

The Other Stars of IHC!

Our patients know Elizabeth as our Nurse-Practitioner and Naturopath. Many of you are proud to choose Elizabeth as your primary care provider (PCP), seeing her at the onset of any illness and relying upon her to arrange referrals to a wide variety of other providers as needed.

But Integrative Health Care (IHC) currently offers the services of three other outstanding providers, and we hope to expand their services over the next year.

Dr. Burt Price offers hypnosis and acupuncture. He worked as an internal medicine physician over a long career before retiring from mainstream medical practice in 2000. He has had an interest in hypnosis since before he entered medical school, and he helped introduce acupuncture to the Big Bend. For several conditions, he recommends combining hypnosis and acupuncture, a treatment known as AcuHyp. See his explanation of hypno-therapy and how he works with his patients in "Hypnosis: A Practical Therapy For Weight Loss and Other Goals" on page (2).

Angele LaGrave, LMT, is our Massage Therapist, available on most Mondays, Wednesdays and Fridays and other hours by appointment. She says "The body is designed to heal itself". She is offering a workshop on Energy Medicine on April 9, 2009. See full details on page (6).

Leah Gilbert-Henderson, PhD LD, is the latest provider to join our team. She is an experienced nutritionist, and she will offer individual counseling, group counseling and classes. She helps our clients to lose weight and achieve the best possible results for blood sugar, blood pressure and cholesterol. In many cases, it is possible to reduce or eliminate the use of prescription drugs. She and Elizabeth will be offering a (4) part class on Metabolic Syndrome and the Mediterranean Diet. The first session will be free. Please see "The Mediterranean Diet" on page (3) and details on the class on page (6).

ASPIRIN RESPONSE TEST

Are you taking aspirin to prevent a heart attack? Is it working? Spectracell is now offering advanced test for aspirin effect. Below are some common questions:

Q. Why do I need the Aspirin Response Test ?

A. Medical studies indicate that not everyone benefits equally from low dose aspirin. In fact some people have been reported to be aspirin "resistant" but increasing studies indicate that it may be a question of aspirin therapy "failure". Because aspirin is known to reduce the risk of heart attack and stroke by helping stop platelets from sticking together, the Aspirin Response Test allows the doctor to determine if you are benefiting optimally from your aspirin regimen.

Q. What are the chances that my platelets are not responding to aspirin?

A. According to reports in the medical literature, 10% to 40% of patients taking aspirin were not receiving the desired result. The fact is that even if aspirin is working on your platelets, there are other factors that may overcome the benefit of the aspirin. Traditional platelet function assays can not detect this result.

Q. What are the dangers to me if I am not benefiting from my aspirin?

A. Outcome studies have demonstrated that patients with a poor response to aspirin therapy have a higher incidence of second heart attacks, strokes or even death when compared to patients with a good response.

For those who need aspirin therapy. The Aspirin Response Test can help you be sure you're benefiting from low dose aspirin without the risk of increasing the dose.

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Ask us about Aspirin Response Test!

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Hypnosis: A Practical Therapy For Weight Loss and Other Goals

By Ira. B. Price, MD

Don't be fooled by misunderstandings about hypnosis and its use in health care. This article clarifies what hypnotherapy is and offers some basic information for those who may be considering it. Hypnosis is thought to be an altered state of consciousness allowing a high degree of selective perception. When hypnosis is used for physical or behavioral health therapy, it is called hypnotherapy.

A person that is properly hypnotized will concentrate on what is relevant to their task, blocking out everything else. Some patients compare it to being completely engrossed in everyday tasks, such as reading, driving or mowing the lawn. When guidance is offered by a qualified practitioner, hypnotherapy can help the conscious and sub-conscious minds to work together to relieve many human problems, habits, stresses or other deficiencies.

Hypnosis and hypnotherapy do not involve sleep, surrender of mental powers, magic or mind control. A person who does not want to be hypnotized cannot be hypnotized or induced to do or say anything which hurts them. The risks of hypnosis are low compared to other health care therapies.

