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PROVIDERS

Rashid A. Buttar, DO FAAPM, FACAM, FAAIM
Metal Toxicology and Emergency Medicine

President, North Carolina Integrative Medical Society
Chairman, American Board of Clinical Metal Toxicology
Board Member, American Association of Integrative Medicine
Board Member, American Association of Health Freedom
Faculty in Department of Food Science, NC State University

Jane D. Garcia, ANP

Member, North Carolina Integrative Medical Society
North Carolina Nurses Association

AREAS OF FOCUS:

Chronic Disease and Conventional "Treatment Failures"
Cancer, Cardiovascular and Neurodegenerative Disease

OTHER AREAS OF INTEREST:

Environmental Toxicity (Heavy Metals and Chemicals),
Autism, Metabolism Disorders, Preventive Medicine



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THE DAWN OF A NEW ERA

Hello and welcome to REWIND '09, Charlotte's inaugural Anti-Aging & Symposium event! By attending, you are taking charge of your wellness future, and you are participating in a new era of health care unfolding at this very moment. You can be part of that future, one of which you can be actively involved through your personal empowerment of health and wellness choices.

How does your personal empowerment in wellness actually happen? The Charlotte Anti-Aging Expo & Symposium connects you to the experts – through experiencing products and services live, learning from world-class experts speak on the latest health topics, and talking one-on-one with health and wellness leaders. Its fun, its educational and you'll leave the event confident on what your next steps are to achieve your goals – to lose weight, overcoming specific ailments, looking more youthful, whatever it is.

I would like to share some very good news with everyone - good news that I had to learn the hard way after many years of research and focus that I don't want to see others go through what I had to experience. I don't want to see people just settle for being exhausted in the middle of the day. I don't want to see people look in the mirror and see a reflection of someone they don't recognize. And I especially don't want to see people turn away from their goals and dreams simply because they don't have the energy to go for it.

The good news is that we can all have a vibrant and healthy life of our dreams! It's all within your reach provided you have the necessary tools and resources available to you. And that is what my premier best-in-class health and wellness event is all about....

So ask questions, experience products and services. Leave our show with the confidence to go after your dreams! And remember:

**“It's not just about living,
It's about loving
the life you live”**

Have fun!

Sally

symposium topics

CREATING A HEALTHY HOME

FEEDING YOUR SKIN

THE SAFE EXERCISE WORKOUT

MANAGING HORMONAL IMBALANCES

MAKEOVER WITH A MEANING

SWIMMING UPSTREAM - HOW TO STAY MOTIVATED IN YOUR PERSONAL GOALS

THE 7 TOXICITIES

THE STICKING POINTS OF ACUPUNCTURE

MYTHS & FACTS ABOUT SUPPLEMENTS

"OH MY ACHING JOINTS"

3 KEYS TO WELLNESS & THE VIBRANT LIVING DECISION TREE

BE DEPRESSION FREE WITHOUT HARMFUL CHEMICALS

YOGA SECRETS

WHAT CAN A HEALTH ADVOCATE DO FOR ME?

Ms. Genia Rogers & Sarah Nielson

Ms. Nadine Ivestor

Ms. Toni Branner

Dr. Ronald Brown & Mr. Fred Lowry

Dr. David Norwicky

Mr. Terry Vaughan

Dr. Rashid Buttar

Mr. Abe Rummage

Dr. Susan Echterling

Mr. Alan Tyson

Dr. Michael Smith

Dr. Laura Mathew & Ms. Lora Soloman

Ms. Mamta Patel

Dr. Lora Hurley

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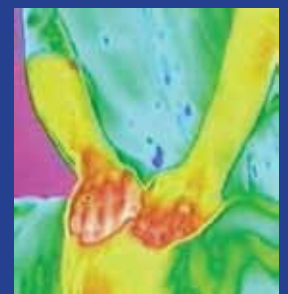
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www.chiropracticfitness.com

I am Christian Healer and Reiki Master Beth Vanover. My passion is helping clear energetic and emotional blockages to promote physical health and emotional wellness. When your energy systems are at peace and in balance, you put your body in the best possible position to heal on all levels – physical, mental, emotional, and spiritual. I see physician referred cases as well as self-advocates. I would love to share my testimony and gifts with you!

Beth Vanover
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special events

INTERACTIVE CIRCLE

10:00am-8:00pm

Chef Lou Petrozza

Fun Chef Petrozza of the hot TV show Hell's Kitchen will be cooking delicious and healthy dishes. Continues throughout the day.



11:30am-12:30pm

Acupuncture—experience what its like!

