



Staying Healthy

2003

PREVENTIVE MEDICAL CENTER OF MARIN

An Integrated Healthcare Facility

The Preventive Medical Center of Marin, established in 1984, offers one of the most advanced and unique blends of modern health care. Our integrated approach brings together Individualized Medical Care, Healing Therapies, and Patient Education.

Richard Shames, MD, Thyroid Specialist; Judy Lane, RN, NP, Women's Health Director, Natural Hormone Therapy; Alex Forman, PA, MPH, Integrated Family Medicine; Rosemary Rau-Levine, MD, Anthroposophical Medicine; Gary Rosenblatt, PhD, Health Psychologist; Seemi Dallenbach, DC, Chiropractic Physician, and support staff join Elson Haas, MD, Founder and Medical Director, Practitioner of Integrated Medicine, to provide health-oriented family practice – complete medical evaluations, biochemical testing, structural body care, and a therapeutic approach that combines Western Medical Care with Nutritional and Herbal Supplement Programs.

Evaluations include assessments of lifestyle and biochemistry, as well as testing for digestive function and nutritional status. This allows us with you to use natural therapies to improve body function and lessen the need for drug therapy.

Our goal is to educate you as well as to help you make healthy change through wiser choices. We strive to empower our patients by teaching them to listen to their bodies and take more responsibility for their own health. *Be well!*

Conditions We Treat

Allergies
Candida Problems
Chronic Fatigue
Chronic Ear & Sinus Infections
Food Reactions
Menopause
Chronic Pain Disorders
Musculoskeletal Problems
Hormonal Imbalance
Thyroid & Adrenal Disorders
Digestive Problems
Immune Disorders
Viral Diseases

Treatment Methods

Nutritional Medicine
Pharmaceuticals
Herbal Therapy
Detoxification
Osteopathy
Chiropractic
Cranial Sacral Therapy
Acupuncture
Natural Hormone Therapy
Homeopathy
Psychotherapy

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Elson M. Haas, MD
Medical Director

www.elsonhaas.com

What is Integrated Medicine?

Integrated Medicine is a common sense approach to both basic and complex health issues. Real preventive medicine involves your lifestyle and incorporates nutrition, exercise, adequate sleep, stress management and attitude – all to feel good about yourself.

Western allopathic medicine, commonly referred to as *traditional medicine*, has not really passed through tradition. It is the youngest in the health care field and is more appropriately termed *conventional medicine*, because it is "of convention" at this time.

Conventional medicine has its strengths in acute, crisis medicine, but has great limitations in successfully treating most chronic diseases. This method's current focus is attack and conquer, primarily with technology.

Therapies that align with traditional integrated medicine include nutrition, acupuncture, herbal medicine, body therapies, and hormonal balancing, to name a few.

Four Key Aspects of Integrated Medicine

- 1 The first aspect** is the blending of family practice diagnosis and treatment with health supportive care such as counseling, acupuncture, and bodywork.
- 2 The second aspect** takes a multi-disciplinary approach. This uses a variety of services, such as Western and Eastern medicines, as well as natural and pharmaceutical remedies.
- 3 This involves lifestyle** – physical, mental, emotional and spiritual levels along with other habits and activities – all important components in your individual health care.
- 4 Fourth** is the awareness and understanding that how you live, think and act contributes to the person you are and the state of health you are in.

The key to Integrated Medicine is to ask, "Why is this problem present in my life and what is needed for healing to happen?" Not, "What can I take to make it go away?" This moves from the aggressive 'attack and conquer' approach to the re-integration and healing of issues, tissues, conflicts, and emotions within us.

Book Updates



Dr. Haas and team are currently finishing the revised edition of his first book, *Staying Healthy with the Seasons*, originally published in 1981 and sold through 25 printings. Look for it in the early part of 2003. Thank you for your support over the years for this breakthrough book. Special thanks and kudos to my long time book associate, **Bethany Argisle of Argisle Enterprises, Inc.** for your diligence, inspiration, and support.

