

# Integrative Health Group Newsletter

**December 2009**

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**Integrative Health Group is  
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8:30 a.m. - 5 p.m.**

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(864) 235-6788.**

## About Integrative Health Group



**Our intention at  
Integrative Health  
Group is to  
profoundly improve  
healthcare in  
America. We are**

## Letter from Dr. Stegall

### Small but Mighty

Most people truly do not understand the concept of nutritional medicine and fewer yet understand the concept of cellular nutrition. I approach my patients as a specialist in nutritional medicine. How and why can you better protect your health or even regain your health by applying these concepts to your own life?



Oxygen is basic for life itself, but comes with an element of peril. In the process of utilizing oxygen within your cells to create energy, you also create a by-product called free radicals. Free radicals are charged oxygen molecules that are missing at least one electron and are busy seeking to obtain that missing electron from the surrounding area. If it is not readily deactivated by an antioxidant, which can give the free radical the electron it desires, it can go on to create more dangerous free radicals as well as damage the cell wall, vessel wall, and even the DNA nucleus of the cell, while also impairing proteins and fats.

Think of it this way: the same process that turns a cut apple brown or rusts metal is also causing you to rust inside. In fact, medical literature now reports that over 70 chronic degenerative diseases are the result of this process. Diseases such as coronary artery disease, diabetes, cancer, arthritis, Parkinson's, lupus, macular degeneration, and multiple sclerosis among others, are the result of oxidative changes that occur over a period of time.

The number of free radicals you produce is not uniform because some days you produce more than others. This current generation must deal with more free radicals than any previous generation due to our stressful lifestyles, polluted environment, and over-medicated society.

To prevent oxidative stress, you must have more antioxidants available, along with their supporting nutrients, than the number of free radicals you produce. We are not automatically defenseless against this process. Antioxidants are the answer. The question is whether or not we are able to get all the antioxidants we need from our food. This is the question I answer for the patients I evaluate each day. After reviewing copious amounts of medical literature, I

**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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am fully persuaded that the only way you have a chance of preventing oxidative stress is by taking high quality, complete and balanced nutritional supplements that provide what I refer to as cellular nutrition. If you are relying on supplementation you can purchase from the store shelf, I strongly encourage you to reconsider and purchase from us as a patient of Integrative Health Group. Otherwise, you have no way of knowing the quality of the ingredients.

#### **Value of Nutritional Medicine Provided at Integrative Health Group**

On the topic of nutrition, I have found that most have held the belief that a multiple vitamin provides insurance for what is lacking in daily food choices. It became very obvious to me early in my career that the underlying problem most people have is not only nutritional deficiencies despite consumption of well-known supplements but also the result of oxidative stress. It was also apparent to me that medication increases the production of free radicals and is not the answer to resolving any of these diseases. The goal of the care I provide has been to provide the nutrients that are necessary to build up the body's natural antioxidant defense system so that oxidative stress no longer occurs. Early on, it became profoundly apparent that this is the winning ticket. Real and complete nourishment is the best defense against developing any of these diseases AND combating them. The manner in which you obtain these nutrients does make a difference in the outcome!

Much of today's research is directed to finding the magic bullet for a particular disease. For example, there were many studies that showed that smokers who had the highest antioxidant levels in their blood stream had a significantly lower risk of developing lung cancer than those smokers who had the lowest level of antioxidants.

Most of the researchers felt that it was primarily due to the high levels of beta carotene. So they decided to do a study and supplement a large number of smokers with just beta carotene. They were dismayed when they found that the group that received the beta carotene alone actually had a higher incidence of lung cancer than the control group. This led researchers and the media to then claim that beta carotene was dangerous and should not be taken in supplementation by smokers. A couple of years later it was reported that a review of the same data showed that those smokers who had the highest levels of total antioxidants in their blood stream had a significantly decreased risk of developing lung cancer compared to those who had the lowest levels of antioxidants.

