

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 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	8:00 AM - 6:00 PM
Tuesday	8:00 AM - 6:00 PM
Wednesday	8:00 AM - 6:00 PM
Thursday	8:00 AM - 6:00 PM
Friday	Closed
Saturday	8:00 AM - 1:00 PM every other Saturday
Sunday	Closed

Clinical Staff:

John Pittman, MD, DABCMT
Meredith Frazier, APRN-BC
Shari Mewborn, RN, BSN, Advanced
I-ACT Certified Colon Hydrotherapist
Lucy Menjivar, LVN, Colon Therapy Tech
Stephanie Cox, CNA, Laboratory Services
Mark Mead, MSc, Nutrition Educator &
Lifestyle Counselor

Administrative Staff:

Younger Mattox - Administrator
Leslie Boyd - Client Relations & Patient
Coordinator
Jennifer Sanville - Front Office
Ivette Rodriguez - Front Office
Celia Flowers - Front Office
Kamisha Holmes - Front Office
Sharon Reynolds - Front Office

Disclaimer:

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

FROM OUR DIRECTOR



Dr. John Pittman

held a rally/fundraiser followed by the NC premiere of the award-winning Lyme Disease documentary "Under Our Skin".

On Sept. 28 at Raleighwood Cinema Grill, Carolinians for Health Care Access (CHCA), in conjunction with the NC Lyme Disease Foundation,

CHCA is a non-profit patient's advocacy group that promotes access to alternative and non-conventional healthcare for NC citizens. Three hundred people turned out to join representatives of CHCA, NCLDF, the NC Integrative Medical Society, and the NC Autism community. Thank you for helping us ensure that all NC patients are assured access to non-conventional therapies and that

practitioners providing these therapies are protected.

To support access to healthcare in North Carolina, including biological treatments for autism, treatment for chronic Lyme disease, chelation therapy, and other forms of nutritional and Integrative Medicine therapies, make your contribution (minimum \$25) payable to Carolinians for Health Care Access, PO Box 2234, Garner, NC 27529.

THE FRONT DESK

Join us in welcoming Mark Mead, MSc, as our Nutrition Educator & Lifestyle Counselor. Mark is very proficient in nutritional therapies for cancer patients and will be doing Nutritional Education and Wellness Coaching.

Mark has been educating individuals and groups about nutrition and healthy lifestyles for the past 25 years. He earned his master's degree in Nutrition from the UNC School of Public Health, along with Biology and Science Education degrees from Reed College and ECU, respectively. He serves as associate editor for a peer-

reviewed cancer journal and has written various books, including most recently *The Rapid Recovery Handbook: Your Complete Guide to Faster Healing After Surgery* (HarperCollins 2006). A long-time former contributing editor to *Natural Health*, Mark has also written articles for *Environmental Health Perspectives*, *Alternative Medicine Digest*, *American Health*, and many other publications.

In addition to serving as a consultant for several integrative medicine centers, Mark has lectured at Duke University School of Medicine, the UNC School of Medicine,

and the National College of Natural Medicine (in Portland, OR). Working closely with Dr. Pittman, Mark will help patients design their own personalized program for achieving optimal wellness through balanced nutrition and healthy lifestyle changes.

CONGRATULATIONS DR. PITTMAN

on being honored by *Business Leader* magazine as one of their 2008 Triangle Impact Health Care Leaders!

BUSINESS LEADER

A CLOSER LOOK - WEIGHT LOSS: Rapid, Safe & Clinically Proven



by Timberel Burke, Certified Weight Loss Health Advisor for The Carolina Center

I first came to The Carolina Center as a patient suffering from an autoimmune disease of the thyroid, as well as being very over weight—nearly 200 lbs. I had previously tried to lose weight for more than six years with "heavily advertised so-called weight loss programs", spending thousands of dollars to no avail. After being treated by Dr. Pittman and later prescribed the medical weight loss program, I lost 62.5 pounds in 4.5 months! I began the program a size 16+ and am now a healthy size 5/6!

From experience and higher education, I now know the gimmick fad diets out there do not work and actually slows down the metabolism drastically, causing more weight gain than loss. I won the weight battle after only 4.5 months on the medically-proven weight loss program with ease and without hunger. Since that time, I left my corporate job (without hesitation) and have received my Health Advisor Certification through The National Health Institute with near-perfect scores. I am proud to be providing Carolina Center patients with a no-cost evaluation, continued counseling, and coaching with the same program that I used.

