

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

*Diplomate of the American Board of Clinical Metal Toxicology (ABCMT) with advanced proficiency in chelation therapy

*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 – 5:00PM*
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

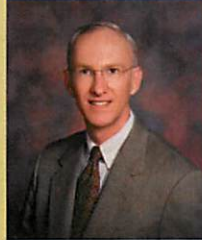
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FROM OUR DIRECTOR



Dr. John Pittman

Welcome!! We've had a busy quarter and things don't seem to be slowing down!

Many of you know that I was honored with the opportunity to keynote this year's Home Schooling Special Needs Conference and Exhibitor's Hall sponsored by GIFTSNC. The conference was a big success — attracting more than 250 attendees. What was even more gratifying was the opportunity to talk with so many parents who are struggling with developmental issues with their children. To hear their stories and offer them words

of encouragement was the highlight of my participation.

In April, NBC 17 News Reporter, Brian DeRoy, interviewed me regarding a story he was covering, which focused on a parents group wanting to ban mercury from all vaccines currently used in North Carolina. The group, Moms Against Mercury, says that mercury is harmful to children and increases the rate of autism. I agree and have been a vocal advocate for the removal of this harmful additive. Let's keep up the fight!



In August, Boom! Magazine will feature an article I have written on Osteoporosis and Vitamin D. Make sure you check it out! I've included a brief overview of the article in "A Closer Look" in this newsletter. It's a fascinating subject, and I hope you find it interesting.

Lastly, just a quick reminder to keep telling your friends and family about The Carolina Center. Many of you were referred by someone you know and trust and we want to keep reaching out to ensure that everyone can achieve the quality of life they want and deserve!

THE FRONT DESK



The Carolina Center is pleased to welcome Kristin

Donadeo to our team. Kristin is a Nationally Certified Medical Assistant and received her training at ECPI College of Technology. She is also a member of the National Technical Honors Society. She is joining our colon therapy team in addition to overseeing our lab department.

Kristin also is the Thermography Technician, performing breast thermography for Carolina Thermascan, LLC, which is located within our suite.

Wake Medical Associates is no longer utilizing CuroMed as our billing company. CuroMed will continue to process unpaid claims until mid-September. Any insurance filed will now be filed under The Carolina Center as a courtesy

for our patients with out-of-network benefits. If you have any questions, please feel free to call us at 571-4391.

Our colon therapy times have expanded! The colon schedule is open Monday-Thursday (Thursday being a 1/2 day) and select Friday & Saturday mornings. Call us to schedule your appointment.

A CLOSER LOOK

OSTEOPOROSIS (this is an excerpt of an article to appear in the August issue of Boom! Magazine)

Over the past 20 years, clinical studies have indicated a steady rise in the occurrence of osteoporosis. The most significant factor being found to contribute to this statistic is nutritional. Calcium has always been considered the primary nutrient in promoting bone health. Ensuring adequate dietary intake is still a critical step, but has been a challenge as fewer adults consume dairy products due to allergies and lactose intolerance. Vitamin D is manufactured naturally from exposure to sunlight, but many factors have contributed to the reduced levels of Vitamin D in the average individual. Most notably are the decreased amount of time spent in the sun, the use of high quality sunscreens, and the lack of intake of dietary sources. Evidence indicates that both calcium and Vitamin D are beneficial in protecting the skeleton, particularly when these two nutrients are used in combination.

The American Journal of Clinical Nutrition has published a series of studies over the last two years cementing our understanding of the role of Vitamin D and calcium in their role in bone health. Many of these studies have been published in response to the enormous pressure put on physicians to prescribe bisphosphonate drugs to treat osteoporosis. This class of medications includes brands such as Fosamax and Boniva, which are used to slow the breakdown of bone, something that is important for normal bone remodeling. While these medications can be very helpful in slowing down degeneration of bone, they are not helpful in rebuilding bone.

Health care professionals need to be aware of the importance of Vitamin D and calcium and that laboratory monitoring is necessary to determine if intake is adequate. (To read this entire article, visit www.carolinacenter.com/press.html)

WHAT'S NEW?

