

Check Out Our New Sauna Pricing!

Integrative Medical Specialists, LLC



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HEALTH CONSUMER -- BEWARE

As we continue to move forward with new technological advancements, we assume that our health care system is also making similar strides. But, how much education or information is really explained to the consumer on the actual side effects of the drugs, or, if there may be other natural alternatives that could be just as effective?

In today's health care system, physicians are dictated by insurance companies and time constraints that do not allow them to adequately spend time with their patients. Plus, the pharmaceutical industry drives our current health care system and is the main provider of treatment options. Certainly, the pharmaceutical companies are spending massive dollars on advertising campaigns to ensure that they dominate the health care industry.

Do you remember when you saw your first drug advertisement on television? It was well designed to attract your attention and to mention common symptoms, so you would notice the advertisement. Then, very quickly, images and ideas become implanted, and before you know it, this drug is now the answer to your own health care condition. As for the side effects, you will become conditioned to ignore them because of how the advertisement is written. Initially, when you see the first advertisement, you are appalled at what the side effects are – if, you can actually understand what they are saying when they mention them. Then in time, you will completely tune out this part, and remember only the images of renewed health and vitality.

We all want to feel better, but marketing is an art, and the pharmaceutical companies have the best firms representing them in their advertising campaigns. Just because it looks and sounds like the perfect answer to cure your health condition, does not make it so.

On August 15, 2005, The American Heart Association published its latest findings on the link between non-aspirin painkillers – such as extra-strength Tylenol – and hypertension. This study found that women taking Tylenol were about twice as likely to develop blood pressure problems.

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Health and Wellness

HEALTH CONSUMER -- BEWARE

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- The study involved 5,123 women participating in the Nurses Health Study at Harvard Medical School and the Brigham and Women's Hospital in Boston. None had high blood pressure when it began.
- The study found that women ages, 34-77, who took an average daily dose of more than 500 mg. of acetaminophen – one extra-strength Tylenol – had about double the risk of developing high blood pressure within three years.
- Women ages, 51-77, taking more than 400 mg. a day of NSAIDS – equal to about two Ibuprofen – had a 78% increased risk of developing high blood pressure over those who did not take the drug. The women ages, 34-53, had a 60% increased risk.
- Previous research did not link these drugs to blood pressure problems because they did not look at the dose.

On August 19, 2005, a Texas jury found the pharmaceutical giant, Merck & Co. liable for the death of a man who took the once-popular painkiller, Vioxx.

- Merck & Co. voluntarily recalled this widely prescribed arthritis drug, on September 30, 2004, amidst evidence that it drastically increased users' risk of heart attack and stroke.
- A three-year study of 1,300 Vioxx users found 15 cases of heart attack, stroke, and blood clots. This was three times the number reported among participants taking a placebo. Merck still maintains this risk was relatively low, but it nonetheless was enough to warrant a Vioxx recall to prevent further injury.
- According to financial reports, the makers of Vioxx claim that the drug accounted for at least 10 percent of Merck's revenue in 2003.
- The widow was awarded \$253.4 million in compensatory and punitive damages.
- This is the first of 4,200 state and federal Vioxx related lawsuits pending across the country.

To date, as a Naturopathic Doctor, I have never treated or found one person that had a deficiency of a pharmaceutical drug. I have found many underlying nutritional deficiencies that need correcting, but the symptom that my patients are feeling is not because they need a pharmaceutical drug to correct the problem. It will, however, suppress the symptom and possibly even make it go away for the time being until the body conveys the imbalance again. This is when another symptom may arise, possibly in another organ or area of the body. Taking another drug for this new symptom will not correct the underlying issue, either. Sedating or suppressing the symptom without understanding what is causing it, is not the answer.