CLOSER LOOK - WEIGHT LOSS

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About the program -

The program is medically-engineered, providing rapid, safe, clinically-proven weight loss. JOHN HOPKINS UNIVERSITY has performed over 25 years of proven clinical studies on the program's effectiveness. It is the premier weight loss program used in the university clinics, is the # 1 doctor recommended weight loss program in the country, is prescribed by more than 15,000 physicians, and is simple to follow, convenient, and resets the metabolism. Programs are available for diabetics, seniors, cardiovascular patients, high cholesterol, high blood pressure, menopause, joint care, general obesity and more.

How to get started - SIMPLE!

Contact me and let me know that you are a Carolina Center patient and receive your no-cost evaluation, continued counseling and coaching, and a first-time weight loss patient product discount exclusive to Carolina Center patients. I am honored to be a part of your personal weight loss experience and look forward to working with you!

Timberel Burke, Certified Weight Loss Health Advisor

Slim Shape ~ TSFL, ID #: 24141901 / O: (919) 557-6267 / www.slimshape.tsfl.com



WHAT'S NEW?

Nutrition Education & Wellness Coaching by Mark Mead, MSc, Nutrition Educator & Lifestyle Counselor

At the Carolina Center, we teach you specific dietary and supplement strategies that can help balance your body's chemistry and promote a high level of health and well-being. Many health problems have their roots in body chemistry imbalances that contribute to inflammation, immune dysfunction, poor digestion, toxic accumulations, energy deficits, inability to repair tissues, poor sleep regulation, and other fundamental aspects of body functioning. Every cell in your body requires the proper balance of nutrients to heal and function properly. If you are missing key nutrients, your body can't protect itself from stress and disease, and you will have a much harder time healing and recovering from disease.

Practitioners of Integrative Medicine recognize that nutrition is among the self-care domains that ultimately can enhance medicine, making treatments more effective and more tolerable, and helping people reclaim and sustain their health over the long term. Nutrition is also a vital aspect of healthy aging. Although aging is a fact of life, painful joints, fading memory, failing eyesight, and a dwindling sex drive are not inevitable. There are ways to prevent, control, mitigate, and in some cases even reverse these interrelated expressions of biological decline. One secret is using nutrition to continually coax your biochemistry in a health-promoting, disease-resistant direction. To this end, there are numerous nutritional and botanical tools to choose from, including specific supplements that can reinforce or even enhance the benefits of derived from diet and lifestyle changes. The Carolina Center's Nutrition Education & Wellness (NEW) coaching program™ will help you reap the benefits of the latest in nutritional science, all the while being sensitive to your personal preferences and financial constraints.

Testing to Assess Your Specific Body Chemistry Needs

Helping you identify specific nutrient deficiencies and imbalances is one of our priorities at The Carolina Center. The Center's NEW coaching program™ entails a customized approach to body chemistry testing that's designed to comprehensively assess and identify your body's specific needs. We then combine the results of this individualized testing with the latest nutritional research in order to provide the best possible support for your particular situation.

Potential Benefits of the NEW Coaching Program™

The NEW coaching program™ can be of tremendous value to people facing a wide variety of health-related challenges including cancer & cancer treatment, heart disease & cardiovascular problems, premature aging & age-related conditions, diabetes & blood sugar control, obesity & overweight/body composition issues, arthritis & other painful joint problems, osteoporosis & osteopenia, psoriasis & other skin problems, fibromyalgia & other musculoskeletal problems, gastrointestinal disorders, headaches (including migraine), infectious diseases (Candida, influenza, etc.), anxiety, depression & mood disorders, insomnia & other sleep problems, and memory, attention deficits & hyperactivity.

MARK YOUR CALENDARS!

All of our presentations are free and open to the public and held at The Carolina Center, unless otherwise stated. Registration is required in case of cancellation. Contact the Carolina Center at (919) 571-4391 or register via email to register@carolinacenter.com to reserve your seat.

Oct. 21 from 7-8PM – "Autism Spectrum Disorder: Treating Pervasive Developmental Disorders" sponsored by Triangle Compounding Pharmacy

Nov. 4 from 7-8PM – "An Integrative Approach to Treating Chronic Digestive Disorders"

Nov. 11 from 7-8PM – "Chelation Therapy for Heart Disease"

Nov. 18 from 7-8PM – "Thermal Imaging. Saving Breasts. Saving Lives."

Dec. 2 from 7-8PM – "Examining the Dangers of Mercury Toxicity"

Dec. 9 from 7-8PM – "Women's Health – An Integrative Medical Perspective" sponsored by Triangle Compounding Pharmacy

Dec. 16 from 7-8PM – "Andropause – Understanding the Effects of Aging on Hormones & Health in Men" sponsored by TCP