

Happy New Year!

It's that time of the year again. Many of you are making resolutions at this time of the year.

How do you make lasting changes in your health? Motivation, focus and being supported can help you to achieve your health goals and ensure that they last past January!



New Year's Resolutions

Making resolutions is easy, keeping them, that's the challenge



When it comes to health, absolutes almost never apply. Good health really comes down to 'playing the odds.' For example, if you smoke cigarettes, there's no guarantee that you're going to get sick and die. We've all heard stories of the man who smoked and drank like a fiend for eighty years, was never sick a day

in his life, and died at a ripe old age. These things happen, really -- but we don't see these patients in the office, because they 'come from the deep end of the gene pool'.

On the other hand, there's no question that your odds of having emphysema or lung cancer or of having parts of your mouth, lips, and tongue surgically removed increase dramatically if you smoke. It's all a question of odds -- not guarantees, just odds.

In the same way, if you eat healthy use supplements, follow an exercise program and practice preventative medicine, your odds of having good health and long life are significantly increased. In addition, your odds of feeling a whole lot better, having more energy, alertness, sexuality, and youthfulness, are also significantly enhanced.

How we can help you in 2012

Nutritional Consultation/ Healthy Diet Planning

Weight loss Programs – Supervised HCG combined with education programs and individualized plans to help you keep the weight off

Cleansing / Detoxification Programs -Start 2012 off right with comprehensive programs that include diet, supplements sauna and colonics

Laser Acupuncture Stop Smoking programs

Sugar Addiction Support

Integrative Medicine Breakthroughs in 2011

We have pulled together some of the top studies from 2011 that spotlight the potential benefits of adopting a more integrative approach when it comes to your health.

It's been a year of big breakthroughs in integrative medicine, the approach that combines Western or allopathic medicine with complementary practices. So much so that Prevention magazine recently declared us to be in the midst of a "health care revolution" as ever more doctors work elements like yoga, acupuncture and mindfulness into their conventional care.

The Nutrition / Epigenetics Connection

A cornerstone of integrative medicine and prevention is nutrition, and in January, the journal **Current Opinion In Clinical Nutrition And Metabolic Care**, published a review drawing attention to the role nutrition has on the epigenetic mechanisms involved in longevity and aging. In other words, it shone a light on how what we eat can impact the switches controlling our gene expression.

Complementary and Alternative Medicine (CAM) Use Better Understood

This fall marked the release of a new study -- which relied on data from 2007 -- that may help researchers, health care providers and even patients better understand who benefits from integrative medicine according to how they use it.

The study, published in the journal **Health Services Research**, found that adults who use complementary and alternative medicine for general health reported having better health than those who turned to CAM in order to treat a specific illness, a **National Center for complementary and Alternative Medicine release explains**. According to that study's abstract, the data may go a long way in future health services research and policy decisions.

Yoga Approved For Back Pain

In October, an **Archives of Internal Medicine** study showed that weekly yoga is effective when it comes to the management of chronic back pain -- as is regular stretching.

Doctor Referrals For CAM Increased

Another 2011 **Archives of Internal Medicine** study -- this one looking at the use of complementary and alternative treatments -- suggested that three percent of the people using treatments are seeking them out because of a referral from their medical provider.

"Forty-one million Americans are using mind-body therapies. Of those, 6.4 million are using mind-body therapies because they were recommended to by their doctors."

Acupuncture Shown To Help Chronic Stress

In December, researchers with the Georgetown University Medical Center released a study showing how -- at a molecular level -- acupuncture can help reduce stress. The research, published in the journal **Experimental Biology and Medicine** showed that in rats, acupuncture reduced levels of a peptide secreted by the system in our body during the whole flight-or-fight response.

Tai Chi Found To Aid Heart Failure Patients

An April study in the **Archives of Internal Medicine** found that tai chi, which the **Mayo Clinic describes** as "meditation in motion," may help improve the quality of life and mood in patients with heart failure.

