CAROLINA CENTER
FOR INTEGRATIVE MEDICINE

Well Being

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

Mark Your Calendar

JULY 7 - Women's Health: An Integrative Medical Perspective

JULY 28 - Treating Lyme Disease: Two Standards of Care

AUGUST 4 - Understanding the Benefits of Detosification & Colon Therapy

AUGUST 25 - Autism Spectrum Disorder: Treating Pervasive Developmental Disorders

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

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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.

The Carolina Center's approach to autism addresses the problems that are common to virtually all autistic children. Much of our approach is adapted from the Defeat Autism Now! program.

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

July/2009

DR. PITTMAN NOW ON ACAM

We're pleased to announce that Dr. Pittman's articles are now being published on The American College for Advancement in Medicine's website. ACAM is a not-for-profit association dedicated to educating physicians and other health care professionals on the latest findings and emerging procedures in complementary, alternative and integrative (CAIM) medicine. ACAM is the voice of integrative medicine and enables members of the public to connect with physicians who take an integrative approach to patient care and empowers people with information about integrative medicine treatment options.

Dr. Pittman's premier article is entitled "How Poor Gut Health Fuels Inflammation and Fatigue". This is the first of several articles that will be appearing on ACAM's IM Blog. We'll be sure to keep you updated when new articles appear, or you can follow Dr. Pittman blogs by visiting the ACAM IM Blog site.

Selling the "Supplements Don't Work" Myth" Sifting Through the Media Morass

by John Pittman, MD and M. Nathaniel Mead, MSc

Newspaper headlines have been trumpeting the news that vitamins C, D and E, as well as multi-vitamins preparations, do not prevent heart attack, stroke or cancer. These reports have led to a great deal of confusion and disillusionment among health-conscious consumers, who are understandably trying to find ways to improve their nutrition and overall health. But is it really true that vitamin supplements are a waste of money and possibly even harmful for you? What are we to make of recent media pronouncements that most people are popping these pills without deriving any benefit whatsoever?

First of all, it's important to understand that the vast majority of these negative reports are, in reality, old news wrapped in tabloid-style headlines. Many news reports fall woefully short of telling the whole story about a scientific study. These reports present the study's findings in a scattershot, fragmented manner, and they invariably fail to present those findings in the proper scientific context--for example, by failing to acknowledge the many studies that have, in fact, found vitamins to be beneficial and health-promoting.

Sensational reporting can be very effective in discouraging the public from taking vitamins. But the conclusions from the best research to date should be a call to the FDA to help improve the quality of research on dietary supplements, to urge an individuallly-tailored approach to supplementation, to improve the quality of dietary supplements, and to increase the recommended dose of vitamins to the level that is known to be effective for those individuals who are deficient.

Click here to read entire article.

From The Front Desk

Meredith Frazier, APRN-BC, our Nurse Practitioner, is continuing to see Carolina Center patients, but on a reduced schedule. Meredith will be in the office July 16 & 18, August 15 & 26, September 9 & 12, October 7 & 24, November 4 & 21, and December 2 & 19. If you would like to be seen by Meredith, please note this request at the time you are scheduling your appointment so that we can accommodate you accordingly. Meredith will be returning to our staff full-time next year.

We are also making other additions to our staff in order to continue to provide you with the personal and expert care that you've come to expect from our practice. More details will be provided in future newsletters!

Legislative Progress Report on SB 958

In our ongoing effort to protect your treatments from the NC Medical Board's increased harassment of Integrative Medicine physicians, we wanted to give you an update on Senate Bill 958, a Bill that aims to ensure fair treatment of doctors who may be the subject of an NC