



# INTEGRATIVE HEALTHCARE

YOUR PARTNER IN HEALTH  
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## On the Horizon

### *Hormone Pellet Therapy and More!*

Although most women feel fine using creams and troches, some women and most men are not quite optimal on these methods. We are adding **hormone pellet therapy** to our services in November, working with the company Bio-Te. The pellets are about the size of a grain of rice, inserted under the skin on the hip in a minor procedure. You can look at more information at [www.biotemedical.com](http://www.biotemedical.com).

Elizabeth is also planning to continue studies with the Institute for Functional Medicine and signed up to complete their **certification program**.

We plan to send out a **survey by email** in the next few months and we hope to get YOUR input on how to improve IHC. We will also send out some smaller **newsletters by email**, so be sure we have your correct email address in our system. We promise NOT to bombard you! No more than one message per month at most!

### **Walk-in/work-in/regular appointments... which are which?**

We allow established patients to walk in for urgent problems in the first hour of the AM and PM clinic times; that is 8:30-9:30 and 2:00-3:00 Monday, Wednesday, and Friday and 9:00-10:00 Tuesday AM. These walk-in appointments are for an urgent problem (like a urinary infection, asthma, injury, etc.) and Elizabeth will see you for about 10 minutes.

If you call, we may be able to give you a work-in appointment, which is also brief but may be at other times of day. Many of our routine services, such as medication refills and discussing lab results, are not available at these times. Please call or request an appointment on the website; [www.ihcfl.com](http://www.ihcfl.com). However, the schedule is always changing and you can always check to see if a regular appointment has opened up!

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IHC has a blog on  
our site:

[www.ihcfl.com](http://www.ihcfl.com).

Look for  
Elizabeth's own  
story of  
cardiovascular  
disease in the next  
few months.

## Gazing Into The Matrix

*No, it is not a sequel to the well known sci-fi movie!*



### IMPORTANT!

HAVE YOU RECEIVED A  
BILL FROM HEALTH  
DIAGNOSTIC LAB (HDL)?  
SOME OF THESE ARE NOT  
BILLS BUT EOBs OR  
EXPLANATION OF  
BENEFITS. IF IT IS A BILL,  
PLEASE DO NOT PAY IT!  
CALL US AT IHC FIRST!

If you can't afford to eat all organic, just focus on avoiding the foods that are typically the highest in pesticides. The "Environmental Working Group" is a source for lots of great information on health and environmental issues. See their list: Clean 15 and dirty dozen foods. [www.ewg.org](http://www.ewg.org)

I studied many streams of thought and research in alternative and mainstream healthcare over the last 15 years. I find much I have used with patients, but I did not find one overall authority. Well now there is one - The Institute for Functional Medicine led by Dr. Mark Hyman ([www.functionalmedicine.com](http://www.functionalmedicine.com)).

The functional medicine approach considers so many aspects of a person's life and body systems that the leaders invented a special way of organizing that information called the "functional medicine matrix". This format helps identify the root causes of illness; predisposing factors or "antecedents" and "triggers" which precipitated it. The matrix maps out how body systems of digestion, detoxification, hormones, immunity, body structure as well as psychological and spiritual dimensions are involved. This gives us a direction in testing and what strategies to try for the illness. I often fill out a matrix diagram for a patient with chronic illness - we can go over it together.

What is different about a functional medicine approach to hormones (and everything else)? I consider adrenal or stress hormone balance first then thyroid and then "sex" hormones. If thyroid symptoms persist, it is often because of adrenal imbalance.

Fatigue in the morning, insomnia, general weakness and feeling of being unable to handle stress are some symptoms of adrenal problems. Also we consider the production, transportation and detoxification of hormones important as well as and interaction between hormone systems and the digestive system and blood sugar metabolism.

Here are a couple of examples of the functional medicine approach.

