

# PREVENTIVE MEDICAL CENTER OF MARIN



## 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**  
**Cranial Sacral Therapy**  
**Acupuncture**  
**Natural Hormone Therapy**  
**Homeopathy**  
**Psychotherapy**

## Preventive Medical Center of Marin

25 Mitchell Boulevard, Suite 8  
San Rafael, CA 94903  
Tel: (415) 472-2343  
(800) 5-PREVENT  
Fax: (415) 472-7636

**Elson M. Haas, MD**  
Medical Director

[www.elsonhaas.com](http://www.elsonhaas.com)

## An Integrated Healthcare Facility

The Preventive Medical Center of Marin, established in 1984, provides an advanced and unique blend of modern healthcare. It is a learning center for patients and providers to best create wellness for yourself and your family. Our integrated approach brings together Individualized Medical Care, Healing Therapies, and Patient Education. **The GOAL of Preventive Medical Center is to educate you as well as to support you in making healthy changes 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!

Joining Founder and Medical Director **Elson Haas, MD**, Integrated Medicine Practitioner, author of many popular books, and leader in the fields of Nutrition and Lifestyle Education, are **Richard Shames, MD**, Thyroid Specialist; **Judy Lane, NP, MS**, Women's Health Director and Natural Hormone Therapy; **Alex Forman, PA, MPH**, Integrated Family Medicine; **Rosemary Rau-Levine, MD**, Anthroposophical Medicine; and **Thomas Reece, DO, ND**, Osteopathic Manipulative Medicine, along with our wonderful support staff to provide health-oriented family practice—complete medical evaluations, lab testing (both conventional and innovative), structural body care, and a therapeutic approach that combines Western Medical Care with Nutritional and Herbal Supplement Programs.

Evaluations may include: assessments of lifestyle and biochemistry, as well as testing for digestive function, hormonal balance, and/or nutritional status. These may focus more specifically on mineral testing for both essential and toxic elements, saliva hormone analysis, or stool testing for both healthy and problem-causing microorganisms. This testing and treatment approach allows us, along with you, to use natural therapies to improve body function and lessen the need for drug therapy.

## What's good about Preventive Medical Center of Marin?

- Easy access by 101 (map on website or can be faxed to you)
- Friendly, caring Staff (most working together for many years)
- Knowledgeable, experienced Practitioners
- Many services in one location with a variety of healthcare options
- Blood drawing and testing available in office
- Many Therapies available
- Insurance billing and many accepted

Photos of Mt. Tamalpais (The Sleeping Lady) taken near our office. Photos by Albert Howell/Meta4 Productions



## Book Updates

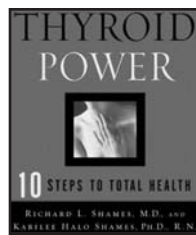
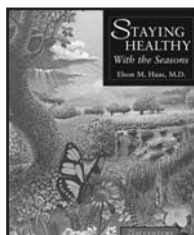
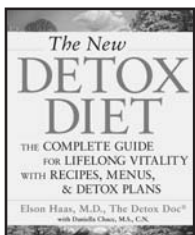
Dr. Haas and his book team recently released the revised (21<sup>st</sup> Century) edition of his first book, *Staying Healthy with the Seasons*, which was originally published in 1981 and sold through 27 printings (also available as original soft cover in Spanish). His popular work in the field of detoxification is expanding and he soon will have two books available—the original edition of *The Detox Diet, Updated* and the expanded and fully renewed book entitled, *The NEW Detox Diet: The Complete Guide for Lifelong Vitality*. Special thanks and kudos to my long time book associate, *Bethany Argisle of Argisle Enterprises, Inc.* ([www.elementemporium.com](http://www.elementemporium.com)) for your diligence, inspiration, and support.



Other available books by Elson Haas include *Staying Healthy with Nutrition*, *The Staying Healthy Shopper's Guide*, *A Cookbook for All Seasons*, *Vitamins for Dummies* and his popular book on healing food reactions, entitled *The False Fat Diet*. His new project is *NOW Medicine*. See the article later in this newsletter.

Drs. Karilee & Richard Shames have their popular book, *Thyroid Power: Ten Steps to Total Health* (HarperCollins, 2001), available at local stores, on Amazon, and at our office. They are presently under contract with Penguin Books in New York for a mass-market book that offers an integrative hormone-balancing program with proven successful interventions for combining thyroid, adrenal, and sex hormones utilizing natural therapies. This book helps you understand your condition, combines simple home evaluation methods with standard medical testing for a more accurate diagnosis, and creates a plan that will enable you to improve your health. Their progressive programs are presented in an easily followed stepwise fashion. Look for this exciting project in early 2005.

