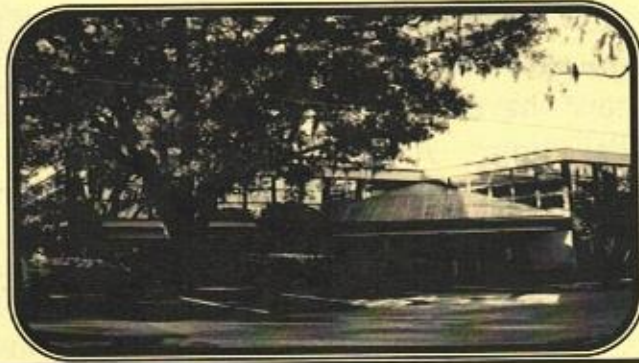


**Integrative
Healthcare
News**
(850)878-4434



IHC DISCOVERS NEW LABS FOR BETTER DIAGNOSIS!

*If you have Lyme Disease, Blood Sugar Problems, or a nervous condition,
this could be Good News for you.*

Our approach of scientific alternative medicine relies on many different laboratory tests, most of which are performed by labs outside of Tallahassee. In many cases, we are the only provider in this region who offers these lab tests on a regular basis. Happily, we have recently discovered some new labs which offer cutting-edge tests that may make a big difference for many of our patients.

One of our discoveries is *NeuroScience Labs*, based in Osceola, Wisconsin. Their Lyme ID test can distinguish between active and past Lyme infections. An active Lyme infection requires vigorous treatment. Also, *NeuroScience's* Neurotransmitter test can help pinpoint the cause of emotional problem, insomnia and ADD.

SpiroStat Lab, based in Lubbock Texas, can test blood for the DNA of bacteria that cause Lyme Disease or flu symptoms or any number of other mysterious conditions.

(see page 2 for the rest of the article)

CHANGE OF HOURS!

Starting in January IHC will be
open 9-4:30 on Tuesday and
**CLOSED for medical patients on
Thursday.** Monday, Wednesday
and Friday we will be open from
8:30-5:00. Dr. Price and Dr. Leah
will continue to see patients on
Thursday.

**Are There Good Alternative Treatments in Abnormal
Pap Smears?**

In some cases a holistic approach along with
treatment of the cervix with enzymes and herbs can
help an abnormal pap smear! You can see our
website (www.ihcfl.com) for details of a case
successfully treated at IHC.

WIN A PRIZE FOR YOUR STORY!! SEE PAGE 2

\$ Doctor's Choice \$

Want to save money on lab work? We now have a contract with Doctor's Choice. A company that allows us to provide excellent deals on out of pocket lab work through Quest Diagnostics. Labs are discounted up to 80%. These labs must be drawn in our office and must be paid at time of service. If you do not have insurance, or your insurance does not cover lab work, please call our office for more information.

IHC has a Facebook page.

Add us as a Friend and get a \$10 off
massage coupon

[http://www.facebook.com/
home.php#!/pages/Integrative-
Healthcare/270442880331](http://www.facebook.com/home.php#!/pages/Integrative-Healthcare/270442880331)

Or you can search for us under
Integrative Healthcare.



(continued from page 1)

Their *SpiroStat* panel can actually detect up to 30 different organisms in the blood. *SpiroStat* is expensive (\$500 at least) and they do not bill insurance. But it may be the best available test when all the other tests have failed to diagnose your condition.

We have relied on the innovative tests of *Genova Labs*, based in Asheville North Carolina, for a long time. Now *Genova* has developed new profiles for pinpointing the cause of Metabolic Syndrome, which can include both high blood pressure and high blood sugar. One of their panels, *MetSyn*, provides a more detailed analysis of your insulin function than is available in the standard test.

We look forward to offering you these exciting tests, as well as the lineup of alternative medicine tests we have already offered for years.

Win Prizes by Sending In Your IHC Story!

Give Us Your Comments and Win Tests!!

Prizes are: 2 salivary hormone profile (about a \$200 test); FIA Functional Intracellular Analysis -- a test to show what vitamins and minerals your cells need (about \$400 test). Other prizes include a gift basket from Stewart's compounding pharmacy and a free hour massage at PRS.