12:30pm-1:30pm

The Toni Branner Safe Exercise Workout

1:30pm

Look Ten Years Younger Demonstration

1:30pm - 2:30pm

Hair cut and Style by Tony & Guy Salon
Expert Color Analysis by Elizabeth of Tony & Guy Salon

2:30pm - 3:30pm

Skin Analysis and Makeup Makeover by Marianna Gibbons of Radiance European Spa
Look Slimmer and Free Outfit by Shirley of CABl

3:30-4:00

Yoga Secrets

4:00-4:30

Pilates

4:30-5:00

Jassercize

5:00-6:00

Haircut and style by Tony & Guy Salon

Expert color Analysis by Elizabeth of Tony & Guy Salon

6:00-7:00

Skin Analysis and Makeup Makeover by Marianna Gibbons of Radiance European Spa

REGISTER TO WIN!

Stop at the registration table located near the front entrance for a chance to win incredible prizes:

- **Free Fitness Memberships** (total of 10 separate memberships)
- **Genesis Anti-Aging Center** - \$2000 worth of Free Products & Services!
- **Juice Plus+** - Handmade Fresh Fruit Basket with Herbal Teas and other goodies
- **Huntersville American Laser Center** - Full Lipo Laser Treatment Package (\$1,500 value)
- **Makeover with a Meaning** - Total body makeover by Dr. Nowicky

Plus much more!

ASK AN EXPERT BOOTH

You can talk privately one-on-one with our experts at the Ask An Expert Booth.

10:30-11:30 Toni Branner - Personal trainer, author and expert on nutrition. Her exercise workout is the official workout used by the US Navy.

12:30-1:25 Dr. Ronald Brown of Carolina Healthspan Institute - Author of The Youth Effect, Dr. Brown is a nationally recognized leader in the optimization in women's and men's hormonal systems. Dr. Brown practices right here in Charlotte.

1:30-2:25 Dr. David Nowicky of North Mecklenburg Plastic Surgery - Dr. Nowicky is a leader in the field of cosmetic plastic surgery - Always dedicated to open communication, he will discuss your options with you and listen to your concerns, hopes, and fears about the plastic surgery procedure you are considering.

2:30-3:25 Dr. Rashid Buttar of The Center for Advanced Medicine - The science of good medicine - allowing our body to heal itself through proper detoxification and other techniques, Dr. Buttar's reputation has catapulted him to the forefront of our nation's physicians, where he is considered by his peers to be one of the preimment physicians in the United States. Dr. Buttar can transform your life physically, emotionally and spiritually.

3:40-4:40 Dr. Susan Echterling of Lake Norman Wellness - Dr. Echterling resides on the board of AmeriScience which produces a super anti-oxidant nutritional beverage so powerful that it is the nutritional beverage used by our NASA astronauts for the future Mars Mission.

4:45-5:40 Dr. Michael Smith of Carolinas Natural Health Center - Dr. Smith takes the time to understand each patient, and makes the complex simple when it comes to understanding your wellness and illness recovery strategies.

5:45-6:15 Dr. David Nowicky of North Mecklenburg Plastic Surgery - Dr. Nowicky is a leader in the field of cosmetic plastic surgery - Always dedicated to open communication, he will discuss your options with you and listen to your concerns, hopes, and fears about the plastic surgery procedure you are considering.

RAFFLES

exhibitors

Carolina Health Span Institute
Copperfield Wellness & Weight Control
Dr. Walraven OMNI Wellness Center
NuSkin Galvanic Spa
Nikken
Neils Pharmacy
Carolina Home Remodeling (Feng Shui)
MAX Nutrition
Center for Advanced Medicine
Carolina Woman Fitness
Lowry Drug
Dr. Zitel
American Laser Centers
Any Lab Test Now
Hay House
Ideal Protein
North Mecklenburg Plastic Surgery
Carolinas Natural Health Center
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Genesis Anti-Aging Medical Center
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Mindful Movements
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Juice Plus+
Lake Norman Wellness
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High Intensity Team Building
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health pavilions

- **Medical (MD/Naturopathic/ Integrative/Osteopathic)**
- **Fitness & Weight Management**
- **Stress Reduction & Life Balance**
- **Nutrition & Supplements**
- **Skin Care & Beauty**
- **Spa & Medi-Spa**
- **Chiropractic**
- **Prevention & Awareness**
- **Organic / Going Green**

Creating a Healthy Home

Genia C. Rogers, M.Ed. & Sarah Nielson

Genia C. Rogers, M.Ed.

