



# Integrative Healthcare News

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And Associated Providers**

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## Estrogen Lowers Breast Cancer Risk in Women After Hysterectomy

The study, which was published in the Lancet, showed that women who took estrogen alone were 23% **less** likely to have breast cancer. It tracked 7600 women for 12 years and some took placebo pills instead of estrogen. This is consistent with other studies that link the artificial progesterone "Provera" to the increased rates of cancer found in the WHI study in 2002. (from the Washington Post).



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## Alpha-Stim Microcurrent— An Option in Pain Control

*Sometimes less is more when it comes to pain control. Many practices are using healing laser, or various forms of low electric current for enhancing healing and helping pain. We at IHC*

*have a MET, or microcurrent device, called Alpha-Stim, because of a striking personal experience with achilles tendon pain. The treatment is fast, painless and*

*inexpensive. So ask us about trying this for any type of persistent pain. The same device is also used at a lower amperage for anxiety and depression.*

**"Your Partner in Health"**

**Summer 2012**

### Local Farmer's Markets:

#### MONDAYS

3 pm-5:15 pm, Green Grocers Growers' Market at the Florida Department of Environmental Protection, 2600 Blair Stone Road

#### WEDNESDAYS

3 pm-dusk, Growers' Market at Lake Ella, behind Black Dog Café

#### FRIDAYS

3-6pm Railroad Square, near the front gate, next to 621 Gallery.

#### SATURDAYS

8 am-1 pm, Tallahassee Farmer's Market at Market Square Shopping Center

8 am-2 pm, Tallahassee Downtown Farmer's and Produce Market at Leon Park off Park Ave. March-November only

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**Also, new HOPE for Bionicare, we have a new Rep!**



## 5 R's: How to Repair a "Gut"

*This is the basic plan in functional medicine for help with digestive problems. We individualize this treatment based on your problems and test results at IHC.*

**1. Removing offending substances from the diet.** Food allergens and other materials can negatively influence the intestinal environment. They can cause localized irritation or trigger the release of damaging chemicals into general circulation, affecting other tissues and organs. We offer a variety of metabolic detoxification programs to aid with this phase.

**2. Replacing digestive enzymes and stomach acid where necessary.** Digestive factors and enzymes that help break down food commonly decline with age. This inhibits digestion, nutrient utilization, and the elimination of waste.

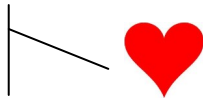
**3. Inoculating the bowel with pre- and probiotics.**

**4. Reintroducing health-promoting, "friendly" bacteria,** such as, *Lactobacillus acidophilus* NCFM® helps maintain a desirable balance of gastro-intestinal microflora--critical to intestinal tissue (mucosal) health, immune function, intestinal barrier function, and digestion.

**5. Regenerating the GI mucosa through proper nutritional support.** Gastro-intestinal mucosal cell regeneration is a natural process that can be supported by targeted nutrition.



*We plan to focus more on helping patients with heart disease & metabolism!*



## The Latest on Holistic Treatment and Prevention of Heart Disease

### Allergy Easy Oral Food Serum-

for IGE or fast-onset food allergies

*We at IHC have used "Allergy Easy" oral tolerance solution for inhalants like pollen. Now they have an oral solution for food allergies- these are the IGE, or true, food allergies. Ask us about testing and treatment.*

Allergy Easy, a high quality pharmaceutical manufacturer, reports:

"Our **oral food serum** is ready for patient use! Oral food serum is a big breakthrough--especially for people who have previously been told that there is no treatment for their food allergies."

While many food allergies naturally decrease as you treat pollen allergies, others persist. Food serum can be the "missing piece" that restores patients to full health. It is safe for all ages (infants and up).



