



## Well Being

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

### Mark Your Calendar



**AUGUST 25** - Autism Spectrum Disorder: Treating Pervasive Developmental Disorders

**SEPTEMBER 1** - Examining the Dangers of Mercury Toxicity

**SEPTEMBER 22** - Nutritional Supplements: Steps to Improving Your Health Naturally & Effectively

**SEPTEMBER 29** - Thermal Imaging. Saving Breasts. Saving Lives

Presentations are free, open to the public, and held from 7-8PM at the Carolina

Center. Advanced registration is required in case of cancellation.

[Register today!](#)

### Quick Links

[Presentations](#)  
[Services](#)  
[Therapies](#)  
[More On Us](#)

### Fayetteville Location Now Open

For one Monday per month, the Carolina Center is now seeing patients in Fayetteville at 346 Wagoner Drive, Suite 206. Although Dr. Pittman will be accepting new and established patients at this location, the main purpose will be to see children with autism.

Call our office at (919) 571-4391 to make your appointment.

### Join Our List

[Join Our Mailing List!](#)

### August/September 2009

#### Join Us at NC PrideFest 2009

This year, the Carolina Center is proud to be a sponsor of NC PrideFest 2009. This family-friendly event offers something for everyone – food, drinks, singers, and close to 200 vendors representing local businesses, non-profits, and health organizations. And let's not forget the parade along Main Street!



PrideFest will be held on Saturday, September 26th from 10am to 5pm (rain or shine) at Duke East Campus. The parade will begin at 1pm. Parking is available in and around 9th street. While most walk the three or four blocks, there is Durham bus service #11 from Markham and Iredell St. every 15 and 45 minutes after the hour to the Festival (Buchanan St. and Main).

Carolina Center will have a booth in one of the sponsor's tents, so we hope you'll come by and say, "Hi!". We'll also be handing out materials about Carolina Thermascan, TOTAL HEALTH Nutrition Center, and Dream View Chalet (a lovely retreat in Beech Mountain owned by Dr. Pittman).

Bring your family and tell your friends about NC PrideFest 2009. We hope to see you there! For a complete list of scheduled activities, [click here](#).

### How Poor Gut Health Fuels Inflammation and Fatigue

by John Pittman, MD

Recently, I was speaking with a group of physicians at a meeting for the North Carolina

Integrative Medicine Society. At one point, one of my colleagues listed the 25 most commonly-reported problems that had been seen at the Carolina Center for Integrative Medicine over the past decade. Two conditions topping the list were fatigue and digestive problems, such as diarrhea, malabsorption, and leaky gut – a condition whereby the intestinal tissues become damaged (often through a combination of poor diet and stress), allowing toxins to trickle into the bloodstream and compromise one's health.

It turns out that a leaky gut can be closely related to the top medical complaint of all time...fatigue. How these two are related, as explained in a report published in the 29 December 2008 issue of *Neuro Endocrinology Letters*, is that leaky gut sets the stage for whole-body inflammation and oxidative stress (an excess of toxic free radicals), and this in turn promotes fatigue. Chronic, low-level inflammation is also what underlies fibromyalgia and other medically unexplained conditions. It also plays a key role in the genesis of cancer, heart disease, and many other common disorders.

[Click here to read entire article.](#)

### Legislative Progress Report on SB 958

SB 958 passed the House without opposition and is likely to pass Senate Concurrence and the signature of the Governor. The legal changes of SB 958 are a substantial improvement to the current laws. Physicians will have much better due process during an investigation.



In an [article](#) published in the *Asheville Citizen-Times*, NCIMS Executive Director, Janis Ramquist, said, "We do not want incompetent doctors practicing, but we also don't want someone who's using a new therapy to be persecuted just because it's new."