Dr. Pittman will be presenting two wellness presentations at Ward Drug Company located at 117 W. Church Street in Nashville, NC: a men's health seminar focusing on Andropause on September 11th and a women's health day on October 2nd, both starting at 6:30PM. The women's health day will offer bone density scans, makeovers, and diabetes checks.

Ward Drug Company is a compounding pharmacy offering a variety of patient consultations. Ward Drug Company Prescription Compounding Center offers personal individualized consultations. Pharmacists meet with customers individually to discuss traditional versus "natural" bio-identical supplements, and dietary and lifestyle changes. Ward Drug Company works with customers and their physician to ensure optimal success. For more information on Ward Drug Company, visit their website at www.warddrug.com.



ODDS 'N ENDS



Last month, Carolina Thermascan, LLC relocated to 4505 Fair Meadow Lane, Suite 111 in Raleigh. The practice was formerly operated by practice founder, Lewis H. Stocks, M.D., Ph.D., F.A.C.S. Dr. Stocks will continue to read all scans and is available to provide follow-up ultrasounds and any other evaluation needed should an abnormality be found. Dr. Stocks is President of Stocks Surgical Center and received his B.S. in Pharmacy at the University of North Carolina and graduated Magna Cum Laude. He received his Ph.D. from Marquette University and his M.D. from the Medical College of Wisconsin.

Like The Carolina Center, Carolina Thermascan also holds free wellness presentations addressing breast health and the breast imaging tools available for the early detection of breast cancer. For more information on Carolina Thermascan, visit www.carolinathermascan.com.

TOTAL HEALTH Nutrition Center has announced that their new website is up and running! Although the online shopping cart is still under construction, the site does allow visitors to browse all of the products currently available from their vast selection. From Antioxidants to Vitamins, TOTAL HEALTH Nutrition Center has what you need in the best form of a nutrient, from a reputable company, in the right strength, in the best bottle size, and at the best customer price! You can view all of their products by visiting www.totalhealthnutritioncenter.com.



MARK YOUR CALENDARS!



All of our presentations are free and open to the public. Registration is required in case of cancellation. Contact Louise Cottrell at (919) 848-1025 ext. 3 or register@carolinacenter.com. For a complete description of presentation topics, or to view all of our presentations, visit www.carolinacenter.com and click on Upcoming Presentations.

- August 28 – 7:00-8:00PM at The Carolina Center – “Nutritional Supplements: Steps to Improving Your Life Naturally & Effectively”
- August 30 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Understanding the Benefits of Detoxification & Colon Therapy”
- September 6 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Chelation Therapy for Heart Disease”
- September 13 – 12:15-1:00PM (Midday Health Series) at Carolina Thermascan – “Thermal Imaging: Saving Breasts. Saving Lives.”
- September 18 – 7:00-8:00PM at The Summit Building, 3700 Glenwood Avenue, Suite 500, Raleigh – “Natural Hormone Replacement Therapy”
- September 20 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Lose Weight Quickly & Safely”
- September 25 – 7:00-8:00PM at the Carolina Center – “Chronic Fatigue Syndrome: Understanding the Big Picture”
- September 27 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Understanding the Benefits of Detoxification & Colon Therapy”
- October 4 – 12:15-1:00PM (Midday Health Series) at Carolina Thermascan, LLC – “Thermal Imaging: Savings Breasts. Saving Lives.”
- October 9 – 7:00-8:00PM at The Carolina Center – “An Introduction to Hyperbaric Oxygen Therapy”
- October 16 – 7:00-8:00PM at Carolina Thermascan, LLC – “Thermal Imaging: Saving Breasts. Saving Lives.”
- October 18 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Lose Weight Quickly & Safely”
- October 23 – 7:00-8:00PM at The Summit Building, 3700 Glenwood Avenue, Suite 500, Raleigh – “Treating Autism Spectrum Disorder”
- October 25 – 12:15-1:00PM (Midday Health Series) at The Carolina Center – “Understanding the Benefits of Detoxification & Colon Therapy”