Genia Rogers, our Moderator for the Charlotte Anti-Aging Expo & Symposium, is a leader in health education, coaching and personal development. "Emotional fitness is as an important factor as physical fitness in reaching our individual potential to health, confidence and sense of well being." In addition to moderating our event, Genia will share her journey toward wellness through her personal health challenges, focusing on common everyday consumer products and their impacts to our bodies. Genia Rogers was also featured on the Oprah Show where she was celebrated as a living example of love, trust and personal empowerment.

Sarah Nielson

Interior Designer Sarah Nielsen, has been published in both local and national magazines. Currently, Sarah resides in Charlotte, NC where she specializes in residential interiors, renovations and new home construction. In addition to traditional interior design, Sarah has evoked the idea of "design therapy" to help create healing spaces for people with brain and spinal cord injuries. Prior to her career in Charlotte, Sarah worked in New York City with world renowned interior and industrial designers. Inducing a unique blend of sophistication and livability, her designs

are as comfortable as they are beautiful, as simple as they are refined, and as peaceful as they are powerful. Sarah's designs have also been featured on weekly television segments with WBTV in Charlotte, NC.

Feeding Your Skin

Nadine S. Ivester, LE, CME, CIDESCO Diplomat

Nadine Ivester is the founder and owner of Nadine Skin Care, Inc. of Mooresville whose merger with Piedmont Healthcare created Onia Aesthetic Laser MedSpa in 2006. Nadine is a master skin care therapist with licensure in both North Carolina and New Hampshire. She graduated with high honors from the Institute of Skin Science in New Hampshire in 1999, with post-graduate certification in para-medical aesthetics and body treatments. She became certified in Permanent Makeup Artistry in 2005 (Cosmetic Tattooing) and received certification in Cosmetic Aesthetic Laser in 2006. In 2008 she became a CIDESCO Diplomat, an international certification in skin care therapy recognized worldwide as the "PHD" in aesthetics. Nadine is a graduate from the University of Michigan School of Dentistry with a bachelor of Science degree in Dental Hygiene. She completed a 18 month post-graduate International work program in Zurich, Switzerland. Nadine has studied energy work in New Hampshire and is certified in Reiki I and II as well as Karuna I and II treatments. Nadine is an active member in the North Carolina Aesthetic Association, the Aesthetic International Association, The Canadian Society of Aesthetics, the Society of Permanent Cosmetic Professionals and the American Society for Laser Medicine and Surgery, Inc. Her passion for skin therapy began with her struggle with acne in her teens and has developed into a career developing therapies to restore and maintain healthy skin.

The Safe Exercise Workout

Toni Branner, M.A.



Toni Branner is director of Fitness Concepts, a professional speaking and consulting firm in Charlotte, NC, that provides seminars for professionals and the lay public on topics such as anti-aging, children's wellness, motivation for lifestyle change, whole food nutrition, stress management and safe exercise. She also is the fitness director for the Mecklenburg Aquatic

Club and serves on the board of a new animated children's show - Danger Rangers! -- that teaches health and safety themes for Educational Adventures Inc. Her book for adults, "The Safe Exercise Handbook" (5th Edition) promotes the importance of a regular exercise program as a means of improving your health and quality of life. This book currently is used on US Navy aircraft carriers to guide military personnel through their workouts. In addition to speaking at our event, Toni will be also demonstrating band exercises which provides healthy fitness for the busy working adults, anytime and anywhere!

Managing Hormonal Imbalances

Dr. Ronald Brown, MD, FACOG

Dr. Brown has been a physician and surgeon for over 25 years. He has been treating women with hormone replacement therapy since completing his residency in 1979, and in the past 5 years has been focused on wellness issues for women and men: nutrition, fitness, supplements, and bi-identical hormone replacement. Dr. Brown is the author of The Youth Effect, which discusses the many successes and leading edge technologies used that have enabled men and women to attain happier, vibrant lives.



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Mr. Fred Lowry, Jr., RPh, NMD, DNM

Fred Lowry Jr. is a compounding pharmacist and Doctor of Naturopathy. He is the owner of Lowry Drug Company in Statesville, North Carolina, which has been in business for 50 years. His background includes retail pharmacy, home medical and respiratory services, home infusion, compounding formulations, and natural medicine. Dr. Lowry has spoken at international seminars including the World Organization for Natural Medicine, The Academy of Integrated Medicine, and Professional Compounding Centers of America. He is also an active member of The Sovereign Medical Order of the Knights Hospitaller of St. John of Jerusalem which is dedicated to the advancement of natural medicine for the poor around the world.



dedication-not to mention outstanding results. Board certified plastic surgeon Dr. Nowicky is trained in popular and effective cosmetic plastic surgery procedures, including breast augmentation, body sculpting, and facial enhancement. He also offers non-surgical beauty enhancements.