When I offer hypnotherapy, the first visit is primarily exploratory. The patient and I discuss their interests and goals. If appropriate, the patient and I go through some exercises to determine their suggestibility and visualization skills. At this point, if I believe further treatment can help the patient, I will recommend a program to fit their needs.

Newer hypnotic approaches are proving to be very effective in the treatment of illnesses such as Fibromyalgia, Chronic Fatigue Syndrome, multiple chemical sensitivity syndrome, headaches, temporomandibular joint disorder (TMJ), irritable bowel syndrome and restless leg syndrome. Because these conditions tend to have certain elements in common, they can be grouped together under the term Disregulation System Syndrome (DSS). Combining my experience with the clinical findings in the literature, I have developed a program for their treatment.

Hypnotherapy is a practical treatment for many conditions, habits and anxieties, particularly weight loss, smoking cessation, alcohol dependence and test anxiety. It has been used effectively for Fibromyalgia and Chronic Fatigue. Usually, it takes between three and ten sessions for hypnotherapy to achieve a positive effect.

In many cases, insurance may cover Dr. Price's Hypnotherapy, depending on coverage and diagnosis. Call our office, 878-4434, to make an appointment or find out more

THE MEDITERRANEAN DIET

By Leah Gilbert-Henderson, Ph.D.

We have known for many years that people from the countries surrounding the Mediterranean Sea have lower levels of heart disease than Americans. Improved health has been attributed to various factors, such as red wine or olive oil. However, it is now thought that the diet, as a whole, is more beneficial than the sum of its parts. The main features of the Mediterranean Diet are:

- ◊ High intake of fruits, vegetables, legumes, seeds, nuts
- ◊ Breads and cereals
- ◊ Moderate intake of fish, seafood and chicken
- ◊ Low intake of red meat (i.e. low in saturated fats)
- ◊ 0-4 eggs per week
- ◊ Olive oil as the primary fat (high in monounsaturated fatty acids)
- ◊ Optional moderate consumption of alcohol (mostly as red wine)
- ◊ Low intake of dairy products, mostly in the form of cheeses

Studies that use a modern version of the traditional dietary patterns of the Mediterranean countries overall, have shown benefits above and beyond cardiovascular health. Studies published in the British Medical Journal last year showed benefits of the Mediterranean diet with respect to cancer, Parkinson's disease and Alzheimer's disease and type 2 diabetes as well as mortality due to heart disease. They have also been shown to promote weight loss.

We know there are benefits from individual components of the Mediterranean diet as well. Resveritrol, found in the skins of red grapes, has life extending benefits. Monounsaturated fats in olive oil and omega-3 fats in fatty fish also help protect against cardiovascular disease. Phytochemicals and fiber that are high in fruits and vegetables have many health benefits, including protection from certain cancers.

The Mediterranean diet has a lot in common with other diets recommended for heart health, such as the TLC diet and the DASH diet, as well as the Dietary Guidelines for Americans. Important common features include emphasis on fruits, vegetables, legumes, nuts and fish, with smaller portions of lean meats. These diets put a greater emphasis on low fat dairy products, whole grains and reduced total fat.

See workshop detail on page 6!

WHAT I'VE LEARNED ABOUT LYME DISEASE

BY ELIZABETH MARKOVICH, NP, ND

Is there anything about Lyme disease that isn't controversial? Does it exist in Florida ticks? Can you get it from other ways than by tick bite? How to test for and diagnose it? If you have it, how to treat? How long to treat? Does it come back after treatment and how do you treat then if it does?

