

# 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

#### Contact:

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www.carolinacenter.com

#### 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

\*Closed NOON – 1:00 PM for lunch

#### Staff:

John Pittman, MD, DABCMT

Shari Mewborn, RN

Meredith Frazier, APRN-BC

Daisha Lockhart, LPN

Kristin Donadeo, Medical Assistant

Huana Williams, Medical Assistant

Younger Mattox, Client Relations & Patient Coordinator

Jennifer Sanville, Front Office

Hannelore Ringer, Front Office

Leslie Boyd, Administration

#### Disclaimer:

All material provided in this publication is provided for educational and informational purposes only. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition.

## FROM OUR DIRECTOR



Dr. John Pittman

For our patients in and around the Greenville area, we have moved to another location. Please note that we are now at 504-C Red Banks Road in Greenville. I am currently only conducting office visits at this location, but am hoping to be able to provide IV's in the

near future.

While we're on the subject of new locations, there are now two more locations where you can receive breast thermascans: Greensboro and Chapel Hill. Read more about these additions in our *What's New?* section.

I also want to send out a big "Thank you" to you for continuing to spread the word about our practice and services. Our new

patient bookings continue to remain steady, and I know a great deal of credit goes to you for your referrals.

On behalf of the entire Carolina Center family, thank you for your continued trust in our staff and your willingness to tell your family and friends about us. Because of you, we're celebrating our 14th anniversary, and we're still going strong.

Have a great summer and fall!

## THE FRONT DESK

Join us in welcoming two new additions to the Carolina Center staff! Leslie Boyd joins us from



Leslie Boyd

Washington, DC, where she had been working as a manager for the medical billing department of a surgical group. Leslie will be managing the front desk, checking in patients, and assisting Dr. Pittman and Meredith Frazier by taking patients' vital signs before their

appointments. Leslie will also be helping us with our marketing efforts, as well as managing our free, monthly health presentations.

Leslie is currently pursuing a nursing degree at Wake Tech. Leslie will be working at CCIM on Tuesday, Wednesday and Thursday from 10am-5pm. When you check in for your next appointment, make sure to welcome Leslie to our family!

Daisha Lockhart, LPN, is helping



Daisha Lockhart, LPN

CCIM part-time. Daisha is currently assisting our colon hydrotherapy nurse, Shari Mewborn, RN, with our colon therapy services. You can read more about our colon hydrotherapy services in our *A Closer Look* section!

We have a new look! Visit our new site at [www.carolinacenter.com](http://www.carolinacenter.com) and let us know what you think!

## A CLOSER LOOK – COLON HYDROTHERAPY

### *A remarkable, yet overlooked healing tool*

Colon hydrotherapy, also known as colonic irrigation, is a safe, clean, energizing, and relaxing method of removing harmful toxins and waste from the large intestine. By introducing a gentle flow of warm filtered water into the colon, the contents of the colon is softened and loosened, allowing waste to be easily expelled.



Colon hydrotherapy has many benefits:

- Restores normal intestinal muscle tone thereby removing constipation and providing a relief from bloating
- Increases abdominal muscle tone by reducing intestinal residues
- Expels parasites
- Improves the function of the large intestine
- Provides renewed energy and vitality
- Promotes healthy and natural weight loss
- Reduces the effects of aging
- Relieves gynecological disorders such as cystitis and dysmenorrhea

(continued on Page 2)

## A CLOSER LOOK – COLON HYDROTHERAPY

(continued from Page 1)

Colon Hydrotherapy is a treatment that should only be performed by properly trained medical personnel and under a physician's supervision. Prior to your first colonic, you will meet with Dr. Pittman for an initial consultation to review your health history and discuss your concerns. If it is determined that colon hydrotherapy is appropriate, then you will begin a series of treatments performed by a Registered Nurse trained in colon hydrotherapy.

**Your dignity is ensured through proper draping in a private room. Elimination occurs simultaneously during the session with no exposure to the material and no odor expelled.**

The following conditions are effectively treated under a physician's supervision:

- Acute Fecal Impaction
- Chronic constipation
- Colitis
- Diarrhea
- Parasitic infection
- Atonic colon
- Mucous colitis
- Fever
- Hyper/Hypothermia
- Paraplegics and quadriplegics (bowel training)
- Preventive Health
- Abdominal Distention/Flatulence
- Hemorrhoids (mild to moderate)
- Intestinal toxemia
- Diverticulosis
- Preparation for diagnostic study of the bowel
- Following a barium enema



## WHAT'S NEW?

Ensuring breast health is now easier than ever. We are pleased to announce that there are three locations that are now providing Thermascans:

**CAROLINA THERMASCAN – Scans available Monday, Tuesday & Thursday of each week**

4505 Fair Meadow Lane, Suite 111, Raleigh – (919) 781-6999 / [www.carolinathermascan.com](http://www.carolinathermascan.com)

**VAUGHAN MEDICAL CENTER – Scans available the 1st & 3rd Wednesday of each month**

1301 West Wendover Avenue #A, Greensboro – (336) 808-3627 / [www.vaughanmedical.com](http://www.vaughanmedical.com)

**PLUM SPRING CLINIC – Scans available once a month (July 29, August 26, September 23, October 21 & November 18)**

104 Market Street, Chapel Hill – (919) 945-0300 / [www.plumspring.com](http://www.plumspring.com)



Breast thermal imaging is FDA approved and uses a high-resolution, infrared camera to detect early changes in breast temperatures before a solid tumor can be seen.

- No radiation, non invasive, no risks or side effects
- No breast compression – completely painless
- Detects abnormalities 6-8 years earlier than mammograms

In 2007, the American Cancer Society expected over 40,000 women to die from breast cancer. Fortunately, there is a way to test for the early detection of changes in breast health. Call an office in your area to schedule your scan today! For more information, join us for our FREE presentation on Breast Thermography on August 12 from 7-8PM. Register by calling (919) 781-6999 or send an email to [register@carolinathermascan.com](mailto:register@carolinathermascan.com).

## MARK YOUR CALENDARS!

All of our presentations are free and open to the public. 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) to reserve your seat.

July 1 from 7-8PM at Carolina Center – "Understanding the Benefits of Detoxification & Colon Therapy"

July 15 from 7-8PM at Carolina Center – "Autism Spectrum Disorder" sponsored by Triangle Compounding Pharmacy

July 22 from 7-8PM at Carolina Center – "An Integrative Approach to Chronic Digestive Disturbances"

July 29 from 7-8PM at Carolina Center – "Chelation Therapy for Heart Disease"

August 12 from 7-8PM at Carolina Thermascan – "Thermal Imaging: Saving Breasts. Saving Lives."

August 19 from 7-8PM at Carolina Center – "Examining the Dangers of Mercury Toxicity"

August 26 from 7-8PM at Carolina Center – "Women's Health – An Integrative Medical Approach"

Sept. 9 from 7-8PM at Carolina Center – "Andropause – Understanding the Effects of Aging on Hormones and Health in Men" sponsored by TCP

September 16 from 7-8PM at Carolina Center – "Chronic Fatigue Syndrome: Understanding the Big Picture"

September 23 from 7-8PM at Carolina Center – "Nutritional Supplements: Steps to Improving Your Health Naturally and Effectively"