

# Integrative Health Group Newsletter

**November 2009**

## Quick Link

[Integrative Health Group Web Site](#)

**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.**

## About Integrative Health Group



**Our intention at Integrative Health Group is to profoundly**

## Letter from Dr. Stegall

### What's With My Body Lately?

Do you actually feel great or do you push through your day just to make it home in time to crash? Are you frequently irritable or feel depressed? Do you have unexplained aches and pains? Do you try to appear to feel great to others when inside you feel drained? Have you been told that your blood work is normal, yet you know something is wrong? Is your weight persistently climbing no matter what you do to shed the pounds?



The number seen for weight on the scale is not an indicator of one's health. An important part of one's health picture, regardless of age, is body composition. Body composition data can form the basis for a wide variety of therapeutic health and fitness modifications. In clinical applications, analysis of body composition, along with effective nutrition and exercise, provides the foundation upon which further treatment is based. Body composition analysis can indicate how much muscle and fat are lost or gained due to the manner in which one is eating, exercising, and taking medications.

When there is an imbalance between calorie intake and calorie burn, body composition negatively changes. The quantitative management of abnormal body composition (as in cases involving overweight, suffering with anorexia, or fighting disease) must be in association with regulating daily calorie intake and expenditure.

A thorough body composition analysis like we use at Integrative Health Group must include a three compartment assessment. The compartments are:

1. The Energy Storage Compartment (Fat Mass) - Fat mass is all of the lipids from adipose and other tissue in the body. It contains both subcutaneous fat located directly beneath the skin and visceral fat that is located deep within the body between organs.
2. The Functional Compartment (Body Cell Mass) - Body Cell Mass is where work is done. All oxygen consumption, carbon dioxide production, glucose oxidation, protein synthesis and other

**improve healthcare in America. We are doing that by thorough assessments and follow-ups in order 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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## November Special

**Only as long as the current supply lasts:**

**Organic Protein Meal Replacement**

**Normally \$76**

**Now \$40**

metabolic work takes place within the body cell mass. This is the total mass of all of the cellular elements in the body, and therefore represents the metabolically active component of the body. In a balanced adult, muscle tissue accounts for 60% of the body cell mass, organ tissue for 20% of body cell mass, with the remaining 20% made up of red blood cells and tissue cells.

3. The Support Compartment (Extracellular Mass) - Extracellular Mass is the support mass of the body and is metabolically inactive, consumes no oxygen, produces no carbon dioxide, and performs no work. It consists of extracellular fluids and solids, such as bone and cartilage, with its primary function that of support and transport. Extracellular mass is located outside of the cellular compartment or outside of the body cell mass. Lean body mass is the sum of body cell mass and extracellular mass.

Our computerized system at Integrative Health Group assesses all three compartments as well as providing us the patient's Basal Metabolic Rate, the number of calories consumed and metabolized daily at a person's current weight. Starting this month, instead of being utilized only when a patient is on a weight reduction program with us, we will be providing this assessment as a routine part of the fourth follow-up visit for every patient. It is also available by appointment only for the non-patient for a fee of \$50 (which includes the basic facts only and no doctor consultation).

The promotion of healthy eating habits and proper supplementation is more important now than ever before. Scientific evidence has linked a deficiency of nutrients to the onset of chronic diseases such as stroke, heart disease, diabetes, and obesity. The number of deaths attributed to obesity has doubled in the past fifteen years. Approximately 1 in 10 deaths of people aged 20 to 64 is linked to improper weight. The common denominator in all of these conditions is altered body composition, which is not necessarily visible upon outward observation of the individual.

In short, body composition refers to the amount of body fat a person has, relative to the amount of lean tissue (muscle and bone). Essentially, an unhealthy body composition is when you carry too much fat relative to lean muscle. As your body's fat to lean ratio increases, your health risks also increase. Some of the conditions associated with an altered body composition include:

- insulin resistance
- hypothyroidism
- heart disease
- back pain
- stroke
- gallbladder disease (gallstones)
- obesity
- high blood pressure
- kidney disorders
- high cholesterol
- osteoarthritis

**Offer Expires: 11-20-09**

- type II diabetes
- respiratory problems
- estrogen related problems
- sleep apnea
- certain cancers
- extreme fatigue
- urinary incontinence
- depression

Identifying altered body composition is important in identifying health risks. This is what prevention and correction are all about.

Even though you might be quite discouraged about your current state of health, realize that there are real answers and real solutions. Whether you already consider yourself somewhat healthy or you are chronically tired, very ill with disease, overweight, or often find yourself battling pain and exhaustion, the ideal you CAN be a reality. Most people in the world today battle at least one health challenge on a continuous basis.

Remember, also, that you are meant to be healthy. Your body is designed to maintain the optimal you, to provide you with maximal energy, to heal you when you are sick or injured, and to live a long and satisfying life.

What you cannot do is take a shortcut to correction. You must have the following:

1. All of the personalized information pertaining to your body. You cannot acquire that from reading a book or researching a topic online. You also cannot acquire that from a blood test.
2. You must have supplementation that your body can actually use. If you purchase your supplements online, from a multi-level vitamin company, or from the store shelf, you are taking a risk - not only with your money but with your body.
3. You must seek advice based on knowledge and results, not hunches.

We are pleased to provide our patients all three and more. The holidays are approaching and if you are unwell, you will miss an opportunity to fully bless those around you. Call now to spend a small amount of time with us that will yield many quality months and years to your life. That makes what we do very exciting.