Swimming Upstream— How to Stay Motivated in your Personal Goals

Mr. Terry Vaughan, High Intensity Team Building

Terry Vaughan says, "People don't care what you know, until they know you care. This is the philosophy I live by. You have to want to see the people you surround yourself with improve and grow, but in order to achieve that growth they have to be challenged. Whether it's our outdoor program or through my teambuilding speaking, getting people out of their comfort zone forces them to expand their horizons. This way they become better leaders themselves - or at least more self confident in their own abilities. That's what makes me happy!" Terry is a former member of the British Royal Marine Commandos, one of England's most elite military branches. His training encompassed not just learning to survive in various climates, but also gaining the leadership qualities he successfully promotes through High Intensity Teambuilding™. Terry often hears how surprised people are that he's a jovial humorous person. "I'm amused that people have a pre-conceived notion that I should be a gruff faced former Commando, but that's not me. I'd rather make people laugh than cry!"



Makeover with a Meaning

Dr. David J. Norwicky

Born in Australia and raised in Ohio, Dr. Norwicky became enchanted with the Charlotte area during his general surgery residency in nearby Greenville, South Carolina. After completing his residency in plastic and reconstructive plastic surgery in Charleston, he and his wife moved to California, where he expanded his surgical skills. However, they decided to

make their home in beautiful and friendly North Carolina, where Dr. Nowicky has grown his plastic surgery practice with hard work and



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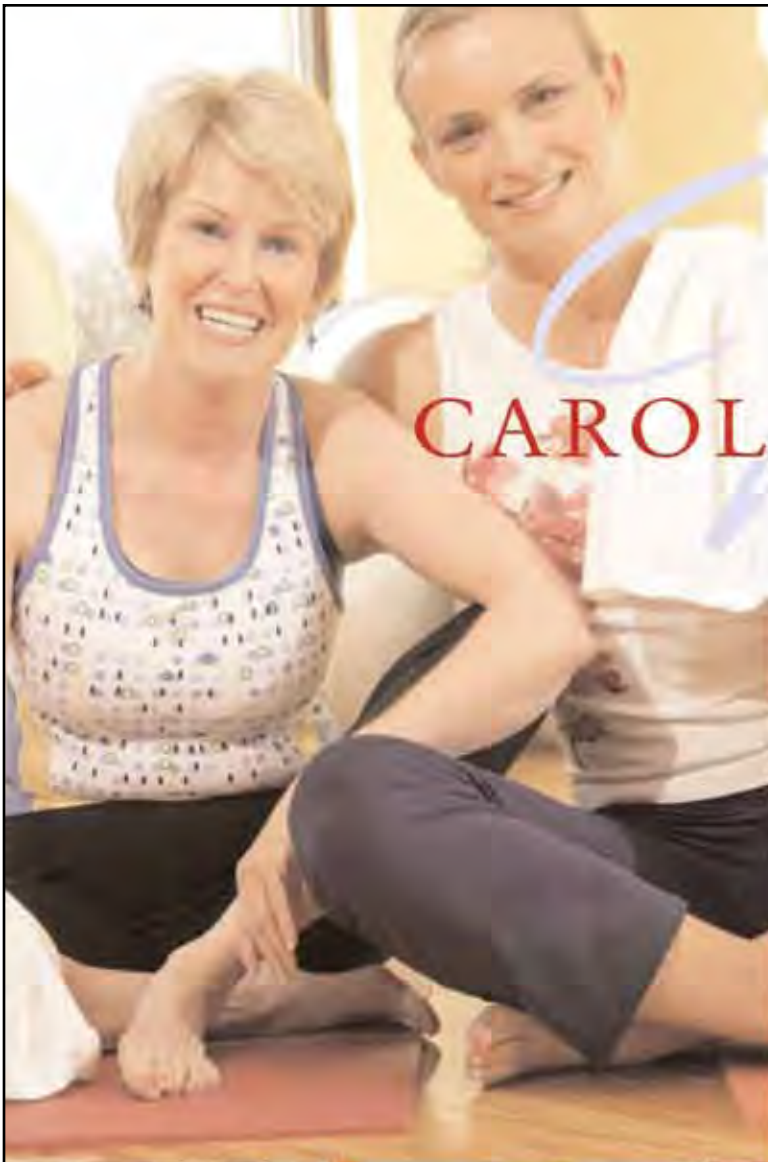
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The 7 Toxicities

Dr. Rashid A. Buttar, D.O.