The massive work of revising *Staying Healthy with Nutrition* (1992), Dr. Haas' 1200-page treatise on all you need to know about nutritional medicine is just beginning with Bethany and Dr. Buck Levin, a nutritional biochemist and researcher from Bastyr University.

Other available books by Elson Haas include *The Detox Diet* (1997), *The Staying Healthy Shopper's Guide* (1999), *A Cookbook for All Seasons* (2000), *Vitamins for Dummies* (1999) and his popular book on healing food reactions, entitled *The False Fat Diet* (2000). His current book project is *The Purification Process: Clean Up Your Life and Be Healthy Once and For All*.

Dr. Richard and Karilee Shames' popular and helpful book, *Thyroid Power: Ten Steps to Total Health* (HarperCollins, 2001) is now available in paperback at your local stores and our office. Karilee is a PhD, RN, and a Certified Holistic Nurse. The Shames do many lectures and radio shows to inspire people around the country and hopefully the medical profession to "think outside the conventional box" of numbers in dealing with hormonal support for optimal thyroid and adrenal function. So many people can feel better by utilizing the simple steps outlined in Dr. Shame's book and in his practice. Check it out!

Other books by Richard Shames include *Healing with Mind Power* (Rodale, 1978), published in six languages, and *The Gift of Health* (Bantam, 1982) also co-authored with Karilee Shames. They can be found in libraries or used book outlets including Amazon.

You can read about and order any of these books at www.elsonhaas.com and www.thyroidpower.com.

Cleansing Programs

Dr. Haas' Cleansing and Detox programs are extremely popular. Everyone experiences benefit and many have remarkable results. It clearly helps people make change more easily and see what works and doesn't work in their diet and lifestyle. The group support seems to work magic at getting people through this sometimes challenging period of giving up their habits to substances and foods. Weights are reduced, high blood pressures and cholesterol levels come down, medications are discarded, and many symptoms are alleviated. People feel healthier and more energetic, inspired with the motivation to continue their more life-enhancing diet and vitalizing exercise programs.

SIGN UP for Upcoming Detox Programs

which will be in **January 2003** (New Year Plan), **March 2003** (Spring Cleanse), and **September 2003** (3-week program) in Marin at our PMCM office. Call the office at 415-472-2343 for information on these and other Programs

Don't Push the Panic Button New Findings Mandate Individual Hormone Review

by Judy Lane, NP

THE STUDY – Recently, the Women's Health Initiative halted their trial after only 5.2 years, instead of the proposed 8.5 years due to increased risks of heart disease, stroke and breast cancer. The study measured the effects of only one hormone regimen, the common synthetic estrogen/progestin combination (PremPro).

Although these results should be taken into account as you review your choices, there are several points you should know. Firstly, the absolute risks for an individual woman is still relatively small, 2.5% overall. This means that for every 10,000 women in one year, 7 more would have heart attacks, 8 more with strokes, 18 more women with blood clots, and 8 more would have breast cancer. That means that the risk for breast cancer is 0.08%, or less than one in a thousand. The positive effects noted were that 6 fewer women had colorectal cancer and 5 fewer had hip fractures.

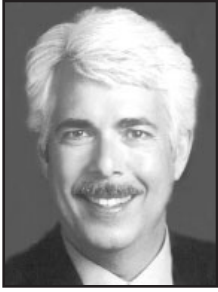
The women in this trial were chosen at random. All received exactly the same dosage. They began HRT from ages 50-79 years old, with a mean age of 63.2. Most of the women in the trial began hormones after 60.

WHAT THIS STUDY MEANS TO YOU – As many studies, the results often generate more questions than definite answers. If you are a PMCM client and are on HRT, the vast majority of you will be on hormone regimens that were not included in this study. Can we assume that all hormones work the same on all the tissues of the body? NO, we cannot assume that. Nor can we assume that just because hormones are natural and bio-identical, they are risk free. I believe that the natural hormones are safer than synthetic ones. Although research participants are treated at random, we do not treat clients at random. Each of you has reviewed your situation with your clinician and decisions were made on an individual basis.