You can read about and order any of these books at [www.elsonhaas.com](http://www.elsonhaas.com) and [www.thyroidpower.com](http://www.thyroidpower.com).



### SIGN UP for Upcoming Detox Programs ...

**September 2004** (3-week Plan),  
**January 2005** (New Year Cleanup) and  
**March 2005** (Spring Cleanse)

in Marin at our PMCM office. Call 415-472-2343 for information on these and other Programs; also check the Appearances link on [www.elsonhaas.com](http://www.elsonhaas.com).

Limited space available for in-house groups.

## WOMEN NEED TESTOSTERONE TOO!

by Judy Lane, NP

Estrogen is not the only hormone that can effect how women feel. Testosterone can also play an important role in mood, energy, and muscle and bone strength. Testosterone is most widely known for its effects in the area of sexual health for both men and women. Testosterone production peaks in our twenties and decreases about ten percent per decade in both sexes. For many women this hormone can decline in the PeriMenopause much earlier than estrogen and can be a cause for declining libido as well.

Another cause that is often overlooked is hysterectomy. A large percentage of women who have had a hysterectomy will have lower levels of testosterone, especially (but not only) if the ovaries have been removed along with the uterus. Resolving this imbalance may be a simple matter of restoring hormonal levels back into their normal range.

Both sex drive (libido) and sexual function can be affected by lower testosterone levels. Did you know that up to 25% of women experience symptoms of a syndrome called "Female Sexual Arousal Disorder (FSAD)?" Women may experience being uninterested in sex, unable to get "turned on," vaginal dryness, not feeling "excited," or loss of sensation in the genitals or the nipples. The most common causes of the syndrome are hormonal loss as with menopause or as a medication effect with a class of antidepressant drugs known as SSRI's (Selective Serotonin Reuptake Inhibitors, like Prozac and Zoloft). As many of these symptoms are complex, we cannot ignore the personal, social, energetic, or relationship issues that contribute to this situation. Sometimes, sex therapy is also helpful.

Testing levels of testosterone is a simple matter of a morning blood or saliva collection. This can be ordered during your health visits to PMCM.

Treatment usually involves some trial experimentation to find out what will work for you. If levels are low, natural bio-identical hormone supplementation may be tried. This treatment is done with individually compounded transdermal creams, sublingual tablets or drops, a skin patch, or oral capsules. Some women may want to try an herbal or nutritional approach, which can be quite effective.

There have been a few studies using sildenafil (Viagra) for women who have experienced FSAD caused by SSRI drugs. Results of the 2003 trial at UCLA Medical Center showed better arousal, lubrication, sexual satisfaction, and orgasm. Specially compounded forms are available in sublingual or topical gels for the benefit of lower dosing and decreased side effects.

If you are experiencing any of these sexual symptoms, please talk to your health care provider because you may be able to get help.



**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 incorporated many healing disciplines – Western and Eastern

Medicines, Nutrition and Detoxification, Herbal Therapies, 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. Elson Haas specializes in creating programs utilizing dietary changes, detoxification, and nutritional and herbal supplements, along with pharmaceuticals as needed. He writes about this integrated approach in his seven popular books on health and nutrition, beginning first with *Staying Healthy with the Seasons*, and continuing with *Staying Healthy with Nutrition* (see book updates on page 2.)

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](http://www.elsonhaas.com).

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*"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."*

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

*Judy Lane* received her MS, RN and NP degrees 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.

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*"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!"*

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

*Alex Forman* received his medical training at Stanford University. He is a licensed Physician Assistant and Acupuncturist who has practiced integrated medicine for more than 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.

