

# Well Being

*A quarterly newsletter sent to you from your friends at The Carolina Center for Integrative Medicine*

## Carolina Center for Integrative Medicine

### John C. Pittman, MD, DABCMT Medical Director

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\*Interim Diplomate, American Board of Oxidative Medicine

\*Advanced proficiency training in Bio-Identical Hormone Replacement and Nutritional Medicine

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#### Office Hours:

Monday 9:00 AM – 5:00 PM\*  
Tuesday 9:00 AM – 5:00 PM\*  
Wednesday 9:00 AM – 5:00 PM\*  
Thursday 9:00 AM – NOON  
Friday Call for select appts.  
Saturday Call for select appts.  
Sunday Closed

\*Office is closed NOON – 1:00 PM for lunch

#### Staff:

John Pittman, MD, DABCMT  
Meredith Frazier, APRN-BC  
Shari Mewborn, RN  
Kristin Donadeo, Medical Assistant  
Lisa Stewart, Marketing Coordinator  
Younger Mattox, Front Office  
Jennifer Sanville, Front Office  
Hannelore Ringer, Front Office

#### Disclaimer:

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## FROM OUR DIRECTOR



Dr. John Pittman

This is the last issue of the year for *Well Being*, and what a year it has been! We've had the pleasure of welcoming so many new patients and staff members to our practice. Thank you for continuing to tell your friends and family about The Carolina Center. I believe that everyone deserves a better quality of life, and I appreciate your trust and confidence every time you make a referral.

You'll notice some changes to our

monthly wellness presentation calendar. Due to low attendance, we've had to cancel our Midday Health Presentations. The good news is that we've added more presentations to our evening wellness rotations! We've also added a Women's Health and Men's Health presentation to our schedule. These will rotate every six weeks to ensure that you don't miss out on this important health information.

I'd like to send a big "Thank You" to

Triangle Compounding Pharmacy for their continued sponsorship in 2008. TCP will be sponsoring selected Men's Health, Women's



Health, and our Autism Spectrum Disorder presentations. We value the relationship we have with Triangle Compounding Pharmacy and hope you consider them when selecting a compounding pharmacy for your family. You can find out more by visiting their website at [www.trianglecompounding.com](http://www.trianglecompounding.com).

Please keep telling your friends and family about The Carolina Center! We want to keep reaching out to ensure that everyone can achieve the quality of life they want and deserve!

From our family to yours, I wish you a safe and happy holiday and a wonderful New Year.



## THE FRONT DESK

The Carolina Center is pleased to welcome Meredith Frazier, APRN-BC as our Nurse Practitioner. Meredith will be seeing new patients, as well as managing the IV Room operations. She has been an RN for over 10 years and has experience in cardiology, respiratory, neurology, and surgery. Meredith received her BSN from Fairmont State College and her

MSN from UNC-CH. She is Board Certified through the American Nursing Credentialing Center as a Family Nurse Practitioner.

Meredith says that she's always had an interest in Integrative Medicine. Her family has lived in Appalachia for over 300 years and used both "natural healers", as well as "traditional" medical providers.

We're also pleased to announce that Hannelore Ringer has been added to our Front Office support team. Hannelore will be assisting with the front desk and will be handling our billing. Please help us in welcoming both Meredith and Hannelore to our growing practice family!

## A CLOSER LOOK – FLU VACCINES

Mercury is one of the most toxic substances on the planet and is well documented to cause serious damage to the nervous and immune system. Thimerosal is a mercury-containing preservative, which has been used in various vaccines, including the flu vaccine, since the 1940's. A preservative is necessary when multi-dose vials are used: a vial from which up to 10 injections can be drawn. Because the vial is repeatedly punctured, some agent is needed to prevent bacteria growth should it become contaminated.

The problem is that the mercury in Thimerosal is toxic. It is responsible for the brain damage seen in many children with a wide range of developmental disorders and for degenerative illnesses in adults. Thimerosal was known to be toxic from the very start, with actual deaths being observed in the earliest patients. The concentration was reduced enough to lower the severity of the reactions and it has continued to be used and promoted until today.