HOW CAN YOU DECIDE WHAT TO DO? – First, review your hormonal goals. Why are you taking hormones? What do you want them to do for you? Is this working? How long have you been taking them? What we can do is try to minimize risks. We can measure your hormone levels and make sure they are not too high. We can use the lowest effective doses of hormones. We can measure estrogen metabolism and see how your body is handling the estrogen in it now. We can look at breast density. Many of you will want to review your situation individually with your practitioner.

What if you decide to stop taking your hormones before you have your appointment? It is much better to taper off hormones rather than go off "cold turkey." You should stop over a period of 4 weeks to 4-6 months, depending on how sensitive you are. You can do this by decreasing hormones to every other day, then twice weekly, etc. or you can decrease the strength of the hormones and go more gradually. This will minimize recurrent or rebound symptoms and possible stimulation of bone loss. Don't rush your decision, learn what you need, and listen to your inner guidance.

Staff Directory



Elson M. Haas, MD
Medical Director
Integrated and Preventive Medicine,
Health Care Consultant/Educator

Dr. Elson Haas has been in medical practice since he graduated from the University of Michigan Medical School in 1972. He has studied and incorpo-

rated many healing disciplines – Western and Eastern Medicines, Nutrition and Detoxification, Herbology, and Mind/Body Healing. Since 1980, Dr. Haas incorporates all of these modalities with medical and functional testing into his practice that he terms *Integrated Medicine*.

Dr. Haas specializes in creating programs utilizing dietary changes, detoxification, and nutritional and herbal supplements. He writes about these in his seven popular books on health and nutrition, beginning first with *Staying Healthy with the Seasons* (1981). *You can review these on page 2 and his website.*

Dr. Haas lectures and teaches nationally and is a regular radio guest and writer for health magazines. His local detoxification programs are popular, affordable, and transformative. For upcoming events, see his website, www.elsonhaas.com.

"I am so impressed with your approach. Your intake process was outstanding, testing thorough, and overall approach to patient care was soulful. I am grateful to have found you. Thanks from the heart."

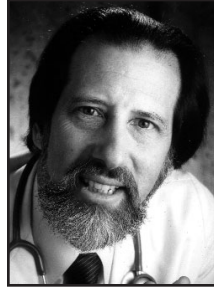


Judy Lane, RN, MS
Nurse Practitioner, General Medicine
Women's Health, Natural Therapies

Ms. Lane received her RN and MS degrees jointly from Pace University and New York College in 1975, followed by an internship in Internal Medicine at New York VA Hospital. She

continued to work in Ambulatory Medicine at Beth Israel Medical Center. In 1985 Ms. Lane entered private practice with leading physicians in the field of Integrated Medicine in New York. She has lectured extensively and has appeared in the media with a focus on women's health issues and natural hormone testing and therapies. Judy Lane has been with PMCM since 1994, creating individually designed health programs for her patients. She is the Medical Center's Director of Women's Health.

"You are so lucky to have Judy Lane on your staff. She listens and put me on a program that has me feeling simply wonderful!"



Richard L. Shames, MD
Integrated Medical Doctor
Health Care Consultant

Dr. Richard Shames is a graduate of Harvard and the University of Pennsylvania Medical School. Prior to entering private practice, he trained with the U.S. Public Health Service, the

National Institutes of Health, UCSF Medical Center, Edgar Cayce Medical Clinic, and the Marin County Health Department. As Medical Director of the WHN Institute in Mill Valley, CA (the first alternative/holistic clinic in Northern California), Dr. Shames and staff blended conventional medicine with natural remedies.

