

## In This Issue

### Appointments

#### About Integrative Health Group

### Want to make an appointment?

Integrative Health Group is open  
Monday - Thursday  
8:30 a.m. - 5 p.m.

Friday  
8:30 a.m. - Noon

To schedule an appointment, call our office at  
(864) 235-6788.

#### Quick Link

[Integrative Health Group Web Site](#)

### About Integrative Health Group

Our intention at Integrative Health Group is to profoundly improve healthcare in America. We are doing that by thorough assessments and follow-ups in order

December 2008

Letter from Dr. Stegall...

### THE MAGNITUDE OF NUTRITIONAL THERAPY

Whether food is in a solid or liquid form, it is the source of all nutrients required by the body to perform its many biochemical processes. Without these required nutrients, the chemical processes are unable to come to completion. Since nutritional deficiencies are typically not life threatening at first and take time to manifest themselves, most patients tend to ignore subtle warning signs. As a result, existing deficiencies eventually emerge in varying degrees of illness through a pattern of symptoms. Their initial severity depends upon the state of the patient's health. As a practitioner, I must be able to identify these abnormal patterns, verify the abnormalities through appropriate testing, and improve the patient's health status. This occurs through proper food concentrate supplementation in combination with smart changes in diet and lifestyle.

Each individual person has a unique biochemical thumbprint. This thumbprint is similar enough in function to respond to and benefit from certain fundamental nutritional principles. Thankfully, the body is a self-healing machine. It is capable of healing, repairing, and reconstructing itself, but only when provided with adequate amounts of nutrients along with pure water and fresh air. However, body processes can become so unbalanced that the standard potency of food is insufficient because it lacks the required nutrients and minerals. Because so much of the food we eat is processed, genetically engineered, and grown on depleted soil, there exists among all of us a frightening reduction in the availability of proper foods needed to meet the body's requirements. As a result, the use of

to individualize meaningful and successful health-building programs for each patient. We also feel that education is a powerful tool that enables an individual to make correct choices for improved well-being.

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individualized supplementation is vital in order to correct the resulting deficiencies, promote healing, and return the body to a state of balance.

Two examples of commercially produced foods that lack the nutrients found in their organic counterparts include the tomato and spinach. Commercially produced tomatoes contain 1 milligram of iron and 0-5 milligrams of vitamin C, whereas organically grown tomatoes have 1,938 milligrams of iron and 125-250 milligrams of vitamin C. Commercially produced spinach contains 49 milligrams of iron, yet its organic equivalent contains 1,584 milligrams.

I have found that the primary pathways leading to unbalanced body chemistry are improper diet and lifestyle, irregular sugar handling, inadequate digestion, and liver/biliary congestion. In most cases, the problem is not limited to a certain deficiency that initiated the decline but also the resultant dysfunction and how it affects that particular body. My task as the doctor is to lead the patient back to health by finding the route their body took to arrive at its current condition. You can understand that this is not accomplished by self-navigation on the part of the average person. For instance, if you have an idea that your thyroid is a problem, you can purchase thousands of dollars of vitamin pills from a hundred different people and dose yourself in whatever way you choose and you will still have that unresolved health problem. Why? The reason is because you must be expertly trained in biochemistry and anatomy to identify the basis of the problem rather than going solely by the symptoms. Plus, I know from my conventional training that this type of knowledge has its limitations when not combined with a true understanding of how healing takes place.

Cardiovascular disease is a great example. If a patient has a history of ingesting bad fats such as hydrogenated oils and trans fats, digestion becomes unbalanced and results in the blockage of the liver and gallbladder functions. As blood attempts to pump through the liver, the heart becomes overworked and blood pressure increases, eventually leading to cardiovascular disease. In this case, it is wise to support the heart, but the focus should be on the digestive pathway that led to the cardiovascular dysfunction in the first place. This is accomplished by improving digestive function and thinning the bile. Increased bile and liver function allows the metabolism of vitamins B, C, and E to markedly improve. At the same time, fatty acids are efficiently able to provide support while the deficiency is being corrected. In the

process, adrenal stress is relieved because there is now support where previously there were impaired functions of the major systems.

In the case of impending diseases, deficiencies are determined in our office through the use of my exam of the patient, computerized assessment of one's physical fitness level and rate of aging, evaluation of body composition, and the patient's answers to a multitude of important questions. These measures are crucial to obtaining a comprehensive and precise picture of the source(s) of a patient's physical imbalances and nutritional deficiencies.

The purpose of my practicing health care in this way is because these clinical steps confirm not only each patient's current condition, but also the originating dysfunctions. There are biochemical similarities of the human body throughout a population that respond to and benefit from certain fundamental nutritional principles, but I am interested in identifying with a high degree of certainty the foundational issues and the root causes per case. In the past when my patient load allowed more sufficient time for me to teach during the clinical day, I have agreed to have medical students and residents to complete their training at Integrative Health Group. Each one commented that caring for each patient on an individual basis is far more complicated than conventional medicine. Our patient results reflect the magnitude of the body's self-healing abilities when proper nutrients, not chemicals, are provided for each individual.

To carry on the life process, each of the 80 to 100 trillion cells must digest constructive food, excrete wastes, repair itself, and carry on other essential functions. Every cell requires all of the known and unknown elements of nutrition.

Nutrients in foods are highly synergistic interactive complexes. Synergy means that the whole is greater than the sum of its parts, that the relationship which the parts have to each other is the most catalytic, most empowering, most unifying, and most functional or effective part. Synergy means that 1 + 1 will equal 8, 24, or even 1,600. Synergistic function produces more and better results than any action of any part separated from the whole. The auto parts store is stocked with thousands of important and necessary car parts, but they are meaningless without the other parts and their functions within the entire car.

