that hasn't been expressed in some place or time. The material for that blog came mostly from a recent book by Dr. Michael Hall about persuasion.

### **IMPORTANT MENTAL CONCEPTS, REVIEW**

As those that read this blog know, I am a great believer in repetition.

Hypnosis is primarily self-hypnosis and repetition is the best way to convince the subconscious to do what you want.

**Emotions (negative)** are *just a signal* that where you are is not where you want to be. You have emotions, but you are *not* those emotions. You are much more than your emotions, your thoughts, behaviors, etc. One of the most troublesome problems that I see are patients that *personalize* their *negative emotions* – that is, they associate these emotions with self. This comes from the very common belief that emotions are an infallible source of reality and that if an emotion caused it, it must be real and the feeling acted upon. This is not true, for most of the negative emotions (feelings) are products of "what ifs" which are *fabrications of the mind*.

### **Negative criticisms**

Many of the patients I see tend to take criticisms and judging too personally. They are usually sensitive to these because of diminished self-esteem. I tell them that words cannot hurt you (sometimes a tough sell). The truth often is the criticizers are generally responding to their own personal hurts and failures.

### **Happiness**

A few comments on happiness. There is a very broad range for what one thinks represents happiness. However there is a tendency to dwell on short-term, fleeting occurrences and events that soon disappear, *only to be replaced by similar events. The pursuit of happiness is not the same as being happy*. Happiness is more about living a meaningful life. Ask yourself what and why you're going to do with your life. Does it have meaning? Happiness [and self-worth] is also frequently represented by one's possessions or standing or associations. Although some happiness can be created through possessions, etc., true happiness does not come from them, it comes more from a quality of the mind that pursues positive thoughts and real meaning. *It's not about what you have, where you are or what you're doing that makes you happy or unhappy it is how you think about it all.*

### **THOUGHTS FOR TODAY**

Life is made up through and with choices. If you choose to be miserable you will find reasons to be miserable. Too many people are skilled in making themselves miserable.

Whether you say "I can" or "I can't", you are usually right.

Worrying is a waste of time and energy. It changes nothing and focuses you on negatives.

Do not let fear tell you who you are and what you must do. You don't have answers or respond to any negative emotion, thought or fear. Fear can only threaten, it cannot act. Anything that makes you negative owns you. *Your*

*own mind is scaring you, the feel is real, but the why is a lie.*

Choose can, will, wish and get to over must, ought, got to, can't and won't.

As always, comments and questions appreciated.

In the now,

IBP

## Natural Thyroid Backorder Letter

10/10/2017



Dear valued customer,

We at RLC Labs want to thank you for your patience as we completed some necessary infrastructure upgrades. These upgrades included moving to a larger facility, implementing new technology, and refining our processes. As many of you know by now, these upgrades unfortunately played a role in the backorder of Nature-Throid, WP Thyroid, and Westhroid. But, as many of you may have suspected, the upgrades were not the only factor in the backorder.

In the last few years, we started experiencing some major hurdles in obtaining a key raw material. These hurdles disrupted our ability to not only keep up with the growing demand for our medications, but to also keep them cost-effective. We ate burgeoning costs for as long as we could and had minimal price increases compared to others, but the path was unsustainable. This information was kept under wraps for the protection of our patients. Quite frankly, we were afraid that if we spoke out about these issues, we would be cut off from our supply and left unable to produce any medication at all. We are happy to report, though, that we now have new partners and the materials needed to ensure fulfillment of all backorders and uninterrupted, ongoing full-scale production.

Despite rumors, we ARE manufacturing and are NOT going out of business. We are working day and night to get back to our usual pace and expect to start shipping in the next two weeks. Strengths are being prioritized by highest demand, starting with Nature-Throid 1 grain, and medications will

be released in all counts: 30s, 60s, 90s, 100s, and 1000s. We will be sharing more details as they become available, including production updates and shipping timeframes.

We sincerely apologize for the strain this backorder has caused for our customers and patients and greatly value your continued support. Every effort is being made to get all strengths stocked as quickly as possible while still adhering to our strict quality standards – our medications are not released outside of +/-2% variance between T4 and T3, while the industry allows for a monograph discrepancy of +/-10%.

Nature-Throid, WP Thyroid, Westhroid and our supplements, i-Throid and a-Drenal, are still proudly sourced and made in the U.S., unlike some others, and will still have the same low prices and high quality you have come to know and trust. i-Throid and a-Drenal are not impacted by the backorder and full stock of both are available.