With this diverse background, Dr. Richard Shames is skilled at discerning which conditions require aggressive treatment and which can be treated more gently and naturally. His philosophy of medicine is more completely expressed in his books, including the recently published *Thyroid Power: Ten Steps to Total Health* with Karilee Shames PhD, RN. They teach Thyroid Power Seminars nationwide to both health care providers and the general public. *See more about his books on Page 2.*

Dr. Shames considers himself a Consulting Physician and Personal Medical Coach, currently focusing on thyroid disorders and their many related conditions. It is his belief that health care should be caring, personal, and offer the consumer freedom of choice among a wide variety of diagnostic and therapeutic tools. In addition to standard medical care, Dr. Shames provides dietary, vitamin, and herbal guidance, nutritional supplement and herbal therapy, self-hypnosis training, fitness recommendations, and general psychological counseling. He also helps with a second opinion, or just a more thorough interpretation of your case and test results.



Our administrative staff (clockwise from bottom right):
Lora Pascucci, New Patient & Community Relations Coordinator;
Julie Dietz, Front Desk Coordinator;
Luzdary Rodriguez, Business Office & Insurance
Martha Campini-Hansen, Medical Assistant;
Jan Whitescarver, Administrative Assistant

Staff Directory



Rosemary Rau-Levine, MD
Anthroposophical Family Medicine
Classical Homeopathy
Cranial-Sacral Manipulation

In her 20 years of practicing Family Alternative Medicine, Rosemary Rau-Levine sees that the best approaches for improving health include Cranial-Sacral Therapy, Anthroposophical Medicine, and Medical Acupuncture. Prior to this, she had a 15-year practice as a Child, Adolescent, and Adult Psychiatrist resulting from a degree she obtained from the Medical College of Pennsylvania.

Principles of Anthroposophical Medicine

Health and sickness are seen from the spiritual science and the understanding of human and nature interactions explored and expressed by Rudolph Steiner, the pioneering founder of the Waldorf school system. The medicines used are made from naturally grown substances and are usually homeopathically prepared.

"Dr. Elson, I want to thank you for making me well again. After all these years, no one could understand the reason behind my problems. You've done a miracle. Bless you and your wonderful staff."



Alex Forman, PA, MPH
General Practice, Integrated Medicine
Medical Researcher/Educator

Alex Forman received his medical training at Stanford. He is a licensed Physician Assistant and Acupuncturist who has practiced integrated medicine for over 25 years. He was co-founder of the Alternative Therapies

Unit at San Francisco General Hospital in 1977, the first integrated medical clinic established in a public hospital in the United States.

Alex Forman also has a Masters in Public Health from UC Berkeley and has co-authored several articles in leading medical journals on the role of nutrition in the treatment and prevention of high blood pressure. He has worked for 15 years as a clinical medical researcher at UC San Francisco and has taught and lectured extensively on the subject of integrating modern scientific and alternative medicines.

Lora Pascucci, Patient Relations Coordinator, is available to answer any questions you may have about our services and to help you choose the physician who best suits your personal healthcare needs.

Call 415-472-2343 or email:
lora_PMC2000@hotmail.com



Seemi Dallenbach, DC
Chiropractic Physician

Dr. Seemi Dallenbach, a native of Switzerland, did much of her undergraduate work at UC Davis and received her degree in Chiropractic from Life Chiropractic College West in Hayward, CA. She uses a gentle but powerful diagnostic and treatment technique called Applied Kinesiology, as well as other techniques such as the Activator device, plus Diversified and Gonstead methods, specialized methods of chiropractic adjustments.

Dr. Dallenbach specializes in the treatment of auto accident injuries and sports injuries, neck and back pain, and women's health issues. Her focus is on integrating the structural, chemical and mental aspects of a person's well being. She employs techniques that are gentle and pain-free, and provides a variety of treatments specifically tailored for each individual. Dr. Dallenbach serves as a corporate consultant on ergonomics and safety in the workplace.

Invest in your Health Portfolio and Be Ble\$T with true wealth. It's worth it!



