

INTEGRATIVE HEALTHCARE

SEPTEMBER 2013

ELIZABETH GRADUATES!

Receives Doctor of Nursing Practice From FSU By Martin Markovich



Elizabeth Markovich, chief practitioner and co-owner of IHC was graduated as a Doctor of Nursing Practice (DNP) from Florida State University on August 3rd, 2013. Elizabeth completed 3 years of part-time, but intensive studies including a doctoral project on teaching Functional Medicine concepts.

Dr. Sue Porterfield was Elizabeth's major professor and co-wrote an article based on the project, "Effectiveness of Teaching A Novel Stress Reduction Program to Nurse Practitioners" Some of Elizabeth's classes included Epidemiology, Mental Health in Primary Care and Medical Procedures,

which included suturing and treatment of skin lesions. She also completed over 300 clinical hours which enabled her to meet and work with a wide variety of medical specialist and alternative care providers.

Elizabeth was not required to complete the DNP but chose to do so to learn new skills and broaden her perspective. She will continue to practice at IHC while writing a blog for the American Association of Nurse Practitioners (AANP) and looking for other opportunities to teach and write.

It is always good to seek out new experiences and new concepts and to meet new people. Elizabeth's DNP studies have helped her in several respects. As she applies her new knowledge, our clinic can provide better service and help patients to better understand their treatments.

Dr. IB Price Expands Hypnosis Treatment to New Area

Many of you have seen the effectiveness of his IB Price MD, at the therapy which combines IHC office for treatment of pain, insomnia hypnosis and acupuncture. Now he has developed a protocol to treat fears of illness, medical treatment and even fear of death. As We have heard so much positive feedback about a plus, Dr. Price's services are often covered by insurance plans. We will post more about this new area on our website in the next month.

SPECIAL POINTS OF INTEREST:

- ◆ You can search your zipcode on scorecard.org for pollution information - and the types of toxins in your neighborhood.
- ◆ Also, search for water contaminants www.ewg.org/tap-water/ home and put in your zip code

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GO TO
WWW.IHCFL.COM/PATIENT-
RESOURCES TO ACCESS THE
VIRTUAL DISPENSARY!

"LIKE" US ON

FACEBOOK!

IT'S A GOOD WAY

TO STAY IN TOUCH

AND SHARE WITH

IHC!

Order Online!

Do you use our supplements but don't have time to get in the office? You can order them online through the IHC website. From the Home page - go to "patient resources" and on the lower right is a link to "Buy products from our Virtual Dispensary". You do not need to register, but just enter the code on that page to purchase almost all of the supplements we use and recommend in the office. These are "clinic brand" supplements and many are not available over the counter.

Joint pain or low back pain?

Tendons and ligaments in joints often don't heal due to lack of blood supply. Why not try "prolo" injections? These use a natural substance (strong dextrose solution) to bring blood circulation to the area and this heals up areas that have hurt for years. Generally speaking, if it is tender when you push on it, prolo can help. Many types of knee pain, low back pain, tennis elbow, and ankle pain respond very well. Ask us at IHC.

Genova & Metematrix

Two large integrative or functional medicine health labs have merged. We use both of these labs. Metamatrix is especially noted for tests for many types of toxins. You may want to take the toxin Exposure questionnaire -- posted on our website. If so, make sure to print out the results and hand them in when you come in for an appointment.

Medicare Physical Exam

In the last few years Medicare has added coverage for an annual preventive checkup. This includes a discussion and review of health conditions and risks, and doing and arranging screening tests. Many screening tests are

now covered. These include complete lipids tests, EKG, diabetes tests, pelvic exam and Pap test, stool test for blood (colorectal cancer screening) sexually transmitted disease tests, and abdominal aortic aneurysm screening

ultrasound. If you are over 65 or otherwise on Medicare, you can request the special Medicare Physical.

Functional Medicine Self Tests

Would you like to get more insight about your health problems? Take some of the Functional Medicine Questionnaires (FMQs) on the IHC website. They are very helpful in pinning down the sources of

symptoms and give us a head start before your office visit. Family and friends may want to check this out as well. We have hormone and adrenal, general functional symptoms, and toxic

exposures. If you do take the FMQs, you may want to print out the results and give them to Erika at the beginning of your appointment.



iSpot Lyme

We've been using this is a new test by Pharmasan since early June. So far it seems very helpful to diagnose difficult cases which may be Lyme Disease. It costs \$325 out of pocket and is covered by Medicare and Tricare.

D'Oxyva

This product offers a simple and safe way to increase oxygen, better than Hyperbaric Oxygen (HBO) treatment - at much lower price! It is a simple topical therapy that has been shown to heal diabetic foot

ulcers and other chronic infections. Oxygen therapy is used in many other conditions such as in chronic infections, wounds that don't heal, cancer prevention and general anti-aging treatment. Other

oxygen type therapies use hydrogen peroxide, ozone and high pressure oxygen. Most of these pose some risks, and are very expensive. D'Oxyva at IHC costs \$35 or \$125 for 5 treatments.

Our "Extra Services" you may not know about!

Don't forget to ask for a **BIA** with your physical exam.... it is \$10 and gives you very accurate measure of muscle and fat, water content and also a measure of cellular health. See how you're doing in exercise and weight loss programs, track chronic disease and water balance. **DO NOT** eat a large meal before testing, and do not apply a lot of skin cream on your body.

Stressed?

Heartmath training is available in the office during an office visit as time allows. Heartmath is an electronic device that uses biofeedback. It can help you lower your stress level.

Pain?

Try the **Alpha-Stim**! This uses a microcurrent - a tiny current at the level that cells use to communicate with each other. It helps them energize and heal. We charge \$10 if Alpha-Stim treatment is added to an office visit or \$25 for separate appointment out of pocket.

Spectracell

Most of the Spectracell FIA - Functional Nutritional Analysis - is covered by Medicare with no copay. The antioxidants and magnesium require an \$88 copay. This test "asks" your own cells what nutrients they lack.

Berkeley HeartLab

Berkeley Advanced Cardiovascular Lab is now part of Quest. This means you'll have better coverage for a panel of one of the best tests for cardiovascular risk, which includes particle size, genetic test, and other risk factors.

MIRISK VP

It measures 7 proteins - new markers for heart attack risk and unstable plaque - along with cholesterol and fat particles and uses patient history to sort out risk of heart attack. It may help you if you are over 40 and have some risk. Ask us if this may help you and about insurance coverage.

CHECK OUT
ELIZABETH'S NEW
BLOG ON OUR WEBSITE
AT WWW.IHCFL.COM !
CLICK ON "IHC BLOG"
TOWARD THE BOTTOM
OF THE PAGE. THERE IS
A SERIES OF POSTS ON
IMMUNE FUNCTION,
HOW AUTOIMMUNITY
DEVELOPS AND HOW
TO HELP IT RETURN TO
NORMAL.

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WITH YOU"

We're on the web!
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FREE SEMINAR

Special Free IHC Seminar October 3rd- (a Thursday evening) 6:45-8:00. This will be a special evening devoted to heart and vascular health. Heart disease risk is not simply based on cholesterol levels - get the rest of the story on tests, and what you can do to prevent and treat heart and vascular disease. Please RSVP - either on our Facebook page or by phone to 850-878-4434. You may send in questions ahead of time and we will have questions and discussion.

Do you like IHC? Refer a friend or family member! We have a new reward program for referrals!