Elizabeth attended the Institute for Functional Medicine Symposium "Year of the Heart" in late May and early June. This is the "cutting edge" information on all aspects of heart and vascular disease. IFM's president is Dr. Mark Hyman author of "The Blood Sugar Solution". Dr. Mark Houston author of "What Your Doctor May NOT Tell You About Heart Disease" spoke on the connection between heart disease and metabolic syndrome and the surprising real underlying causes. *IHC is providing advanced testing and holistic treatment with this functional medicine approach to finding and treating the causes of metabolic syndrome. A key component of changing lifestyle and treating metabolic syndrome is working with a supportive community. Please let us know if you are interested in helping to form and join the healthy living group at IHC.*



## Toxins in Everyday Life

By Elizabeth Markovich, ARNP

There is no doubt about it; we do not live in a pristine environment. In today's fast-paced world of processed foods and environmental pollution, toxic substances surround us. These substances get into our bodies, negatively affecting every cell. In the U.S. we allow over 10,000 additives into our food supply. Each American eats an average of about 142 pounds of additives each year. Of that 142 pounds, 120 pounds comes from sugar, 8 pounds from salt, and 14 pounds from coloring

and flavorings. Those substances may not be toxic at low quantities, but they may have toxic effects, such as diabetes, for millions of Americans. In order for the body to handle such a level of toxicity, a routine detoxification process is recommended (this is from Biotics supplement company). For toxic conditions, we at IHC recommend a light, low allergen diet with nutritional support drink - ask us to give you the detox survey and make specific recommendations for you.



**"There are physiological hints that humans benefit from some animal food."**

There are many good arguments against eating meat. Red meat seems to raise rates of cancer and heart disease. It is certain that Americans eat far too much meat. Most of the meat we eat has too much fat and unhealthy forms of fat, raised on grain in feedlots.

Livestock production uses more land and water than you would need for a vegetarian population... or does it? You may be interested in a recent study from Cornell University. When a population eats small amounts of meat, its food can be produced using less land than is needed to feed a vegetarian population. (A small amount is about 2 ounces a day).

This is because in most areas there are pasturelands that are not easy to use for crops. I can appreciate this myself as I used to

keep dairy goats- many years ago. A good goat pasture can contain heavy brush, poison ivy, marshy areas, rocky areas, and trees.

It is harder to estimate the optimal amount of meat consumption for human health. The China Study (a huge study of diet and disease in China) indicates reduced meat and dairy consumption consistently lowers cancer rates.

Could there be an element of allergy to dairy? I wonder, as it is a very common allergy and many people with non-European ancestry don't digest dairy well. There seems to be quite a bit of agreement in studies that we are healthier eating red meat a few times a week or less, and that the more natural grass fed, low fat meat is much healthier.

## A Little Meat May be Better than None

By Elizabeth Markovich, ARNP

Yet there are physiological hints that humans benefit from some animal food. I wonder if the same small amounts (2 oz. a day) that make the most efficient use of land are also the best for health....?



## "I Listen and Work with You"

### Integrative Healthcare

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### Hypnosis Covered Under Most Insurance

#### *A Better Answer for Anxiety, Pain, & Insomnia*

Hypnosis and acupuncture together can help pain, anxiety and sleep problems, but is it expensive? Hypnosis is only covered by insurance when the treatment is carried out by a physician and so few are trained in this, and even fewer combine it with acupuncture. At IHC, Dr. Price does accept insurance billing for these services. Many of his patients report benefits lasting for years after a few sessions of treatments. He is available part-time to treat patients at IHC.



*Dr. Eric Garland is an FSU professor & treats patients at IHC part-time.*

### Breaking the Cycle

By Eric Garland, Ph.D., LCSW



#### *What do stress, anxiety, low self-esteem, chronic pain, and addiction all have in common?*

All of these common conditions involve **EMOTIONAL REACTIVITY**. Emotional reactivity is more than just feeling sad, worried, or angry. Emotional reactivity occurs when people experience strong feelings about difficult situations in their lives and they begin to ruminate or get stuck in negative thinking about their life, which then increases the bad feelings. Being emotionally reactive can get you trapped in a vicious cycle that can increase distress, discomfort, and self-destructive habits. The cycle of emotional reactivity activates the limbic regions of the brain, increases the sympathetic nervous system "fight or flight response," and can have damaging effects on the body. Fortunately, there is a solution to this prevalent problem. You can learn to break the cycle of emotional reactivity by challenging negative thinking, getting out of your head, and refocusing on what is beautiful, rewarding, or meaningful in your life. I use an integrative approach that combines mindfulness training, cognitive-behavior therapy, and clinical hypnosis to help my clients learn to put the brakes on this cycle, overcome their issues, and achieve the kind of life they want to achieve.