Gary Rosenblatt, PhD
Health Psychologist, Lifestyle Coach

Dr. Rosenblatt did his undergraduate work at UC Berkeley, earned a doctorate from the University of Southern California, and received his California Psychologist license in 1980. His integrated approach to health and healing combines coaching and psychotherapy. Drawing on a broad scope of education and experience, Gary is responsive to each client's unique needs and situation.

An assessment designed to ascertain a wide range of factors affecting health aids an individual to select goals that may include situational improvement, learning skills, or making lifestyle changes. The counseling relationship provides a context for ongoing support and accountability. Therapy may also focus on stress reduction, attitudinal healing, interpersonal issues, or overcoming resistance to positive change.

"I have enjoyed working at PMC for six years now, and have had the pleasure of watching many patients make healthier life changes and realize the benefits. I receive so many compliments from happy patients. This experience, along with my own personal changes and family losses, has encouraged my passion in volunteering with the American Cancer Society. Being the chairperson for this year's Relay For Life charity race, I am doing my part in the fight against cancer and the hope for a healthier world."

— Julie Dietz

The Purification Process: Healing for Modern Times

by Dr. Elson Haas

Many problems come from the way we live, the habits we have, and the many years of abuse of our bodies. It's never too late to change, so let's start now.

Taking care of our health first involves cleaning up our act and letting our bodies lighten up and heal. I can tell you that I truly believe that cleansing and detoxification—**The Purification Process**—is virtually one of the most powerful healing (real healing of ailments and not just suppression of symptoms) therapies I have seen. It is a way to rebalance the body and prevent many diseases. I have written extensively about detoxification in the last section of *Staying Healthy with Nutrition* and in *The Detox Diet: The How-to and When-to Guide for Cleansing Your Body of Toxic Substances*.

Two of the levels of the Purification Process begin with **clearing any substance habits or abuses/addictions**. This involves taking a break, which may be temporary or lifelong, to such common habits as the daily intake of sugar (as refined sugar and corn syrups), caffeine, alcohol, nicotine, and chemicals in foods (especially regular use of aspartame), and as able, from over-the-counter and prescription pharmaceuticals. Very often this is the first step in health liberation, freeing ourselves from the emotional connection and dependence on certain foods and substances that give us energy or sedate us, and alter our mood and vitality, both immediately and over time.

Many of us may eat a healthy diet of wholesome foods. However, I often see people who exercise and eat a natural foods diet, and yet are not well. The next level to look at then is **food reactions**. This typically occurs from the foods we eat, often the most common ones available in society, that is wheat, cow's milk, and sugar, followed by

eggs, corn, soy, and peanuts. My recent book, *The False Fat Diet*, is all about the many ways we react to foods and the great variety of health conditions caused by these reactions.

Food reactions are quite common and often result from digestive dysfunction. There are many factors that cause the breakdown in optimal function of the gastrointestinal tract. Our digestive tract has the highest amount of immune activity of any area in the human body. Evaluating and treating digestive dysfunction often improves overall health.

Food reactions are generated through multiple systems in our body—digestive, immune, biochemical, and hormonal—causing bloating and swelling in the body and gut, plus many other possible problems. Following an elimination diet whereby we avoid our habit foods or commonly eaten foods as well as the most reactive foods is part (as a test and treatment) of this Purification Process. After a week or two of this avoidance, we can challenge ourselves by eating one of these foods, looking for any unhealthy effects – immediately and over the first hour after eating the food, several hours later, and then, how we feel when we wake up the next morning. Are we a little foggy or hungover? If we feel worse or have any of the symptoms, we are likely reactive to that food. Do we have a bloated feeling and look?

How do you begin this purification process? First with an honest self-assessment. What are you hooked into? What are your habits/abuses? How ready are you to take a break? How badly do you feel? How healthy are you willing to feel during this blessed in-body experience? Positive efforts do pay off now and especially in the future. **Be Well.**

The Amazing Benefits of Thyroid Power

by Dr. Richard Shames

Our country is in an epidemic of low thyroid conditions. This is due in large part to the growing pollution of the air, food, and water, resulting in an autoimmune response against our delicate endocrine glands. The organ most severely affected appears to be the thyroid.