Center for Advanced Medicine and Clinical Research, received his undergraduate degree from Washington University in St. Louis with a double major in Biology and Theology and then attended medical school at the University of Osteopathic Medicine and Health Sciences, College of Osteopathic Medicine and Surgery in Des Moines, Iowa. Dr. Buttar is board certified and a Diplomate in Preventive Medicine and Clinical Metal Toxicology. Dr. Buttar practices in Charlotte, NC where he is the medical director of Advanced Concepts in Medicine, a clinic specializing in the treatment of cancer, heart disease and other chronic conditions in patients refractory to conventional treatments with a special emphasis on the interrelationship between metal toxicity and insidious disease processes. Dr. Buttar has been invited to and testified in front of the North Carolina Congress as well as the United States Congress, giving special testimony before the Congressional Sub-committee on Human Rights and Wellness. Phillips Publishing and Stephen Sinatra, MD have listed Dr. Buttar as being among the "Top 50 Doctors in the United States".



The Sticking Points of Acupuncture

Mr. Abe Rummage L.Ac. Dipl.Ac.

Abe Rummage graduated at the top of his class from the graduate program in Acupuncture at Jung Tao School of Classical Chinese Medicine. He is North Carolina licensed and nationally board certified in acupuncture by the National Certification Commission for Acupuncture

and Oriental Medicine. Abe owns and operates AcuCare Clinic in Denver, NC where he provides acupuncture and Chinese herbal formulas for a wide variety of health problems. Abe speaks weekly with doctors, support group and wellness programs about the benefits of acupuncture and Chinese medicine and how it can work along side our current paradigm of healthcare.



Myths & Facts about Supplements

Dr. Susan Echterling

Dr. Susan Echterling is a board-certified emergency physician who has been practicing emergency medicine for over 20 years. She was fortunate to be invited to join a multi-specialty practice in 2003 and now has a thriving primary care practice in Charlotte, NC. The blend of the two types of medicine – urgent and critical care in the emergency setting and ongoing health care in the practice – has been very rewarding. Dr. Echterling's ongoing relationship with patients has allowed her to make an impact on the ongoing health of patients, as opposed to the treatment of a particular illness or injury in the emergency department. She has also embraced wellness and nutritional supplements in her practice, trying to be proactive for health rather than reactive to illness. She sees herself as a "coach" for her patients – trying to give them the instruction and the tools to achieve wellness. Dr. Echterling uses only American Sciences products for her own health and makes them available for her patients – the quality, safety and specificity of the products gives her confidence to recommend them to her patients.

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"I feel better than I ever have in my life" ~ Robin McGraw (Dr. Phil's wife)

"I feel like I'm 18 again" ~ Jodie, Charlotte

As seen on:



Jean Ann Vawter, FNP-C, MSN

In 2006, Ms. Jean Ann Vawter left full-time private practice as a Family Nurse Practitioner to create Lake Norman Wellness. Her successful nursing career has included both clinical services as well as administrative services with responsibility for multi-million dollar budgets. She started her nursing career in 1979 and has had a responsibility for multi-million dollar budgets. She started her nursing career in 1979 and has had a broad range of experience in dialysis critical care medicine. Although she truly enjoyed patient care, she believes that she has the potential for greater impact on the health care industry as she promotes and educates wellness prevention. broad range of experience in dialysis critical care medicine. Although she truly enjoyed patient care, she believes that she has the potential for greater impact on the health care industry as she promotes and educates wellness prevention.”

“Oh My Aching Joints”

Mr. Alan Tyson

Alan Tyson is the President of Architech Sports Performance. He is a physical therapist board certified as a sports clinical specialist, a certified athletic trainer and certified strength and conditioning specialist. He has worked with the Charlotte Knights (AAA affiliate of the Chicago White Sox) and continues to serve as a consultant to the team. Alan is also a consultant with the Carolina Panthers and Charlotte Eagles. Alan has spoken regionally and nationally on training topics about the foot and ankle, spine care, hip and knee rehabilitation, and developed two courses on the shoulder. He has written 3 books and developed specific training programs for the female athlete, baseball pitcher, and football players getting ready for the NFL combines. Alan is also an associate editor of the National Strength and Conditioning Journal. He currently does a weekly one hour radio show “Health Headlines” on 1110AM WBT with Stacey Sims and Dr. Russ Greenfield.

3 Keys to Wellness & The Vibrant Living Decision Tree

Dr. Michael Smith, N.D.

