



Integrative Healthcare Inc
2016 Delta Blvd, Ste 100
Tallahassee, FL 32303
Phone 850-8784434



How do you know what vitamins you really need? Are you getting enough antioxidants?

SpectraCell's FIA™ (Functional Intracellular Analysis™) tells you how well YOUR Immune system is using the vitamins, minerals and antioxidants from the foods you eat or the vitamins you are taking. It does not group everybody that is your height, weight, or age as if everyone was the same. The results are based on your individual metabolism and how well your white blood cells use the vitamins, minerals, and antioxidants. Tests that show only the blood level do not show if you have a higher-than-average need for a nutrient. Think of the money you spend on

supplements that you might not need! I also like the SpectraCell LPP™ advanced lipids profile that shows a full picture of cardiovascular risk. This is \$30 up front co-pay and no other charge if you have non-HMO insurance. The co-pay for SpectraCell FIA™ is \$85. SpectraCell will bill your insurance and there is no "balance" billing as long as you do not have an HMO or one of the only six insurances that do not cover the test.

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Don't you hate filling out medical record forms over and over?

At IHC we use a state of the art Electronic Medical Record called Amazing Charts. The electronic part of your record can be exported to a thumb drive. If you move to a practice that uses an EMR that is compatible with the "CCR" record service, they

can import the record from your thumb drive and the history and other information will be filled in!! Meanwhile, the bad news is we at IHC want you to update your history at least once a year! This is necessary as you might have found out about

new allergies, medical problems and even new items of family history.

Upcoming Workshops

Improve your life the easy way- with EFT!

Based on the ancient principles of acupuncture/acupressure, EFT (Emotional Freedom Techniques) is a simple tapping procedure that aligns the body's energy system in order to release stress. In these workshops at Integrative Healthcare, EFT practitioner Carina Zahcarias-Miller will teach how to do EFT and work on various topics like health challenges, weight loss, money problems, or

anger management. Call the office for information about time and topic. For more information about EFT, call: 878-5690.

*We are also planning an IHC workshop on **Adrenal and Thyroid imbalance** - common cause of fatigue, low immunity, weight gain and lack of ability to cope with stress. Elizabeth will share insight from the Institute for Functional medicine proceedings and

clinical experience with these problems on **May 22nd**. Please call for details.

*We would like to know how many people are interested in these workshops. Please call and speak with Liz to add your name to the rsvp list.

*We are also planning to acquire a live-cell microscope and will have some workshops with this during the summer.

Integrative Healthcare Welcomes New Massage Therapists... *Angele LaGrave, LMT and Carole Cimarron, RN, LMT*



Angele LaGrave has practiced therapeutic massage in the Tallahassee area for over 14 years.

She is a third-year student of the Visionary Craniosacral Work of Hugh Milne, a third-generation Scottish osteopath. Angele offers a variety of massage therapy, including specific deep tissue, pregnancy massage and stress reduction, gentle relaxing massage. Her work also encompasses seated massages. As part of her services she also offers the use of a Biomat, a mat composed of amethyst crystals which utilizes negative ions and far infrared light to promote, rejuvenation, and wellbeing.

Please Note.....

There is a \$25.00 fee for massage appoints that are cancelled without giving a 24 hour notice.

Look for our \$10.00 coupon on the back!



Carole Cimarron began her health career as a Chiropractic Assistant; She studied Yoga and Shiatsu Massage. She also has worked in a health food store.

Carole completed her nursing degree and in 1991 went to the Florida School of Massage in Gainesville. She finds massage and her special techniques in Ortho-Bionomy very rewarding. Ortho-Bionomy has become her true passion. This gentle technique of positional release can be used to relieve many painful conditions on people that cannot tolerate the pressure of traditional techniques. She has also worked as an Infectious Disease Epidemiology Nurse and continued her studies in massage.

Remember "Junk" DNA? - Surprise! It has a function!

Yes, all that DNA that is not part of the "genome" actually regulates how the genome is applied or activated in regulating cell functions. It's kind of like the courts that interpret how the law should be applied. The interesting part is that even though we can't change our genes we can change how they are activated or applied! This process is called "Epigenetics". Much is being discovered about this regulation of cellular metabolism and how specific foods and herbs affect it. "Kinases" are chemical signals that actually carry these epigenetic messages to the cell to tell them how to regulate their metabolism. They especially influence inflammation and it's effects. Perhaps you have read that various forms of inflammation are the root cause for most chronic diseases - diabetes, osteoporosis, cardiovascular disease, prostate problems and arthritis. Pharmaceutical companies are working on drugs to influence kinases, but foods and herbs may really be the best way to help get our cell's back on track. Elizabeth and Adali got an update of the latest research on these issues attending a recent seminar by Dr. Jeff Bland of Metagenics. They have done extensive research on effects of foods and herbs and developed supplements that modulate kinases along with a food plan -The First Line Therapy program. We work with this program at IHC. It has been researched and shown to reduce cellular inflammation and improve cardiovascular risk factors, reduce blood pressure, and help weight loss. Ask us about First Line Therapy.