Doctors at Columbia Medical Center estimate that 20 million people are currently being treated for thyroid problems. The University of Colorado study confirms that another 13 million people would be diagnosed with low thyroid if they only had minimal standard testing performed. A much greater number of people would be diagnosed with the condition if more sophisticated testing was performed.

This constitutes an enormous segment of our population, and may be partially responsible for several other more publicized epidemics we are facing. These include the diabetes epidemic, especially in children; the high cholesterol epidemic in middle-aged men; the severe menopause epidemic in midlife women; pandemic

depression in all ages of our society; and most certainly the increasing incidence of obesity in Americans.

Most people are not aware that their individual problems of fatigue, depression, and overweight might be due to an undiagnosed borderline low thyroid situation. Persistent related problems can include sinusitis, constipation, eczema, insomnia, dry skin, hair thinning, brittle nails, intolerance to heat or cold, and a host of female difficulties such as fibroids, PMS, and more severe menopause symptoms.

The solution to these problems may be easier than one might suspect. First, receive an accurate diagnosis with appropriate tests. Then engage in a specific and personalized thyroid-boosting program. This can be done with conventional medicine, alternative medicine, or a combination. I have seen tremendous benefits derived from properly attending to the previously unrecognized benefits of **Thyroid Power**.



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Elson M. Haas, MD, Medical Director

The PMCM logo exemplifies unity of East and West – the Western Medical cross merged with the Eastern balance of yin/yang, light/dark, male/female. Thank you Albert Howell for the new design and Steve Black for the original, from 1984. Thanks to Bethany Argisle as newsletter director.

Visit: www.elsonhaas.com

- Sign up for the free monthly health tips
- Review articles and past health tips on a wide variety of topics
- See Preventive Medical Center updates
- Join current cleansing groups and Dr. Haas' events in your area, or call us to organize one.

Frequently Asked Questions

Q. How does Preventive Medical Center of Marin (PMCM) differ from other medical offices?

A. PMCM practitioners are trained in multiple disciplines and are able to integrate the best and safest approaches based on each patient's specific needs. We work together to create a plan of action towards better health. Please review the Patient Welcome Letter for other particulars.

Q. What types of practitioners are at PMCM?

A. Our Family Practice staff includes Physicians, an Osteopath, Physician's Assistant, Nurse Practitioner, Chiropractor, Psychotherapist, and Acupuncturist that work with children and adults of all ages. Even though the specialty at PMCM is preventive medicine and health improvement, our practitioners can handle most any health care issue. Please see the Staff Directory and check our PMCM individual Medical Staff handouts for further information.

Q. How do I choose the right doctor for me?

A. A personal interview with the New Patient Relations Coordinator provides a warm welcome to our Center. She will explain how to schedule appointments, aid in determining the right practitioner for you, and review all services available.

Q. Do you take insurance at PMCM?

A. PMCM (other than Dr. Shames) is contracted with Blue Shield PPO, Blue Cross, United Health Care, Interplan, Marin Foundation and Medicare. If we are not on your list of providers, we require full payment at time of service. Either you or PMCM can submit the necessary paperwork to your insurance company for reimbursement.

Q. Will insurance cover all the services that PMCM offers?

A. Most visits and lab testing should be covered; however, your insurance company may consider some tests as preventive only and may not fit their disease-based criteria. Sending test results with your statement may assist in reimbursement.

Q. What if I have an emergency?

A. When in doubt, go to the Emergency Room. If you are a patient of PMCM, your doctor can refer you to the appropriate specialist for any hospitalization care. If you need to reach the on-call doctor after office hours, the pager number is 415-721-6876.

Q. What happens when I am well and only require seasonal check-ins and a yearly cleanse?

A. Contact us and we'll set up a special plan for you. This is a good example of Preventive Medicine.