Nearly all vaccines are produced in multi-dose vials, meaning that the nurse will puncture the rubber stopper of the vial multiple times (usually 10) to withdraw the dose needed. This does increase the likelihood of contamination. A study of 1000 multi-dose vials preserved with Thimerosal found that 5% of them were



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## A CLOSER LOOK – FLU VACCINES

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contaminated with bacteria. Other preservatives that are alcohol-based have been developed in more recent years that have a near 0% rate of contamination. There are better alternatives, but they aren't used!



Two events are responsible for causing the dramatic increase in rates of Autism Spectrum Disorder starting in the early 1990's: The amount of mercury given to children in the first 2 years of life was tripled with the addition of the Hepatitis B and HIB vaccine given to newborns. Rhogam, a thimerosal-containing vaccine given to Rh- women to prevent blood reactions by the newborn, was added in the 28th week of pregnancy. As a result of the new vaccination schedule, someone finally did the math and made this disturbing discovery: A six month old child who has received all shots on schedule would get a dose of mercury **87 times higher** than the maximum recommended consumption of mercury from fish.

A Merck memo in 1991 warned of the dangers of the new vaccination recommendations, noting that this would result in children getting **87** times more mercury than is generally considered safe. In 1999 the FDA, the US Public Health Service and the American Academy of Pediatrics recommended the removal of thimerosal-containing vaccines as soon as possible. But this has only been done in the typical childhood vaccines. At the same time that mercury has been acknowledged as having a detrimental role in childhood brain development, enough to warrant its removal from childhood vaccines, there seems to be a disconnect in terms of other vaccines.

Flu vaccines still contain Thimerosal and it is now being recommended that children receive the flu shot more aggressively than in the past. This new schedule is 2 in first year, 1 each year for five years. **THIS VACCINE STILL CONTAINS MERCURY!** If it isn't safe for children, then it's not safe for adults.

Each year the Carolina Center gets a supply of Thimerosal-free flu vaccines and has made these available to our patients and their friends and family. We are once again providing this service with this injection being available. The cost for the vaccine is \$45. You do not need to be a patient of the Carolina Center to receive this vaccine. To schedule your appointment, please contact our office at 571-4391.

## ODDS 'N ENDS

On September 29th, Dr. Pittman presented "Lyme Disease – Advanced Concepts" at the NC Lyme Disease Foundation's 4th Annual BBQ Fundraiser. According to the Center for Disease Control Division of Vector-Borne Infectious Diseases, between 1993 and 2005, there were 1,036 confirmed cases of Lyme Disease reported in North Carolina, though this is thought to be only a small percentage of the actual number. If left untreated, individuals with Lyme Disease can end up with serious complications including arthritis in the large joints, nervous system problems, and irregularities of the heart rhythm. Early detection is the key to fighting this disease. Find out more about Lyme Disease by joining us on November 6th from 7-8PM. Reserve your seat by calling 571-4391.



## MARK YOUR CALENDARS!



All of our presentations are free, open to the public, and held from 7:00-8:00PM. Registration is required in case of cancellation. Contact the Carolina Center at (919) 571-4391 or register via email to [register@carolinacenter.com](mailto:register@carolinacenter.com). For a complete description of presentation topics, or to view all of our presentations, visit [www.carolinacenter.com](http://www.carolinacenter.com) and click on Upcoming Presentations.

October 23 at 3700 Glenwood Avenue, Suite 500, Raleigh – "Treating Autism Spectrum Disorder" sponsored by Triangle Compounding Pharmacy

November 6 at Carolina Center – "Lyme Disease: Two Standards of Care"

November 20 at Carolina Thermascan, LLC – "Thermal Imaging: Saving Breasts. Saving Lives."

December 4 at Carolina Center – "Examining the Dangers of Mercury Toxicity"

December 11 at 3700 Glenwood Avenue, Suite 500, Raleigh – "Worn-Out Woman Syndrome" sponsored by Triangle Compounding Pharmacy

January 8 at Carolina Center – "Chelation Therapy for Heart Disease"

January 15 at Carolina Thermascan – "Thermal Imaging: Saving Breasts. Saving Lives."

January 22 at Carolina Center – "Examining the Dangers of Mercury Toxicity"

January 29 at 3700 Glenwood Avenue, Suite 500, Raleigh – "Women's Health" sponsored by Triangle Compounding Pharmacy