Dr. Michael Smith, N.D., Carolinas Natural Health, is a Naturopathic Physician who specializes in classical homeopathy and clinical nutrition. He received his Doctorate of Naturopathic Medicine from the Southwest College of Naturopathic Medicine in Arizona. He was selected for a family practice residency position at the Southwest Naturopathic Medical Center in Scottsdale, AZ. There he received



advanced training in homeopathy and clinical nutrition. Dr. Smith is an expert in homeopathy, using it to treat most chronic and acute conditions. “Homeopathy works at a much deeper level to stimulate the body’s innate ability to heal. Homeopathy is by far one of the most effective and safest forms of medicine.” Dr. Smith also has extensive experience using nutrition to treat various conditions, most notably diabetes. “Through using nutrition and lifestyle modifications I have been able to help people normalize their blood sugars and prevent complications from diabetes. There is no reason that anyone should suffer complications from this disease - they are completely preventable.” Dr. Smith takes a very individualized approach to your health. “I take the time to understand you as a person.”

Be Depression Free without Harmful Chemicals

Dr. Laura Mathew & Ms. Lora Soloman

Deborah Matthew, MD is the founder and Medical Director of Signature Wellness. Her interest in promoting healthy living and optimal function led her to develop The Center for Optimal Health. Dr. Matthew practices advanced preventive medicine. She is Board Certified in Anti-Aging and Regenerative Medicine by the American Academy of Anti-Aging Medicine. In addition, she has advanced fellowship training in Functional Medicine. Dr. Matthew is also Board Certified in Pediatrics. Her clinical interests include bio-identical hormone replacement, Anti-aging Medicine, and Integrative Medicine.



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Ms. Lora Solomon RN MSN is a board certified family Nurse Practitioner with a masters degree in nursing and over sixteen years of experience teaching and implementing tools for health and wellness. Over the past seven years, Lora has researched and trained in advanced meditation, healing the bodies energy centers, QI Gong, Aryurveda, emotional freedom technique (EFT), and integrative approaches to

asthma, cardiovascular disease, cancer, autoimmune disorders, obesity, depression and anxiety. Lora is an expert in the field of mind-body medicine and brings her expertise to the Signature Wellness team. Her other passions include her two daughters, yoga, mountain biking, hiking, traveling and contra-dancing.

Yoga Secrets

Ms. Mamta Patel

Mamta Patel, founder of Mindful Movements, strongly believes in and respects the body's innate ability to heal itself and be well. She provides customized integrated therapeutic services that include physical therapy, massage and yoga for both health and wellness. She has been a Physical Therapist for 20 years, and in the last 10 years has been on a journey of learning, experiencing and integrating complimentary therapies in her work. She has come to realize that there is great potential for the body to recover and rejuvenate itself through mind-body awareness. Mamta believes the best approach



to managing chronic conditions and achieving overall well being is an integrative one, combining the knowledge of modern medicine with a naturalistic path.

What Can A Health Advocate Do for Me?

Dr. Lora Hurley, CTN, It is my job and privilege to be a healthcare educator and through the education that I provide others with, inspire them to seek out "alternatives" for a balanced life. As a Certified Traditional Naturopath, I do not diagnose or treat "disease," prescribe drugs, administer surgery or direct people away from orthodox physician's care. I do, however educate them about the drugs, surgeries, treatments, and therapies that their doctor has prescribed for them. With better understanding and increased knowledge of all the particulars that pertain to them, they can seek out the best care available from all avenues of complementary care options. Treating symptoms can be construed as "Practicing Medicine" which is illegal for all caretakers other than traditional orthodox medical physicians. For this reason, one must never-ever treat symptoms or disease! I treat people! If I treat the body with all its many systems and the person's complaints go away, I did not "CURE" their disease. "NATURE did." I simply assisted the structure of their body so that it could function optimally.



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Is your Spine Healthy?

As a chiropractor, I was trained to detect and correct vertebral subluxation. A vertebral subluxation is a misalignment in the spine that can pinch or press on delicate nervous system tissue. Everyday, I speak with people who want clues as to whether they have healthy or unhealthy spines. A healthy spine is an essential part of a healthy lifestyle, which also includes diet, positive mental attitude, and exercise just to name a few. I have compiled a list to help people to know if they have a healthy spine. If any of these tips ring true for you then consult a chiropractic physician to have a complete spinal check-up!

- 1 Your heels wear out unevenly. This can be due to uneven leg length or stress along the length of the spine.
- 2 You have to "CRACK" your neck, back, or other joints a lot. This can be caused by areas of your spine that are locked or jammed.
- 3 You can't turn or twist your head or hips to either side easily and equally. Reduced Range of Motion.
- 4 You are often tired. An unbalanced spine drains your energy.
- 5 Your foot flares out when walking. This test is easy as long as you don't cheat. Merely look at your feet as you walk. Do they both point forward or does one foot appear to flare outward or inward? Do both? Foot flare may be a sign of a problem in the lower spine or hips, or stress in the upper neck or base of occiput.
- 6 You have poor posture. Stand on two bathroom scales. The weight distribution should be about the same over each foot. If it is not, that's a good sign that your spine, hips, or head are off center.
- 7 You have headaches, back aches, sore or tender spots in muscles or joints. Common signs of subluxation.
- 8 You have a constant, stressful feeling and tension especially in muscles and joints. Muscles are affected by subluxations.
- 9 You feel stiffness in your back and neck. Stiffness may be a sign of subluxation damage.
- 10 You just don't feel right; you are in general poor health. Subluxations can affect overall health.