We have struggled with many of these questions and are still confused about some of them! From extensive experience I am convinced:

- That ticks in Florida can and do carry Lyme disease and some of these are tiny "nymphs" about the size of a gnat. (ask local veterinarians who test for it in dogs)
- That Lyme is much easier to treat when detected early and in people whose general health is good.
- That many people with very troubling symptoms – even if long standing illness – improve with Lyme treatment.
- That a holistic approach works better in long standing illness to improve general health.
- Antibiotics work well in acute cases and sometimes in chronic illness but The Cowden herbal protocol is sometimes better in the latter.
- Testing with local labs can fail to detect some cases and Igenex lab in California (and in some cases Central Florida lab) can help with these.

The most common symptoms of Lyme disease are joint and muscle pain (that has no other cause), memory problems, fatigue, insomnia, and a wide variety of other problems (rash, confusion, nerve problems) sometimes getting worse over months or years. Through my experience I have come to the conclusion that many people have been exposed and have a small amount of Lyme bacteria in their system but never become ill.

How can we avoid this? Should we all avoid the outdoors? No- I still love hiking, I do recommend using "Permethrin" spray on shoes, socks, and lower parts of your body – not skin-. Checking yourself carefully and soon after being in high weeds or underbrush. Remove ticks with tweezers only. Consider seeing us at Integrative Healthcare or other healthcare provider if you see a red rash, get tick bites,, or especially if they have stayed on many hours.

Natural Herbs Have Been Successful for Lyme Disease

Dr. Lee Cowden has designed a protocol for chronic Lyme Disease; it relies upon herbal medicines manufactured by NutraMedix. IHC has treated many of our Lyme patients with considerable success using this protocol. Elizabeth says, "About 2/3 have responded very well, even though these are people who did not do well on antibiotics". The Cowden Protocol is challenging for many patients, but we find it is usually successful for those who can understand it and stick with it.

Check it out at www.nutramedix.com

Pleo Sanum Therapy - Basic Information

The group of Pleo Sanum Isopathic medicines are a safe and effective way to treat many health problems. They were invented and are manufactured in Germany. The concept of the main inventor Dr. Gunther Enderlein, is that pathogenic organisms including bacteria, yeast and viruses can change their form and virulence due to a change in their surroundings - the body "milieu". The remedies are isopathics - which work a little like immunizations do. They are made from bacteria and yeast-like organisms and some from other substances normal in the body (like citric acid and also a few from herbs). They are made through special process in very low concentrations - a bit like homeopathics (but the isopathics are not as low a concentration - a few of them actually are homeopathics). They are good for balancing the immune system and helping with chronic infections, digestive problems, circulatory problems and are helpful in almost any chronic disease. They cleanse tissues, help turn the pathogenic organisms into a less virulent form, activate the immune system, restore proper body pH, and neutralize bacterial and fungal toxins.

One must start with restoring proper pH, and tissue cleansing and the move to neutralizing some of the basic pathogens. Therefore the therapy for most chronic health problems will involve several remedies and about 6 weeks. They can be used with other natural therapies. Pleo Sanum remedies have no side effects when used properly and we have seen very good response in some difficult long term infections and illnesses. To learn more you can check the web site; www.pleosanam.com (and to read about specific

Supplement Sale 25% Discount

Limited Quantities

- | | |
|-----------------------|-------------------|
| • AdvaClear | King Chlorella |
| • B-6 | Lipophos EDTA |
| • Buffalo Liver | Lumbrokinase |
| • Cardio Chelation | Mag C |
| • Cardio HTN | MyoSedate |
| • CardioChelate | Natur Leaf |
| • Cayenne & Ginger | Osta B3 |
| • Chelorex | Phyto-Estrogen |
| • Chitosan | Relora |
| • Cortisol Response | Sea Salt |
| • Deep Sleep Response | SeaCure |
| • E. Complex | Skin, Hair, Nails |
| • Echinacea | Somnolin |
| • Emerita Response | Tea Tree Oil |
| • Hawthorn Berry | Vitex |
| • L-Arginine | ReleaseZyme |
| • CoQ10 | Phyllanthus |
| • MetaCore | |

Email and Your Healthcare

Email Appointments— Established patients can now make appointments through our website. Go to www.ihcfl.com and click on the "appointment" tab. Setup your time and date and wait for a confirmation email from one of our staff.