- A man with came in taking Testosterone and Arimedex (a drug to block estrogen in men) feeling ill, can't lose the abdominal fat, no energy.... But he did well when he started exercise, and on a better diet for diabetes control - even without the added testosterone as his own testosterone production rebounded.
- Another example: a woman came in with chronic digestive trouble who had been sick for many years (started after travel) despite seeing many specialists. We used the complete digestive stool analysis (CDSA) , and treated her with a complete program for balancing digestion (4 R program). She was able to stop 4 medications for digestion, and feels better and more energetic than she has for years.

## Endometriosis and Fibroids; What do they have in common and how can a Functional Medicine approach help?

Along with many colleagues, Elizabeth is concerned that improper estrogen metabolism may be a cause of endometriosis and fibroids. Research shows a link between endometriosis and autoimmune disease and with estrogen detoxification problems, Estrogen is difficult for the body to break down, requiring several steps.

Here are a few tips to help your body process estrogen in a healthy way:

- Foods that may help are; organic soy, red wine, white button mushrooms and ground flax seed.
- Avoid food and environmental toxins: see clean 15 website, avoid plastic bottles and food containers
- Treat elevated inflammation: any chronic dental infections
- Supplements can include fish oil, bromelain, Calcium D Glucarate, probiotics, resveratrol, grapeseed extract. Black cohosh can help estrogen, is safe, and okay in breast cancer patients.
- Exercise for about 3 hours per week. Choose something enjoyable and mix up various activities.
- Check for need for selenium and iodine.
- Eat whole foods low fat vegetarian diet - this helps estrogen metabolism several ways (raises SHBG, full-fat milk contains estrogens) Avoid commercial meat which contains stress hormones.
- Treat elevated insulin with low glycemic diet.
- Reduce stress and resolve conflicts with people in your life.
- Consider using a detoxification support supplement such as DIM or Meta I3C.
- Talk with us at IHC about special testing for estrogen metabolism, nutritional needs, and hormone balance.



DR. PRICE STUDIED MIND-BODY  
MEDICINE BEFORE IT WAS COOL!  
HE HAS A NEW FOCUS USING  
SEVERAL MODALITIES. TAKE A  
LOOK AT HIS NEW WEBSITE AT  
[WWW.MINDBODY-MEDICINE.COM](http://WWW.MINDBODY-MEDICINE.COM)

## The HDL Profile

### *More On Our Metabolic Profile!*

Health Diagnostics Lab, HDL, offers a new cardio-metabolic profile that we have been using at IHC for about 9 months. Many of you have had this and have been impressed with valuable insights on your metabolism and risk factors. There are several genetic tests on the profile. The Apo E gene tells you about how your body metabolizes cholesterol and also shows whether you are likely to do well on a lower fat diet. Did you know they offer free consultation with their staff nutritionists by appointment? There is also an app you can use on a smart phone to track your results!



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"I LISTEN AND WORK WITH YOU!"



We're on the web!  
[www.ihcfl.com](http://www.ihcfl.com)



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See Elizabeth's review of "Whole",  
Colin Campbell's new book on our  
website under News ([ihcfl.com/new](http://ihcfl.com/new))  
and on Facebook!

### Question; when and how often do I need to retest my food allergies?

Many patients have been helped by our tests for food reactions and the feedback is very positive. But what if some symptoms come back? How to know which foods to use later? Retesting is a good idea but the timing depends on the severity of your health problems. If they are severe, retest in 6 months. Most people with chronic problems should retest in 1 year. On these followup tests we usually find a few allergens will have disappeared, a few new ones appear, and some stubborn sensitivities will persist no matter how long you avoid the foods. If your symptoms are not too severe, eat a few servings of all allergic foods about 2 days before the test to see if they will become reactive. This can help predict if you can safely begin using these foods again.

### We have a new service for IHC patients; the IHC portal!

You can use it to request an appointment online, send a secure message and to send or receive documents such as lab results and other items for your medical records. It is only for appointments made several days ahead and messages that are not urgent. You will find the link on our website; [www.IHCFL.com](http://www.IHCFL.com) and you have to register, but the process is reasonable.