Information taken from Tedd Koren, DC: Chiropractic: Bringing Out The Best In You!", 4th Edition



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Dr. Staten was educated at UNC Chapel Hill and Life University School of Chiropractic. She is certified in Activator method, a gentle effective instrument-adjusting method. Her purpose in life and in practice is to bring natural chiropractic care to as many men, women and children as possible.

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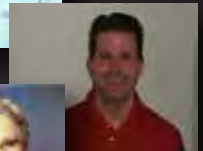


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YOUR HEALTH IS OUR ONLY BUSINESS

Losing weight isn't about starving . . . It's all about Eating!

The epidemic of obesity in this country, which spans all age ranges and gender, affects us all as a society. Everyone knows someone fighting this condition and also sees what major health issues develop and worsen as a result of it. Quality and length of life can be tremendously reduced.

We are just beginning to search for answers both in the medical community (by setting sound standards of treatment) and in medical research (to discover the etiology of this health condition) which will lead to successful, permanent treatment.

In the interim, it is paramount that we proactively approach this issue with enthusiasm and vigor, tearing down the bias and discrimination of this condition. In doing so, we rebuild self esteem, confidence and immeasurable contributions which could change our society as a whole in an unbelievably positive way.

No one desires to be obese, however if the cost is too great or the struggle too difficult, few will successfully win the battle and permanently defend this new territory.

I find it intriguing that we are so conditioned in our beliefs of what we must do (or not do) to attain victory over our weight. Many are simply unwilling to accept or allow a paradigm shift to take place in their head regarding food. This creates the "brick wall" that blocks or slows their success.

Let's face it; if we are going to reshape our body, reshaping our lifestyle is required.

- Could I possibly do this? YES!!!!
- Does it happen in one month? NO!
- How about six months? Not usually.
- It takes however long it takes and we are all different!

However, we all have this in common: We must be happy with what we are eating, otherwise we return to those old habits and guess what. Been there, done that?

A program that will get you results, teach you how to attain AND maintain your goals must be REAL.

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Dr. Cathy N. Dover is a licensed physician and a member of American Medical Association and the American Society of Bariatric Physicians.



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What is . . .

Acupuncture involves placing needles in specific points on the body in specific combinations to help balance your body's energy flow. Acupuncture in combination with herbal medicine can help adjust and harmonize the functions of all the systems and organs in the body as well as their interaction. By helping balance these functions of the body acupuncture and herbal medicine can help your body return itself to health. No matter what your problem, acupuncture and herbal medicine can help.

Functional Medicine is an alternative medicine that focuses on improving physiological function as a primary method of improving the health of patients with chronic disease. The Institute for Functional Medicine defines this approach as "personalized medicine that deals with primary prevention and underlying causes, instead of symptoms, for serious chronic disease" Functional medicine practitioners provide chronic care management with the belief that: "Diet, nutrition, and exposure to environmental toxins play central roles in functional medicine because

they may predispose to illness, provoke symptoms, and modulate the activity of biochemical mediators through a complex and diverse set of mechanisms." Functional medicine is patient-centric; the goal is to understand each individual patient's physiological, environmental, and psychosocial contexts within which his or her illnesses or dysfunctions occur. Functional medicine seeks to control or reverse each person's physiological imbalances through individualized treatment. Enhancement of patients' self-efficacy with a collaborative relationship between patient and healer is the goal in all clinical encounters.

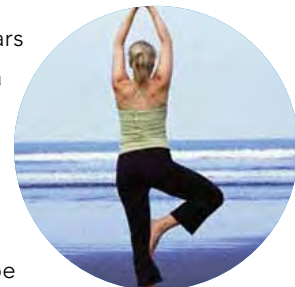
Integrative Medicine. Both doctors and patients alike are bonding with the philosophy of integrative medicine and its whole-person approach—designed to treat the person, not just the disease. IM, as it's often called, depends on a partnership between the patient and the doctor, where the goal is to treat the mind, body, and spirit, all at the same time. Integrative Medicine generally combines conventional Western medicine with alternative or complementary treatments, such as herbal med-