Beta carotene is not a drug but a nutrient that we get from our food. Yet, because of supplementation, we are now able to get it at levels you cannot obtain from your food. Beta carotene works in only certain parts of the body and against only certain kinds of free radicals. Beta carotene needs the other antioxidants along with certain minerals and B cofactors in order to effectively do its job

**But because many, many researchers are focused on trying to find the magic bullet for whoever is financing the research, instead of stepping back and understanding the basic principles and concepts of cellular nutrition, they are missing the most important nutritional evidence. The amazing thing is how so many of these studies that look at just one or possibly two nutrients still provide evidence for a health benefit of some kind in the process.**

**So what is the extent of the health benefits if all of these nutrients are put together at optimal levels? This is where we excel with our care at Integrative Health Group due to individualized evaluation and cellular nutrition.**

**There are over 180 studies that involve a large number of people - called epidemiologic studies - that all demonstrate that our approach works. Individuals who have the highest levels of total antioxidants in their body compared with those who have the lowest levels have a 2- to 3-fold decreased risk of cancer, heart disease, diabetes, and even Alzheimer's dementia. It then becomes obvious that individuals who consume foods that contain antioxidants plus supplements that can be used by the body as food, had the highest levels of antioxidants in their body and less disease. This only makes logical sense when you understand the concept of oxidative stress as being the root cause of over 70 of these chronic degenerative diseases. Therefore, I advise my patients to consume daily servings of fresh whole fruits and vegetables, along with high quality, complete and balanced nutritional supplements from our office that provide cellular nutrition.**

**Cellular nutrition would be defined as providing all of the micronutrients to the cell at these optimal or advanced levels that have been shown to provide a health benefit in our medical literature. In other words, you would want your supplementation to be balanced and complete, much like an ideal, healthy diet. The only difference is the fact that, unlike today's food supply, supplementation can provide all of these nutrients at optimal levels. We all need to be supplementing a healthy diet; however, because of our stressful lifestyles, polluted environment, and over-medicated society we do need to be supplementing.**

**In addition, cellular nutrition has been shown to build up our body's natural immune system, antioxidant system, and repair system. You not only replenish any nutritional deficiency within 6 months of supplementation, but you also optimize all of the body's micronutrients. You are given the absolute best chance to reverse or prevent any oxidative stress and protect your health. Nutritional supplementation is really about health-not disease. Nutritional supplements are natural to the body and the nutrients the body requires to function at its optimal level.**

**Every man, woman, and child needs to be supplementing a healthy diet and be involved in a modest exercise program. This is the key to protecting and maintaining your health. On the other hand, what**

**if you have already lost your health and have developed one of these chronic degenerative diseases? Does supplementation provide any hope? The answer is yes!**

**Those patients who are already suffering from a chronic degenerative disease like diabetes, rheumatoid arthritis, or multiple sclerosis have significantly more oxidative stress than the normal, healthy patient. It became very apparent to me early on that in order to have an effect on improving the health of someone who was already suffering from cancer, heart disease, diabetes, macular degeneration, and the like that I must truly optimize every aspect of the body's natural defense systems. Putting my education to work, I saw evidence that by placing patients on basic cellular nutrition, I was able to create a synergistic effect. I found that 1 plus 1 was no longer 2, but instead was 10 or 12. This powerful approach has repeatedly allowed me a much better chance of bringing oxidative stress back under control.**

**Once my patients are ingesting my recommendations for cellular nutrition, I can begin adding enhancers to their nutritional supplement regimen. In this way, I best support my patients' natural defenses and allow them the best chance to take back control of their health.**

**Once more, it is all about balance. I want my patients who are already suffering from an illness to also bring oxidative stress back under control. This is my entire goal in the most serious and life-threatening cases. Then and only then do they have a chance to see their health improve. By combining cellular nutrition with specific enhancers, I give all of my patients the best chance of bringing oxidative stress back under control. The results I have seen in my practice using these principles have been nothing short of amazing and have earned us a reputation for outstanding results.**

**Nutritional medicine is not like taking drugs. It takes a minimum of 6 months to build up the body's natural defenses. That is not to say that it takes 6 months before relief of symptoms begin to be noticed. Upon starting a program to nourish the body, a patient is not to quit taking a medication prescribed by his/her conventional doctor. A majority of my patients have been able to at least decrease their dependence of medication and in many cases even discontinue their medication. This is always due to a significant positive improvement in their health as a result of their determination and consistency in following my recommendations. Not everyone is willing to make the effort to get well, so I am unable to help that type of individual. And if I cannot help them, who can? Do not be among them.**

**My wish for you is to live your life to the fullest, and great, not mediocre, health is required.**

**Look around and count your blessings. In recognizing the value of them, perhaps Integrative Health Group will be considered to be**

among them.

**Merry Christmas, everyone!**

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