

# INTEGRATIVE HEALTHCARE

## YOUR PARTNER IN HEALTH

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## Lifestyle & Diet Changes are Heart of Holistic Health! - How to Succeed

Lifestyle change is much more effective than any medicine or supplement for almost every type of chronic disease, but how to succeed at starting and maintaining the changes you want to make? Education and social support are key to success with changing diet, stress reduction, and exercise. Stress reduction doesn't get as much attention, but it is just as important. Elizabeth's research is on educating nurse practitioners on stress reduction. Eric Garland, PhD sees patients at IHC privately. He is an FSU professor who researches using mindfulness techniques for stress reduction. Mindfulness involves cultivating a relaxed and alert state of mind, attending to the present moment, and noticing thoughts and body sensations with an attitude of detached interest.

**Dr. Garland and Elizabeth will offer a free class at IHC**



Our office is located at 2016 Delta Blvd.

**on stress and mindfulness on Wednesday February 6th from 6:00 to 7:15 pm. You can register for the Feb. 6 class by emailing Joanna at [joanna@ihcfl.com](mailto:joanna@ihcfl.com) or calling Joanna at (850) 878-4434. If emailing, please put "Mindfulness Class" in the subject line. We are considering possible continuing support classes on a) Light Mediterranean diet, b) habit change, or c) a walking and exercise program. Please contact Joanna if you think you would attend one or more of these potential classes.**

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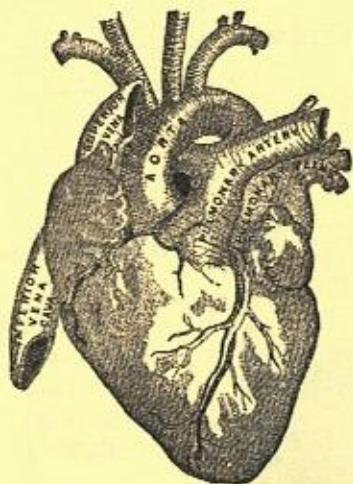
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### DID YOU KNOW?

Thyroiditis or autoimmune inflammation in the thyroid gland is more likely to develop when adrenal glands are stressed. Also, it's more common in people with milk allergies.



## Advanced Cardiovascular Tests Show Hidden Risks For Heart Disease

Half of people who have heart attacks have normal cholesterol. Cardiovascular disease is by far the biggest risk for men and women. So how do you find out about your risk? We now have the Berkeley Cardio Profile - a very thorough profile with a large range of cardiac markers, including 5 genetic markers. This test is in network with Blue Cross - which means that there is a favorable copay. There are many important risk factors which can only be found through this profile. It also gives us information on Low Density Lipid (the "bad" cholesterol) particle size - to see if your LDL is the type that causes more plaques. If the profile finds some risk factors, we can help reduce your risk with supplements, diet, activity or medications if needed.

## My Favorite Tips For Stress Reduction

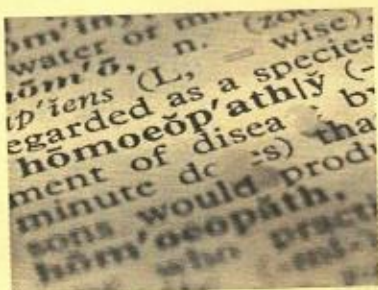
Did you know chronic stress increases inflammation in the body, increases abdominal fat, kills mitochondria (our energy source), increases cholesterol, and causes wasting of muscles and memory cells in the brain!

- Keep a gratitude journal - list three different things you're thankful for every day
- Don't drive and talk on the cell phone
- Think of something you can say or do in a few minutes that will make someone's life happy.

### DID YOU KNOW?

ADEQUATE TESTOSTERONE  
IN MEN AND WOMEN CAN  
IMPROVE THYROID  
FUNCTIONALITY.

Also at IHC, we have 2 high-tech aides; 1) Alpha Stim, a very low electrical pulse that is used to help depression and anxiety, and 2) Heart Math Monitor, a biofeedback device that helps you learn to achieve a relaxed and alert state.



## Safer Flea Control

Perhaps like me, you have pets and want to find some ways to control fleas without risking the toxic effects of pesticides. Some of the widely used flea killers are known human carcinogens! The Natural Resources Defense Council has developed a web for safety of flea and tick medicines. <http://www.simplesteps.org/greenpaws-pro> They state; "For severe problems that require chemical intervention, look for low products such as those using Pyriproxyfen, Nitenpyram, Spinosad, S-Methoprene, Lufenuron as the active ingredient." I think in Florida we can expect serious challenges with fleas! Best and safest products are Comfortis, Capstar, Sentinel flavor tabs, a Program along with some of the herbal flea killers. We have used "Best Yet Cedar" - a cedar concentrate. It is very effective for a few days, nontoxic (and they say it kills many resistant bugs like bedbugs). It is good for the dog's skin, but they do not like the smell.

# FUNCTIONAL MEDICINE = BETTER HEALTHCARE FOR YOU

## What is Functional Medicine?

Functional medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. Elizabeth has received training from the Institute of Functional Medicine. Recent scientific advances have improved our understanding of the interaction of genetic, environmental, and lifestyle factors for each individual patient.



## How is Functional Medicine Different?

Functional medicine involves understanding the *origins, prevention, and treatment* of complex, chronic disease. Hallmarks of a functional medicine approach include:

- Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases, such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis.
- The functional medicine approach helps providers to develop long-term strategies to prevent and treat these chronic diseases. In some cases, prescription drugs are called for, but nutrition, supplements, diet, and exercise usually play a critical role.
- Patient-centered care. The focus of functional medicine is on patient-centered care, promoting health as positive vitality, beyond just the absence of disease.

- An integrative, science-based healthcare approach. Functional medicine practitioners look "upstream" to consider the complex web of interactions in the patient's history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body and spirit) and external (physical and social environment) factors that affect total functioning.

- Integrating best medical practices. Functional medicine integrates traditional Western medical practices with what are sometimes considered "alternative" or "integrative" medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.



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EDUCATIONAL ORGANIZATION.

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### Let's Put Our Heads Together For Healthy Eating In Tally!

So you're trying to eat healthier and you walk in a local restaurant very hungry ... you're faced with the bacon beef melt on white sub roll—how to cope? Planning ahead is key to making healthier choices. Of course few dishes you'd find locally are perfect, and there are varying opinions on healthy choices, but I aim to start the ball rolling with some recommendations. I invite all of you to participate through Facebook. Let's discuss the pros and cons of the options! What are local healthy meals?

Here goes! Uptown Cafe at Miccosukee and Magnolia; 1) The black bean pesto wrap press and the 2) Greek garden wrap press and 3) uptown garden salad with vinaigrette.

We invite you to post some of your local favorites on the IHC Facebook page.

### NEWSFLASH! INTEGRATIVE HEALTHCARE HAS RESUMED SEEING CHILDREN AND TEENAGERS

We are happy to report that we have secured new insurance that enables us to treat children under the age of 18. Since Elizabeth is a Family Nurse Practitioner, she will treat a wide variety of conditions for boys and girls aged 10-17. She is also available for consultations for children under 10.