Integrative Healthcare (850) 878-4434

\$10.00 off a Massage

To: _____

One per person

This coupon is transferable. Expires September 2008

Please call for appointment. Note \$25 cancellation fee if not 24 hours notice

We're on the web
www.ihcfl.com

Fun Tips

Fun tips

You can whiten your teeth with a strawberry! Just mash a fresh (or frozen) berry and add about 1/4 tsp of baking soda. Put the paste on your teeth and keep on about 3 minutes. Don't repeat more than once a month or so. It really works!

My Favorite exercise

Rebounding is jumping on a mini-trampoline. It is fun, very convenient and tones and detoxifies your whole body. It helps the lymph and other fluids move toxins and drain them. The force of gravity as you jump tones every muscle. It also helps skin tone and circulation. You need a good rebounder. I like the "Celler-ciser" and there are a couple other good ones on the market. If you want a Celler-ciser you can purchase one through the office - ask us for details.

Simplify your Life

Here's a tip; Go through your drawers and closet - one area at a time. Box up everything you haven't used in 6mos or more. Put it away and if you still don't miss it - give it away!

Attention: Tallahassee Memorial....

Name: _____ DOB: _____

- * I am a primary care patient at Integrative Healthcare.
- * Arrangements have been made for the TMH Hospitalists to admit for Integrative Healthcare.
- * Please forward all my records to the office (information located below).

Primary Care Provider: Elizabeth Markovich, ARNP ARNP#81366-2 NPI# 1518941046
Medical Director: John Ness, MD NPI#1922064203

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Visit Our Website! www.ihcfl.com

AcuHyp — Available at IHC!

Hypnotherapy has proved wonderfully helpful in dealing with addictions, headaches, self-esteem, smoking cessation, anxiety, pain control, weight loss, and many others. Treatment with Acupuncture or Hypnosis is popular and widely used, but combining the two therapies together is rare in this country. Controlled studies have shown that combination therapy works more quickly and is more effective than either treatment alone for a variety of conditions.

Before treatment a complete interview is conducted to determine the best treatment strategy. This includes the

patient's attitude and views on both treatments, and the patient's needs and expectations.

Luckily for you we have our very own physician that practice this type of therapy, Dr. Ira B. Price, MD. He is retired from internal medicine and is now able to focus on the Hypnosis he has practiced for many years. He is very accomplished at all aspects of hypnosis and also serves on the State Board. Because he is licensed as an MD, his services are often covered by insurance. Please contact our office today to set up your consultation.

Emergency, Emergency, Emergency

If Integrative Healthcare is your primary care, what do you do in an emergency? In dire emergency, call 911. If time allows you can call our On-Call practitioner (usually Elizabeth Markovich) call the office for instructions, phone number is (850) 878-4434.

We have made arrangements for our IHC primary care patients to be admitted when needed by the TMH hospitalist service. Patients usually must be

seen by the emergency room first. We hope to soon have formal arrangements at CRMC also, although you can still go to CRMC's emergency room and be admitted by on-call doctors. There is an "ID card" you can cut out on the back of this newsletter to show to the emergency department staff. This should help with admission arrangements and in obtaining records for continued care afterwards.

Simple Uses for Pleo Sanum Homeopathics:

Pleo Muc eye drops are great for dry eyes, and eye inflammation. The Pleo Muc suppositories are very helpful for hemorrhoids. Both of these work by helping circulation to the area.

Ortho-Bionomy

Ortho-Bionomy is an effective form of bodywork which uses gentle movements and comfortable positions to unlock tension and relieve pain. There are no rapid adjustments, painful contortions or deep muscle probing. Instead, Ortho-Bionomy uses the body's preferred posture and mild exaggeration of any distortions to initiate postural balance and integration. Painful spots in the body called trigger points are used as indicators of tense unbalanced areas that lack proper alignment and tone. The client and practitioner work together to find these areas thereby verifying the discomfort. Then

through gentle positioning or movement techniques done with the practitioner the client can experience the release of these painful spots. The release is accompanied by realignment and re-education of the muscles and nerves. Mental and emotional tensions locked in the body are released at the same time creating a feeling of lightness and ease in the client. Many people find Ortho-Bionomy effective when many other modalities of body work have previously failed.