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*"As the medical assistant at PMCM, I see the difference in the health improvement with a minimum of side effects (more 'side benefits' as Haas says) from treatment. I love working here."*

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*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](mailto:lora_PMC2000@hotmail.com)*



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





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

*Rosemary Rau-Levine* has been practicing Family Alternative Medicine for more than 20 years. Dr. Rau-Levine's approaches for improving health

include Cranial-Sacral Therapy, Anthroposophical\* Medicine, and Medical Acupuncture. She also previously 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.*

*"I love being on the PMC team because I believe Preventive Medicine is our best health insurance. By following Dr. Haas' recommendations, I have been able to get through allergy seasons medicine free."*



**Thomas Reece, DO, ND**  
**Osteopathic Manipulative Medicine**  
**Cranial Sacral Therapy**

*Dr. Thomas Reece* is the newest addition to Preventive Medical Center. He brings a wealth of knowledge. Dr. Reece received a doctorate in medicine in 1982 from the National College of Naturopathic Medicine in

Portland, Oregon. He returned to school and earned a second doctorate in medicine, with honors, from the Kirksville College of Osteopathic Medicine. Dr. Reece has been in practice for more than twenty years and is one of only a few practitioners with the **dual degrees** in both **Naturopathic and Osteopathic Medicines**.

Dr. Reece is board certified in Family Practice by the American College of Osteopathic Family Practitioners. For five years he was the Medical Director of the Southwest Naturopathic Medical Center in Scottsdale, Arizona, and he is also associated with the Southwest College of Naturopathic Medicine in Tempe, Arizona. Dr. Reece specializes in Osteopathic Manipulative Medicine. He utilizes a variety of techniques, including Cranial Sacral therapy, Myo-fascial release, Muscle Energy work, as well as Strain/Counterstrain and Direct techniques. These special therapies referred to as multi-faceted treatments are helpful at correcting structural and pain problems.



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

*Dr. Richard Shames* is a graduate of Harvard College and the University of Pennsylvania Medical School. Prior to entering private practice, he received extensive training in conventional medicine with the U.S. Public Health

Service, the National Institutes of Health, and other facilities. In the 1970s, as Medical Director of the Wholistic Health & Nutrition Institute (WHN) in Mill Valley, CA, Dr. Shames and staff began the blend of conventional medicine with safe and appropriate natural remedies.

Dr. Shames' philosophy of medicine is more completely expressed in his books, including **Thyroid Power: Ten Steps to Total Health** with his wife Karilee Shames PhD, RN. The two of them teach Thyroid Power Seminars nationwide to both healthcare providers and the general public. See more about his books on Page 2.

Dr. Shames considers himself a Consulting Physician and Personal Health Coach, currently focusing on thyroid and adrenal disorders and their many related conditions. His innovative approach to "internet medicine" and telephone coaching has many devoted clients around the country.

*"When I first began this detox program, it was about losing weight. Now I realize that most of what I was eating was wrong and was creating my overweight and unwell body. After seeing the changes and getting over my cravings, I am eating an entirely new diet, and I feel great!"*

**AFFORDABLE HEALTHCARE:**  
**Cleansing Programs**

*"Every year I need to cleanse because I love to eat." – Dr. Elson*

Dr. Haas' Cleansing and Detox programs are extremely popular. Most everyone experiences benefits, 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 challenging period of giving up their habits to substances and foods. Weights are reduced, high blood pressures and cholesterol levels come down, medications are reduced, 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.

*"The Master Cleanse under Dr. Haas' direction was a surprisingly wonderful experience. We didn't think it was possible to go for 10 days without food and yet feel so good. We experienced a sense of vitality, clarity, and wellbeing along with a significant weight loss. Now we think more carefully about what we eat. We plan to do it twice a year."*

# NOW Medicine: Integrating Natural, Oriental, and Western Medicines While Caring for Yourself in an Evolving Health Care System

by Dr. Elson Haas

**W**hat is NOW Medicine? It's an integrated, wellness approach for both evaluating people and treating them, as well as the way doctors go about practicing medicine.

**N-O-W stands for Natural, Oriental, and**

**Western;** it also stands for Nutrition, Optimal Health, and Wellness. NOW Medicine is about providing the best healthcare from what is currently available.

**NOW Medicine** is a practical approach about the health-care system and how to make it work better for patients/consumers and for doctors/practitioners.

**NOW Medicine has three parts:**

- 1)** The Politics and Economics of Healthcare, i.e. the big picture, and this includes insurance;
- 2)** The Individual Medical Practice and how to make it more health based and less stressful for the doctors and staff while keeping the patients out of expensive crisis care; and
- 3)** How to deal with common problems that need an Integrated Approach since Western Medicine alone does not address them successfully.

These health conditions include Irritable Bowel Syndrome, Recurrent Infections, Hormonal and Energy Imbalances, and many early Chronic Diseases, such as Diabetes, Hypertension, and High Cholesterol. Prevention, of course, works best in all these areas.