So it is with the body. That is why I often say that I do not practice vending machine medicine, which can be

accomplished by a person browsing the store shelves and making a vitamin purchase. Compare the vending machine to the five-star gourmet fare, where each dish and each experience is carefully planned, prepared, and executed to perfection. Which choice is more nutritious and satisfying? Everything is related to everything else. It is in the **relationship** that functional powers are maximized, that balance is maintained, and health and well-being are enjoyed. If any part of the whole is disrupted or destroyed, it adversely affects all of the other parts and the whole. In fact, the whole is altered. Function or effectiveness is in the unity, the interdependence, and the teamwork.

Did you know that a vitamin is an extremely complex organic substance needed in small amounts yet essential for life and metabolic processes such as growth, maintenance, repair, and energy? Although often considered a single substance, each vitamin is a group of chemically related components. Separating or fractionating the group of compounds into single, incomplete portions converts it from a physiological, biochemical, and active micronutrient into a disabled, debilitated chemical of little or no value to living cells. The synergy is gone.

Research is elucidating the various roles and interrelationships of vitamin compounds or complexes. Though the nature, chemical structure, and composition of vitamin complexes are considered known, science has only scratched the surface in identifying all of the benefits of the interdependent, interactive components.

The true potency of vitamins is delivered to the cells through the combined effect of the vitamin complex, rather than a single chemical, and is a functioning mechanism. The discovery of hundreds of phytochemicals since 1990 validates this concept. There is still much about food complexes that has yet to be discovered. Whole foods harbor a whole ratatouille of compounds that have never been segregated or manufactured by humans because, until recently, scientists did not even know they existed and do not know how many more there are.

Although each person needs all the same nutrients, the quantities of each nutrient needed daily are distinctively different. Each person's needs vary because of environmental and circumstantial conditions. Between two

young, healthy men of the same age, weight, and height one might need four times as much calcium as the other and six times as much of a specific amino acid as the other. For some nutrients, the range of individual requirements might be even greater.

With natural foods and food concentrates, the body can choose to assimilate its needs and excrete what it does not need. This is selective absorption. In contrast, fractionated and/or synthetic supplements allow no choice. The body must deal with the chemical in some manner and can suffer consequences of biochemical imbalances and toxic overdose.

A food can be isolated into many of its components, but the body cannot get along on the parts so isolated. The chemist could analyze most food concentrates with as much accuracy as he could analyze most other natural things, yet he could not achieve normal results by feeding the multiple food constituents in separate applications. To isolate or separate a vitamin, mineral, amino acid or other component and call it a nutrient is just as impractical as isolating a steering wheel, battery, or carburetor and calling it an automobile. It might have a movable part but it simply will not effectively work without the other parts.

#### LIVING ENERGY

The use of non-food, isolated, or manufactured "high potency" supplements, whether vitamins, minerals, trace minerals, amino acids, sugars, or any other component, does not make biochemical sense. This is chemistry. The human body is concerned with biochemistry, the chemistry of living things. Molecules from living things can be isolated and examined individually. They will conform to all the physical and chemical laws of inanimate matter. Yet living organisms possess extraordinary attributes not shown by collections of inanimate molecules. Once separated from the living food, the molecules are dead.

Living organisms - whether plants, animals, or humans - are complicated and highly organic. They possess intricate internal structures and contain many kinds of complex molecules which all work together. Inanimate matter - whether clay, sand, rock, or a fractionated synthetic supplement - usually consists of random mixtures of relatively simple chemical compounds.

Isolated, non-food, or synthetic supplements have a limited effect compared to their natural complex counterparts found in whole food supplementation. They can have drug-like - rather than nutritional - effects and can produce symptoms from constipation and headaches to kidney and liver damage. They can and do create biochemical imbalances which are worse than deficiencies.

All vitamins, minerals, amino acids, enzymes, co-enzymes, phytochemicals, and any other forms of nourishment found in nature come packaged with an abundance of other nutrients in an interrelated, balanced arrangement to ensure their optimal absorption and use (function) in the body. This is the safest, best way of providing nutrition. Chemists try to duplicate Nature's way but cannot do so. Compared to fractionated or manufactured supplements, a much smaller quantity of food complexes is required, and high potency is not needed for the most effective function. Nature is the best chemist.

Supplements that we have in our natural pharmacy at Integrative Health Group are enzymatic and alive. They are legally available only through a practitioner. Human-made (synthetic) or separated (dissected) supplements are dead chemicals. Ingestion of lifeless chemicals which the body treats as toxic and which can cause deficiencies, imbalances, or other adverse reactions, will not build health. At best, they can provide a false sense of security for the person who ingests them. But truth eventually prevails, as voiced by so many of my patients who tried to supplement themselves on their own. Human health requires live biochemicals that are readily accepted and used for maintenance, repair, energy, and function.

Does the body know the difference?

Absolutely. It is a matter of chemistry versus biochemistry. It is a matter of the vending machine snack compared to a gourmet meal.

Merry Christmas and Happy Holidays to each of you!

### **The needs of your body change...**

If you have not been in our office for the past six months, you need a follow-up exam. For those who call and schedule a follow-up exam before January 15, 2009 we will include a FREE Bioimpedance Analysis (a Metabolism Evaluation) to occur during that visit. This offer applies only if you mention this newsletter offer when you call to schedule.

**Available Appointments are limited. Call today!**

**Learn more about Integrative Medicine on our radio talk show *Healthy Alternatives* at AM 660 WLFJ every Tuesday afternoon from 12:30-1:00p**

### **Holiday Schedule**

**The office will close at 1:00 pm on Wednesday December 24, 2008 and be closed Thursday, December 25 and Friday, December 26.**

**The office will be closed Thursday, January 1 for New Year's Day**

**Please make your appointments and purchases accordingly.**