E Prescriptions— Later this year, we plan on sending prescriptions and refills to your pharmacy electronically. Look for information on our website once this option is available.

Email Addresses— Would you like to be able to communicate by email? Have questions for the office but no time to call? Some brief questions can be handled by email! When you come in for your next visit be sure to give us your email address, or feel free to email your address to lizkonefal@embarqmail.com so we can add it to your chart.

Phone Consults— If you can't come in the office but need a short consult, we do brief phone appointments. The usual charge is \$25.00

Website Supplement Ordering—you can now order supplements through our website at www.ihcfl.com. Click on the products tab and then right click on the "buy products" link and choose to open it in a new window. Once the Emerson website has popped up enter in access code: **201600** and create your account. A password will be emailed to your email address, and you will be all set to go.

Did You Know?...

- Research shows that Estrogen and Progesterone together protect memory and helps prevent Alzheimer's Disease.
- Topical Estrogen has been shown to have positive effects on cardiovascular health.
- Topical estrogen in drops, creams and troches poses little or no heart risk and may be favorable, unlike estrogen oral pills.
- A study showed no improvement in slow thyroid symptoms in people taking synthroid, but positive improvements on glandular thyroid medication.
- A French study of over 44,000 women showed less breast cancer risks with Bioidentical hormones than with standard hormone pills.
- A study of people with slow thyroid function had no improvement of their symptoms on synthroid, but felt better on glandular thyroid supplements

Spring IHC Workshops

Cut your own Healthcare Costs!

Session 1— Metabolic Syndrome

Free to All

April 2, 2009 6:30—7:30

The physiology of blood sugar, blood pressure and the consequences to your body with Elizabeth and Leah Gilbert-Henderson, PhD

Session 2— Mediterranean Diet

(group visit may be covered for insured patients and \$30 out of pocket for uninsured patients.)

April 16, 2009 6:30—7:30

The basic plan of low glycemic Mediterranean diet and work with Elizabeth, Leah, and Jasmine Jones, a certified Lifestyle Educator, to make it work in your life.

Session 3-The Stress Factor

Free to All

April 30, 2009 6:30—7:30

Exercise, Adrenal and hormone connection with Elizabeth and develop your own nutrition and stress management program with Leah and Elizabeth.

Session 4—Your Plan

\$25.00 everyone

May 7, 2009 6:30— 7:30

Individualize your program with Dr. Gilbert-Henderson. Dr. Gilbert-Henderson also plans to continue a monthly session for ongoing support and guidance on your road to good health.

EFT Stress and Fear

Emotional Freedom Technique is an acupressure-like therapy you can learn to use yourself. We find it works very well for a wide range of problems. This technique is taught by Carina Zacharias-Miller, a certified EFT practitioner. Please call our office at (850) 878-4434 to register. For more information about EFT please call Carina at (850) 878-5690 or visit the website at www.emofree.com

May 14, 2009 6:45-8:00

Energy Medicine workshop

Free to All - by Angele LaGrave, LMT

This workshop features the work of Donna Eden. These simple techniques include tapping acupoints on meridian lines, clearing lymphatic channel blockages, tracing meridians and many more ways of reprogramming your body's response to stress. Employing these are a natural way to cultivate such sensitivity and to the body's natural energy. The language of the body's energies is a language that can be learned. You can unscramble and bolster your energies for your own health and healing, boost vitality, strengthen your immune system, relieve pain, correct imbalances, sharpen your memory and mind, and increase joy and happiness. Cherish and take confidence in knowing that the body is designed to heal itself.

April 9, 2009 6:30 - 8:00

Call (850) 878-4434 to register for any Workshop!



\$10.00 Discount on any length massage

Given by Angele LaGrave

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