**How do we motivate people toward health? How can medical practices focus on health care over disease care?** It involves going beyond just treating at end results,

which are the symptoms and illnesses that people experience. This requires focusing the practice beyond the cookbook approach of "Name the disease and apply the drug therapy" to more personalized health care and patient participation. This takes listening and guiding patients with appropriate and practical steps.

We can improve upon the health insurance system and patient outcomes by addressing the major issue of *personal responsibility*. We can no longer accept the approach of "uninformed and unaware patients turning over their power to doctors to manage their health" (or even their diseases). Since many Western physicians are trained to manage and treat disease, they often don't have the time or experience to practice in a healthier way. Therefore, it is our own interest to become involved personally in our health care to help focus the testing and treatment more upon improving health.

I have changed my approach to more "cooperative, health-based medical care" that both involves and educates my patients. The Preventive Medical Center of Marin is focused on this concept of involving you in your integrated health care.

**What do you do NOW to Stay Healthy?** I stay well by eating well and exercising, stretching, and lowering my stresses, in part with a better attitude of staying in the flow of life. I take a variety of supplements, especially in regard to lowering my cardiovascular risk, and I have massage and acupuncture throughout the year, keeping me balanced and vital. Take care of yourselves. **It's worth it!**

## Integrated Hormone Balance

by Dr. Richard Shames

**F**or many years, I have focused on optimizing my patients' thyroid functions. My evaluation includes a history and laboratory tests to determine whether the person is too high or too low in hormones, and then we correct the imbalances with natural substances or prescription medicine. However, after many years engaged in this type of work, it became apparent to me that some people with thyroid problems have other hormonal abnormalities that interfere with how well a thyroid correction will work in their body.

Now I look at a variety of hormones, not just the thyroid. Other crucial energy hormones that interplay with thyroid function are adrenal hormones and reproductive (sex) hormones. Taken all together, these three hormone systems constitute a fundamental three-legged stool upon which rests the proper functioning of the body's entire metabolic processes. If any one leg of this stool is too short (low function), the stool is no longer level and

the metabolism that rests upon it does not function properly. This topic has become part of my current practice and also constitutes the subject of my upcoming book, to be released in 2005. This new work is an important companion to my earlier book, *Thyroid Power*.

Observing the practice of medicine currently, I have noted that many of my colleagues practice on just one of these important hormone systems, or treatment based on a limited evaluation. For instance, a gynecologist works to measure and balance the reproductive hormones. An endocrinologist focuses typically on insulin for diabetes or on a limited thyroid evaluation. Many naturopaths concentrate mainly on adrenal hormone balance. None of these activities is sufficient in and of themselves. A better approach is to look at the hormonal systems in a more integrated and comprehensive way. This is the means by which a person may find an intervention and healthy hormone function of lasting value.



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## **Preventive Medical Center of Marin**

25 Mitchell Boulevard, Suite 8  
San Rafael, CA 94903

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Fax: (415) 472-7636

### **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.*

*Dr. Elson on the web:  
[www.elsonhaas.com](http://www.elsonhaas.com)*

- Sign up for the free seasonal newsletter
- 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.
- To order wearable teaching tools, co-designed by Dr. Haas, go to [www.elementorium.com](http://www.elementorium.com).

## *Frequently Asked Questions*

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

*A. PMCM practitioners and associates 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 or the information on our website, [www.elsonhaas.com](http://www.elsonhaas.com).*

### **Q. What types of practitioners are at PMCM?**

*A. Our Family Practice staff and associate practitioners include MDs, an Osteopath, Physician's Assistant, Nurse Practitioner, 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 & Associate Directory in this newsletter or review bios on our website. 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, review our services, and answer your questions.*

### **Q. Do you take insurance at PMCM?**

*A. PMCM practitioners (not associates, such as Dr. Shames and Dr.*

*Reece) are contracted with various PPOs (not HMOs), such as Blue Shield, Blue Cross, United Health Care, Interplan, Marin Foundation, and Medicare. If we are not on your list of providers, we require full payment at the time of service. Either you or PMCM can submit the necessary paperwork to your insurance 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 or health-based only (or experimental, since they are new) 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. If you need phone guidance, consultation, or treatment at night or on weekends, we are happy to serve you if we are able or to refer you to an appropriate facility. There will typically be a fee charged for the practitioner's time in caring for you (this may not be covered by your insurance).*

### **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. [Stay Healthy!](#)*