

**The Carolina Center for Integrative Medicine  
2008 Health Series Calendar – January-March 2008**

Advanced registration is required in case of cancellation. RSVP to register@carolinacenter.com or call the Carolina Center at (919) 571-4391. All presentations are free and open to the public.

**JANUARY 2008**

**Topic:** Chelation Therapy for Heart Disease  
**Date:** Tuesday, January 8 – 7:00PM - 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** Chelating drugs that bind to heavy metals have been shown to also remove calcium plaque from artery walls, reverse atherosclerosis, and effectively treat heart disease for many individuals. Learn about the use of this historically significant therapy and the government-sponsored clinical trials currently underway to prove its benefits.

**Topic:** Thermal Imaging. Saving Breasts. Saving Lives.  
**Date:** Tuesday, January 15 – 7:00PM – 8:00PM  
**Location:** Carolina Thermascan, LLC, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** Learn the factors influencing breast cancer development, progesterone's role in breast health, and the types of breast imaging tools available for the early detection of breast cancer, including thermography.

**Topic:** Examining the Dangers of Mercury Toxicity  
**Date:** Tuesday, January 29 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** This presentation will focus on one of the most common and serious toxins in our environment, tying in the issues of exposure from various sources including dental amalgam fillings.

**FEBRUARY 2008**

**Topic:** Women's Health – An Integrative Medical Perspective  
**Sponsor:** Triangle Compounding Pharmacy  
**Date:** Tuesday, February 5 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** Women face an ever-increasing variety of health challenges as responsibilities and stress increase in everyone's lives. An Integrative Health Program for women takes into consideration these stressors and seeks to explore how these may impact cellular and organ function throughout the body. Join us as we discuss a treatment approach that involves addressing digestive system disorders, cellular nutrient deficiencies, and most importantly, hormone deficiencies, which for some women can have profoundly positive effects when levels are safely restored.

**Topic:** Andropause – Understanding the Effects of Aging on Hormones and Health in Men  
**Sponsor:** Triangle Compounding Pharmacy  
**Date:** Tuesday, February 12 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** As our population of aging adults has been steadily increasing, there has been a gradual shift in how we view healthcare. Beyond simply treating illness, there is now a stronger desire to maintain youthful energy and vigor than ever before with greater interest in "Age Management" through therapies both internal and external. Through the use of an Integrative Medical program, many symptoms related to hormone deficiencies can be reversed—with men experiencing optimal health and vitality well into advanced age.

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**FEBRUARY 2008**

**Topic:** Chronic Fatigue Syndrome: Understanding the Big Picture  
**Date:** Tuesday, February 26 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** Chronic Fatigue Syndrome, Fibromyalgia, and Multiple Chemical Sensitivity are chronic degenerative illnesses that are interconnected. If you have a hard time focusing, have trouble sleeping, experience muscle pain or aches, have tender lymph nodes, and have headaches or a sore throat, it's important for you to see the "Big Picture" — that many, if not all, chronic degenerative illnesses have common metabolic and biochemical threads that connect them. Join us as we discuss the symptoms and causes of Chronic Fatigue Syndrome, the damage caused by free radicals, and the important role of anti-oxidants.

**MARCH 2008**

**Topic:** Nutritional Supplements: Steps to Improving Your Health Naturally and Effectively  
**Date:** Tuesday, March 4 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** In today's world, consumers are bombarded with the lure of "designer" drugs. With so many choices readily available on every health food or grocery shelf, it's hard to choose which supplement is the right and effective one for you. Learn the benefits of nutritional supplements and things you need to take into consideration before making your next supplement purchase.

**Topic:** Treating Lyme Disease: Two Standards of Care  
**Date:** Tuesday, March 11 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** Join us as we discuss how Hyperbaric Oxygen Therapy can effectively treat chronic Lyme disease and how extending hyperbaric treatments may relieve symptoms permanently.

**Topic:** Women's Health – An Integrative Medical Perspective  
**Date:** Thursday, March 13 – 7:00PM – 8:00PM  
**Location:** Healthwise Pharmacy, 615-B South Memorial Drive, Greenville  
**Description:** Women face an ever-increasing variety of health challenges as responsibilities and stress increase in everyone's lives. An Integrative Health Program for women takes into consideration these stressors and seeks to explore how these may impact cellular and organ function throughout the body. Join us as we discuss a treatment approach that involves addressing digestive system disorders, cellular nutrient deficiencies, and most importantly, hormone deficiencies, which for some women can have profoundly positive effects when levels are safely restored.

**Topic:** Understanding the Benefits of Detoxification & Colon Therapy  
**Date:** Tuesday, March 25 – 7:00PM – 8:00PM  
**Location:** Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Suite 111, Raleigh  
**Description:** During this presentation, you will discover methods to increase the functioning of our organs that will reduce the body burden of toxins, as well as improve cellular efficiency.