



Integrative Health Group Newsletter

January 2010

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 improve**

Letter from Dr. Stegall

What Must We Change in 2010?

Between H1N1, the continuous battle against obesity, and stem cell research, 2009 represented a year of consistent news coverage in health and medicine. What should be in store for 2010? Here are a few thoughts I have on the subject:



I would like to see people eat more anti-inflammatory foods to reverse the complications of obesity and diabetes, which are two of the most expensive diseases in this country. Our whole health care dilemma revolves around the fact that we have people in this country who are sicker than anywhere else in the world because of the foods we eat. Obesity is economically driven, and due to these uncertain economic times, people are taking a look at their food bills. Much of the population goes for the least expensive foods, which are the cheap carbohydrates and vegetable oils that our government subsidizes. As a result, nutrition is sacrificed with the consumption of food that satisfies the taste buds without providing nourishment and turns into stored fat. People are then susceptible to getting sick, which in turn drives up health care costs.

More and more, our culture makes it easy for people to readily accept things as they are - as if they are normal. For example, research shows that overweight women think their overweight children are of normal weight. I feel that the first step of any lifestyle-changing program is an assessment of the problem. At Integrative Health Group, patients can see where they stand with their health status. We evaluate first, and then provide an educational and motivational explanation, including effective, safe, and realistic recommendations to improve lifestyle.

Both obesity and diabetes will continue to increase unless things change at the institutional, school, and home levels. The impact of malnutrition, obesity, and overweight on chronic diseases is gigantic.

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.

Receive Our Newsletter

[Join Our Mailing List!](#)

Kids today are likely to have a shorter lifespan than their parents because of the problems of inadequate diets and little sustained movement in play. Children are now having problems, such as clogged arteries, that were previously seen only in the older population. We must take action and make valuable changes, not only for current generations but also those to follow.

MY TOP 20 HEALTH TIPS FOR 2010

- 1. The secret to living a healthy life starts with a healthy spiritual life. If you do not know God, start an intensive search to find Him. If you do know Him, determine to know Him more intimately.**
- 2. The best physical habit to adopt is daily exercise. If you can find an exercise that you consider to be fun, do it, because exercise is not always pleasant. Anybody who says exercise is never difficult is not doing enough. Do not perform the same exercise every day. Have three or four different regimens, and rotate through them.**
- 3. Get an individualized assessment in our office if you have not already done so! For those who have already been evaluated, do not stop your program. Also, be conscientious about having follow-up visits in our office on a consistent basis!**
- 4. A well designed program of supplementation not only makes you feel better right now, but it prevents a host of other health challenges. And be honest. How well did you eat last year? Although supplementation does not replace a healthy diet, it is just as necessary. There are no other supplements as easily assimilated, pure, and effective as the ones we provide our patients from our natural pharmacy. Most importantly, we make it possible for you to know which ones you need.**
- 5. My best advice for the beginning of a new year: Restrict your calories! You can make up all the stories you want about different diets, but the only thing that truly counts is how many calories you eat a day. If you saw someone you have not seen in 15 years, would you be proud of your appearance? Get the excess weight off now because there is no better time than the present to just bite the bullet and get it done. You will like**

yourself more for exercising the discipline to accomplish something so important, plus you will add years to your life. We can help you to lose weight in a consistent and healthy way.

6. Drink more water, and make sure it is pure.

7. Sleep 8 hours. Too busy and have too much to do? Cut out something else instead of sacrificing adequate sleep. Is your sleep fragmented due to interrupted sleep? Take action now to let us identify why you are failing to get restful, restorative sleep.

8. Avoid smoking. That is something we all know and give plenty of lip service, but it is truly devastating what smoking does to people, and yet amazing what quitting smoking can do for people. For the person who is serious about quitting, our low light laser treatment is far more successful in helping someone quit than medications, patches, gum, and/or hypnosis.

9. Take responsibility for your physical condition and expect sacrifices. Losers think it is punishment. A winner sees it as a challenge that can be done. A healthy mind and body are necessary for living a full and complete life. It is the responsibility of each one of us.

10. Achieve balance between work and your personal life, because when all is said and done, your legacy is your family and the people you love.

11. Happiness is the least known health tip. It is not that unhappy people will always live shorter lives. But when an individual has a happy life that is well balanced with family, love, a great career and interesting hobbies, they will live longer.

12. Laugh a lot. Why? It will put you in the right mood to not take life so seriously. We spent years studying cortisol, a stress hormone produced by the adrenal glands. When you laugh, stress hormones plummet.

13. Have a rich social life. Ask yourself: If I were

someone else, would I find myself to be a desirable friend? Am I interesting in conversation? Am I pleasant? Do I have a positive outlook? Nurture the friendships you currently have and be open to discovering new ones. Adhere to the adage: To have a friend I must be a friend.

14. Growing numbers of patients require detoxification to rid the body of toxins. I advocate we give the same careful attention to engage in regular Emotional Detoxification. It allows the mind and body to have a moment to turn off and embrace peace. Take periodic mental breaks, when appropriate, during your work day. Plan a segment of time at home to be silent and think, followed by playing music you love, or dancing alone throughout the house, or lying on a mat and taking deep, refreshing breaths. Conclude by gently stretching.

15. Avoid "stinking thinking"-meaning thoughts pertaining to feelings of worry, anger, helplessness, hopelessness, and defeat. Make plans to take charge of that part of your life that is causing you the greatest defeat.

16. Use your head. The secret to living a healthy life starts with a healthy mind that must be maintained throughout your life. Grow your intelligence by turning off the television and reading books, listening to informative tapes and CDs, and having conversations with intellectuals.

17. Take pride in everything you do - the way you look, dress, play and even the appearance of your yard and house. You probably meet and talk to 100 people a day and they gain an impression of you from this personal contact. However, several thousand people will see you or your home and draw an opinion of you by what they see. Fair? Maybe not. Accurate? Yes.

18. Know that people need love and understanding the most when they deserve it the least. Apply this to coworkers, children, and loved ones.

19. Be comfortable with verbally expressing love to the

valuable people in your daily life. If today were your last day on earth, you would not hesitate to express feelings, would you? Tell your spouse, parent, child, and closest friend that you love and appreciate them.

20. Wellness is an ongoing process. Think of health not as a target, but as a journey that has no end.

Happy New Year, everyone!

We are exceedingly blessed.

Let's make 2010 the best year ever.

January Special

Start the New Year with decisive action
by
Giving a Detoxification Program and Weight Loss a Jump start!

\$45 for one 30-minute ionic Foot Bath
\$80 for two separate 30-minute Ionic Foot Baths
to occur in the month of January...

Call to Schedule your appointment today...

Offer Expires: 1-29-10

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