Health Tips by Omni Wellness Center



10,000 steps per day will keep the doctor away. A pedometer is an inexpensive way to monitor your steps. 10,000 steps per day is about 3-5 miles depending on the length of your stride! **Eat fat!**

The good stuff, that is. Essential fats like Omega 3 fats (that are found in cold water fish like mackerel and tuna) and Omega 6 fats (that are found in flax seed) are nutrients your body needs for brain and nervous system function. Unless you eat a Mediterranean type diet or these kinds of things 5 days a week or more, you will need to supplement your diet. **Quit Smoking!** Yes, even with the Surgeon General announcing smoking was harmful to your health almost 50 years ago, there are still people smoking! **Think well, be well.** Keeping a positive mental outlook is very important. It's not possible to be sad a depressed if you are smiling, singing, or thankful. Cardiovascular exercises like walking, jog-



ging, or biking for 30 minutes per day will boost your mood, as will 30 minutes of sunshine per day...exercise outside! **Floss your teeth!** Studies have showed a correlation between people who live longer and people who floss their teeth although we are not yet clear as to why...perhaps because these people tend to be more conscious about health and wellness. **Direct your destiny!** You may not be able to pick your parents but remember, genetics play a large role in health and wellness. If your parents have back pain, get checked by your chiropractor. You're likely to have the same or similar issue. It's never too late to begin change. **Be proactive.** Make sure you get a baseline musculoskeletal check by your chiropractor. 87% of Americans will develop neck or back pain during their life time. A baseline exam can determine if you may be susceptible to this and you can do something about it before your pain starts! **Stay young** your first 100 years! Studies show that 800,000 American will live to be between 100-150 years old by 2050! That means your children are likely to live to be over 100 years old. Can you imagine not being able to move well for the last 30 or 40 years of your life? Regular chiropractic care can help you maintain mobility for a life time...your ENTIRE lifetime!

Dr. Darcy Walraven is a licensed chiropractor with chiropractic and wellness clinics in the Charlotte area. Dr. Walraven is also certified in animal chiropractic by the International Veterinary Chiropractic Association.



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icine, acupuncture, massage, biofeedback, yoga, and stress reduction techniques—all in the effort to treat the whole person.

In the past decade, integrative medicine centers have opened across the country. According to the American Hospital Association, the percentage of U.S. hospitals that offer complementary therapies has more than doubled in less than a decade, from 8.6% in 1998 to almost 20% in 2004. Another 24% of hospitals said they planned to add complementary therapies in the future.

What makes integrative medicine appealing? Advocates point to deep dissatisfaction with a health care system that often leaves doctors feeling rushed and overwhelmed and patients feeling as if they're nothing more than diseased livers or damaged joints. Integrative medicine seems to promise more time, more attention, and a broader approach to healing—one that is not based solely on the Western biomedical model, but also draws from other cultures.

Naturopathy (also known as naturopathic or natural medicine) is an alternative medicine which emphasizes the body's intrinsic ability to heal and maintain itself. Naturopaths use natural remedies such as herbs and foods rather than surgery or synthetic drugs. Naturopathic practice includes many different treatment modalities, with practitioners emphasizing a holistic approach to patient care. Practitioners sometimes recommend that patients seek the advice and care of a doctor to complement their naturopathic treatments.

Osteopathy is an approach to healthcare that emphasizes the role of the musculoskeletal system in health and disease. In most countries, osteopathy is a form of complementary medicine, emphasizing a holistic ap-

proach and the skilled use of a range of manual and physical treatment interventions in the prevention and treatment of disease. In practice, this most commonly relates to musculoskeletal problems such as back and neck pain. Osteopathic principles teach that treatment of the musculoskeletal system (bones, muscles and joints) facilitates the recuperative powers of the body.

Physical Therapy (physiotherapy) is a health care profession which provides services to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout life. This includes providing services in circumstances where movement and function are threatened by aging, injury, disease or environmental factors. Functional movement is a central element in what it means to be healthy. Physical therapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation. This encompasses physical, psychological, emotional, and social well being. Physical therapy is performed by either a physical therapist (PT) or an assistant (PTA) acting under their direction. PTs utilize an individual's history and physical examination to arrive at a diagnosis and establish a management plan, and when necessary, incorporate the results of laboratory and imaging studies. Physical therapy has many specialties including cardiopulmonary, geriatrics, neurologic, orthopaedic and pediatrics to name some of the more common areas. PTs practice in many settings, such as outpatient clinics or offices, inpatient rehabilitation facilities, extended care facilities, private homes, education and research centers, schools, hospices, industrial workplaces or other occupational environments, fitness centers and sports training facilities.

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