## **Persuasion**

9/23/2017

Greetings,

Hope everyone is living as much as possible in the moment, enjoying the day and being grateful generally.

### **PERSUASION**

My main topic for today is **persuasion**.

During my medical practice years, I used some standard type persuasion, believing some method or treatment would be "good" or valuable for the patient. Since going into the MindBody treatment and approach, I have recognized that persuasion is an important factor in the treatment, *but it is not like a sales pitch*, trying to convince you to buy something or to do something, it is about having a *dialogue, communicating and exchanging of values and ideas*.

### **YOU ARE THE HARDEST PERSON THAT YOU WILL EVER TRY TO PERSUADE**

Patients frequently tell me something like "I know what I want to do, but I can't seem to get myself to do it, even though I know I should do it".

"Knowing" is *always easy* compared to acting. At the point where you act-  
real consequences occur. Patients frequently want you to *teach them, influence them or direct them as to how to change*. My response is along the lines of I can't actually change you, I can guide and make suggestions, but *only you can change you*.

Self-persuasion is the hardest form of persuasion So, how does one persuade themselves?

Not easy, but doable. Write down a list of things you know you want to do, but are not doing. Ask yourself, does this idea have enough value to

persuade me? Are there doubts or questions about it? *What* is stopping me from making a commitment to act on it?

Self-persuasion, although difficult, must come first and is a requisite for developing and using any advanced skills and abilities. It must come before self-leadership, because if one cannot lead or manage themselves, one will not be able to influence others.

### **THOUGHTS FOR TODAY**

When you spend your time worrying and over-thinking everything, you're simply using your imagination to create things you don't want.

Refuse to build a monument to some problem by identifying yourself with a problem (e.g., "I am an alcoholic, a failure, etc.").

If your expectations are guided by fearful thoughts about stressful situations, then the results will likely be just as fearful.

Most of our internal dialogue focuses on our shortcomings and this constant fear and worry are our bodies greatest enemies. What is on your mind ends up in your body.

Recently got a comment if it was OK to ask questions. Yes, of course, I will answer as best I can. *Comments and questions* appreciated.

Self-hypnosis, meditation and positive thinking improve outlook.

IBP

## **August 25th, 2017**

8/25/2017

Greetings to all,

Welcome to new members.

Today's main topic is **Certainty**. I am using the word in the sense that it signifies a state where *your mind is completely made up and no one or thing is going to change that belief*.

### **BECOMING AND BEING CERTAIN CAN BE DANGEROUS**

There is little doubt that Hitler thought he was totally right when he came up with the Third Reich as the "final solution". Most of the time, feeling certain seduces you with good feelings, so you stop thinking, questioning, checking *and just go along with whatever*. Another seductive thing about being certain is that you experience it emotionally as "confidence.". This kind of thinking is largely responsible for extremist views and attitudes.

### **DANGER NOT WELL KNOWN**

The danger of certainty is not well known, thereby making it a danger to our overall well-being.



## **UNDERMINES OPENESS**

"Nothing undermines openness more surely than certainty. Once we feel as if we have 'the answer,' all motivation to question our thinking disappears." (The Fifth Discipline).

Certainty can definitely be a valuable quality, but there are obvious pitfalls. *Do you want to close the door in your search for understanding and for knowing and be certain? Or are you good with staying open, to not knowing "for sure"?*

## **NO ONE HAS "THE ANSWER"**

The truth is - no one has "the answer." Every answer that we do have is at best an approximation and never the final answer.

*"Openness occurs between people when they are willing to suspend their own certainty in each other's presence".*

When you feel certain about something, which we all do from time to time [tragically many people do all the time!]- let that moment be a warning to begin questioning your certainty.

Every time you feel that you are positively right should set off a warning system within.

## **THOUGHTS FOR TODAY**

Life is like good art, you can either appreciate and enjoy it, looking for its beauty and meaning, or focus and dwell on its faults and shortcomings.

"Believing in negative thoughts and acting on them is the single greatest barrier to living a good life".

"The mind is your battleground. It's the place where the fiercest and most ruthless conflict resides. It's where more than half of the things you feared were going to happen, never did. It's where your expectations generally get the best of you. It's where you fall victim to your own train of negative thoughts time and time again".

Some ways to get the most out of life, brief positive morning routine, self-hypnosis or meditation, train to think positively and treat others like you would want to be treated!

Comments, suggestions welcomed.

NOW is the time,

IBP

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