



CAROLINA CENTER FOR INTEGRATIVE MEDICINE

Well Being

A newsletter sent to you from your friends at the Carolina Center for Integrative Medicine

New Hours



Beginning March 2, The Carolina Center is changing our schedule.

Monday - Closed
Tues-Thur - 8AM-6PM
Fri & Sat - 8AM-1PM

All services will be available during these hours. This means that Colon Therapy is NOW available on Saturday!

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Happy 15th Anniversary!



The Carolina Center is proudly celebrating 15 years as the Triangle's oldest Integrative Medicine practice. We're also the only facility that addresses complex conditions such as Autism, Lyme Disease, and Mercury Toxicity.

Join Our List

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April/2009

Please join us in congratulating Dr. John Pittman on being recognized as one of *Triangle Business Journal's* 2009 Health Care Heroes. Out of over 100 nominations received, Dr. Pittman was one out of only 21 individuals and organizations honored for significant contributions made to health care in our community.



Dr. Pittman was honored on March 26th at a dinner held at the Renaissance Raleigh Hotel. He was recognized in the category of Physician and was lauded for his contributions to the field of complementary and alternative medicine, his activism on the health dangers of heavy metal exposure, and his outreach to traditional medical practitioners. Dr. Pittman and his fellow Health Care Heroes are featured in the March 27th edition of *Triangle Business Journal*.

Congratulations Dr. Pittman! We can't think of a more worthy recipient.

Meridian Stress Assessment



Meridian Stress Testing is an amazing tool used to aid in the understanding of the underlying energetic imbalances in our body, which allows for better recommendations for treatment. The BEST system (Bio Energetic Stress Testing) provides an extraordinary new perspective on the overall state of the body's health. This

device is used to carry out the procedure known as Electro Dermal Screening (EDS). Because stress is such a potent contributor to many of the conditions that affect health, this powerful system is an invaluable tool for gathering and interpreting stress-related information.

The BEST system is used to conduct a comprehensive body stress assessment and to determine appropriate ways to achieve healthy energetic balance. This system consists of a device that measures the energy status of specific meridians, or energy channels, as identified through Traditional Chinese Medicine. Meridians end in acupoints on the skin, many of which are located on the hands and feet, and these meridians correspond to various organs and tissues. The BEST system is used to evaluate the energy status of these meridians by measuring the conductivity of a very mild electrical signal at the acupoints. This then provides information on the relative health of the corresponding organ or system, either stressed (often associated with acute illness), balanced, or weakened (often associated with chronic illness).

Once the meridian energy readings are taken, the BEST system's extensive computer database of over 40,000 products is analyzed and compared to the imbalances noted from the readings. The system will then determine which products, including vitamins, minerals, herbs, homeopathics, and pharmaceuticals, may bring each meridian into balance. The primary objective of this Meridian Stress Assessment (MSA) procedure is to reveal patterns of stress and to provide information for use in a treatment program that will restore each system and meridian to an appropriate balance.

The MSA is available through our associate business, Carolina Thermascan. For more information or to schedule an appointment, call (919) 781-6999.



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