No one teaches us that the body has its own way of communicating with us by expressing symptoms of an imbalance or dis-ease. We can choose to ignore it, suppress it, or try to understand what the body needs to bring it back in balance. As a Naturopathic Doctor, I have a responsibility to also be a teacher to you, my patients. I do that each day by trying to convey to you, as a patient, why the body is expressing certain types of symptoms.

It is always your choice whether or not to take a pharmaceutical drug. However, it is my responsibility to teach you how the body truly works and to advise you, if there may be another treatment option available to you that may be just as effective to handle the symptoms, without having the multitude of side effects. I am here to teach you how to understand the body better, so that you will soon be able to take charge of your own health care and manage it, as it should be using nutrition, supplementation, and lifestyle intervention.

 Dr. Diane K. Diehn, NMD

Far-Infrared Sauna Detoxification Therapy



Bring Your Own Towels & Enjoy Our New Rates

Single Session

\$30.00

Packages

Package of 3 Sauna Sessions	\$75.00
Package of 5 Sauna Sessions	\$100.00
Package of 10 Sauna Sessions	\$150.00

Unlimited Packages

Unlimited Weekly Sauna Sessions	\$50.00
Unlimited Monthly Sauna Sessions	\$100.00

(\$5.00 service fee to use our towels)

Far-Infrared Health Benefits

- Weight Loss - 600 Calories Burned in One 30 Minute Session
- Detoxification
- Pain Relief - Relieves Muscle and Joint Pain
- Heart Disease - Lowers Blood Pressure and Cholesterol
- Chronic Fatigue
- Skin Purification
- Increased Circulation
- Cellular Purification

- In today's world, everyone is exposed to toxins and carrying a heavy toxic load.
- The far-infrared sauna is a medical application of sauna principles that enhance the body's capacity to detoxify.
- In a regular sauna, perspiration is primarily water and salt.
- Perspiration in a far-infrared sauna contains up to 15% of chemicals, heavy metals, and other toxins seldom eliminated in a regular sauna.

- When utilizing low temperature saunas to assist with the detoxification process, three towels are required: one to sit or lie on, one under the feet, and a third to wipe the perspiration.
- This last towel is very important to wipe off perspiration as soon as it appears on the skin.
- The typical far-infrared sauna session is 30 minutes at 120° F.
- After the sauna, it is important to take a shower.

Touch For Health

Our bodies are constantly working at maintaining balance. When we are balanced, we feel good, healthier and happier.

Touch for Health Kinesiology is a system of natural health care which combines muscle monitoring with the principles of Chinese medicine to assess energy flow and body function. It involves testing one muscle with resistance from each of the 14 Chinese meridians or energy rivers. When the muscle tests weak, it is a sign there is a blockage to the affected organ or gland. Once the blockages are cleared, the energy flow is restored and the body can once again function to maintain balance and harmony. When all 14 meridians are flowing freely without any blockages, there is improved health, wellbeing, and increased vitality.

A typical "Touch for Health Session" is 30 minutes for \$35.00. It is a powerful way to create balance within the meridian system of the body by using muscle monitoring. Touch for Health Kinesiology can be used anytime you are feeling emotionally or physically stressed, or just out of balance.

 Joan Schmeltz, NCTMB

Upcoming Events

September 5th

- Our office will be closed Monday in Honor of Labor Day.

October 14th & 15th

- 20% off all Supplements or Health Products.

October 15th

- Dr. Diehn will be speaking for the Fibromyalgia Coalition.

October 31st

- Happy Halloween! Our office will dress up in honor of Dr. Diehn's Birthday!

20% Off ABO Blood Type Teas



Sale Price \$12.80

Regular Price \$16.00

Discontinued Item...While Supplies Last...

- The master tea blenders at Republic of Tea, in collaboration with Dr. D'Adamo, ND have blended a new line of well-being teas.
- These individualized blends suit the specific needs of each blood type.
- Sip Right 4 Your Type Teas promote health and herbal nourishment one sip at a time.
- Each tin holds 36 round unbleached tea bags.



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