Just send us your personal Integrative Healthcare story OR your comments (they can be compliments :) or constructive criticism) and we will enter everyone in a drawing. Please email us with IHC Story as the subject, to priyamistry@ihcfl2016.com, or submit it to our facebook page. We will do the drawing at our office meeting in January or February depending on response. Please also let us know if we can use your comments on our website or other IHC publication. Your chances to win are very good!! (Much better than any other lottery!)



Doctor Nurse?

Elizabeth has returned to Florida State University to work on a doctoral degree. It is a relatively new degree called Doctor of Nursing Practice and involves coursework and a project instead of a dissertation. She plans to complete a project introducing the concept of Functional Medicine to nurse practitioners at a national conference. Several of the subjects she is studying will help improve IHC management: Information Technology, Leadership. Some will help with patient care such as Genetics, Epidemiology, and application of Evidence Based Practice. She plans to continue her private practice at IHC but also do some teaching and consulting.

Advice From Our Nutritionist on Avoiding Inflammation

"Animal fats, sugar, refined grains, and processed foods tend to be pro-inflammation" says Leah Gilbert-Henderson, PhD. Please see her article on our website, (www.ihcfl.com), which lists specific foods that can help fight inflammation and reduce your pain.

Leah Gilbert-Henderson PhD, our nutritionist, is now a registered Diabetes Counselor and Medicare will pay for diabetic counseling with her at IHC.

Integrative Solutions for Mind-Body Problems

Meet our new associate, Dr. Eric Garland, a professor at the Florida State University College of Social Work, and a licensed clinical social workers (LCSW).

At IHC, I offer counseling, mindfulness-based cognitive therapy, and clinical hypnosis for individuals, couples, and families. My practice of counseling and psychotherapy is pragmatic and solution-focused. I challenge my clients to grow in addition to giving them the emotional support and tools necessary to do so. I am not a passive therapist who will repeatedly ask you to "tell me how you feel." Instead, I will give you practical, concrete strategies and techniques that you can use to help yourself progress towards your goals. My therapy style is alternately gentle and firm, and designed to generate insight as well as behavioral change. I also work to help clients in their quest for personal growth and self-actualization.

When appropriate, I engage clients on an existential level, assisting them in clarifying the meaning and mission of their lives. Through a number of techniques, I support deep and powerful positive changes in the behaviors, feelings, and thoughts of my clients.

I have successfully assisted clients with diverse issues including: stress; depression; anxiety; drug, cigarette, and alcohol addiction; irritable bowel syndrome; acid reflux; headache; chronic back, neck, and jaw pain; weight loss; sleep difficulties; parent-child and marital conflict; trauma; physical and sexual abuse; and self-esteem issues.

Sorry, Prolo Injection Is Not Covered By Insurance.

We have been using "prolo" injections at IHC for years. Elizabeth started doing joint injections when she was working for a Rheumatologist and learned to do injections. She also studied the use of prolo. However, under current insurance rules, all patients will have to pay out of pocket for this treatment. We have made it very affordable, so call us and ask about prolo injections for many types of joint pain. See our website for more information on Prolo injections. (www.ihcfl.com)

Medical Records Available Electronically!

Are you looking for a better way to keep track of your records besides excessive amounts of paper? Do you have multiple doctors that you share medical records with? If you answered yes to either, we have a solution! Since we use an electronic chart system we have the ability to put your chart on a flash drive, so you can take it with you. Once on the drive, that version of your chart including lab work would be available to you at any time, from any computer. The next time you come in, bring the drive with you and we'll copy your chart onto it.

Introducing Lisa Womble, Medical Assistant

"I have been in Tallahassee for 35 years and love it here! I have two beautiful children, a son who is 10 years old and a daughter who is 3. My magnificent fiancé and I plan to marry in April 2011. I graduated from George C. Wallace State Community College in Dothan, AL in December 1995 from AAMA. I love the challenge of working in the medical field, but most of all I love helping the patients!"

Control Weight and Blood sugar

FirstLine Therapy (FLT) is IHC's program to help our patients successfully treat weight gain, heart problems, blood sugar and blood pressure problems. This type of medical supervision for lifestyle change for diet, exercise and stress support is often covered by most insurances. Bio-impedance or BIA (body composition test) and FLT guidebook and materials are now free with 1st FLT office visit for those that stick with the program.

Thanks to Rachel. She studies at FSU with the plan to be a Physician's Assistant. She has been volunteering at IHC for the past few months and has laid out this newsletter!