

Integrative Health Group Newsletter

February 2010

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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
healthcare in
America. We are**

Letter from Dr. Stegall

How does a person build health? If you are sick, you must readily admit that there is more to learn and changes to be made so that you can be well again, right? Thousands of your counterparts have been patients at Integrative Health Group, and arrive with the request: Just teach me what I need to know, tell me what I must do, and I will defeat this illness.

Later they comment that most of what they originally thought they knew when they first arrived was incorrect.

The proper process for improving your health can make you a student of choices and consequences. There are consequences to our choices in every area of life, including health. After years of choosing what was convenient and easy with no thought to health, we learn that convenience has its price. It is now time to actually learn how to care for your body on a continual basis and correct the damage that has been done in the name of convenience. Each person must open the operations manual and begin to apply some effort to restore and build health.

As each person's level of knowledge increases, wisdom should follow. Knowledge has no value unless it is applied. It is in the actual application of health principles that we can produce the good fruit of health.

It is from the experience of seeing health restored for many patients that I share with both doctors and the public what I have found to be clinically exceptional. For years I have traveled extensively and visited many facilities - both conventional ones and some which were quite nontraditional - to provide our patients the best of the best by making sense of the vast amount of information available in the field of healthcare. The road has NOT been traveled by many before me. One of my earliest mentors, sensing that I was hungry to provide a better way, stressed three things which have served me well:

- enter the arena well educated
- know which questions to ask and of whom
- choose your time carefully for when and how to apply the

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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information you acquire.

Chronic disease that we see throughout the populace can manifest as autoimmune diseases, heart disease, diabetes, multiple sclerosis, fibromyalgia, arthritis, depression, or cancer. Current statistics are alarming and ever increasing. If you are doing nothing to prevent these diseases, then it is only a matter of time before you are one of these alarming statistics.

In order to know where you are headed, you must have an accurate idea of where you are currently. Then you can compare your current health status with what is possible and decide to be on your way to improvement.

Many people have the image that health is being thin or being cancer-free. With an acceptance of this inadequate and erroneous definition, many people miss out on a more exciting big picture of true health.

Let me take you on a very quick and general tour of the body from top to bottom with a portion of the insights I use as I examine a patient to determine HOW to bring that person into balance.

BIOCHEMICAL

Life in the body exists due to hundreds of biochemical reactions every second. Every activity in the body, from neurotransmitter communication in the brain and nervous system to hormonal messages, require biochemical reactions. The body must also be in pH balance (acid to alkaline) for detoxification pathways to stay open. Disease lives in an overly acidic terrain; it will not live in a properly pH-balanced environment. This is why the pH of the body is so crucial. Detox pathways are the major highways and secondary roads the body uses to empty the trash toxins which are left over from biochemical reactions and other metabolic activities.

ELECTRICAL

The body is an electrical system from the brain to the muscles. Intake of minerals affects this electrical system. Electron transfers occur in every biochemical reaction of the body. Without a balance in the power source, the electrical demands in the body can surpass the electrical supply. This leads to a power shortage which can manifest as multiple sclerosis, fibromyalgia, or other weak muscle disorders.

EMOTIONAL

Many people do not realize that unresolved emotions such as anger, fear, unforgiveness, and guilt actually convert to a chemical reaction and are stored in various parts of the body. Two of the most offending emotions are fear and anger. Nurturing, love, and peace are necessary to balance any negative emotions.

ENERGY

The breakdown of matter (food) in the body releases energy to

enable the cells to do their jobs. When this system is out of balance, both the body's temperature and energy levels are affected. This entire area of energy is called the body's metabolism. Metabolism runs our body's thermostat and controls our energy reserves.

ENVIRONMENTAL

Common environmental pollutants add stress to the body. We often overlook pollution, pesticides, electromagnetic fields, etc., and how they impact our bodies. When our environment is out of balance, our bodies are also out of balance.

ENZYMES

Enzymes are the spark plugs of the body. They are essential for biochemical reactions such as digestion and assimilation to occur. Without adequate enzymes we do not digest our food, which results in indigestion, excess weight, and allergies. Enzymes also help in the digestion and assimilation of nutritional supplements. A well-fueled car will still go nowhere without a properly operating fuel injection system. So it is with your body. Without enzymes, your energy is depleted and food is not well utilized.

HORMONES

Hormones carry communications throughout the body. They impact metabolism, circulation, reproduction, stress, electrolytes, and water balance. Hormones are much more than estrogen, progesterone and testosterone. Hormones are vital for the body parts to communicate with each other.

MAGNETIC

Our brains produce a steady magnetic field. Imbalances can impact our body clocks, sleep patterns, and muscles.

MENTAL

Mental health requires a balance of body, mind, emotions, and spirit. When there is imbalance in even one of those required areas, there is mental fogging, anxiety, depression, insomnia, ADD, and lethargy. All work with little fulfillment, inadequate amounts of quality rest, and no fun and laughter in life create a stressed person, which opens the door to fatigue and disease. I see many patients with these problems and help them recapture the joy in life.

NUTRITION

The body must have a balance of vitamins, minerals, amino acids, proteins, carbohydrates, and fats to be fully nourished and fully functional. Choosing food wisely and taking the correct supplements are required for completely supplying the body with the required working elements for ideal health.

PSYCHOLOGICAL

The body must balance emotions with a logical mind. Unrestrained emotions or demanding logic can break down our psychological balance and lead to psychological problems that can also manifest

as physical health problems.

STRUCTURE

The skeleton gives the body its plumb line. When our bones are strong and well-nourished, the rest of the body can be structurally sound. Just as a solid foundation of a building is necessary for it to sustain the activity within, so our bones must be strong and secure to keep the body in alignment.

The real miracle of the body is that regardless of how we treat it - or mistreat it - it strives to right a wrong and continue to function. The more one enhances the function of each body system, the more vitality of the individual. In order to be healthy, each of these systems must be fully kept in balance by reducing the excesses and correcting the deficiencies. At Integrative Health Group, we are busy helping people acquire true and lasting wellness.

By blazing a unique integrative trail in healthcare, I can attest to what Arthur Schopenhauer (1788 - 1860) said: "All truth passes through three phases: First, it is ridiculed. Second, it is violently opposed, and Third, it is accepted as self-evident." I am pleased to tell you that people who start out in the first two groups join those among the third and become our patients.

I recently traced the word health to its Hebrew roots and found that it comes from the word shalom. Shalom is peace, or to have safety in your mind, body, and estate. Do you have safety against accelerated aging, diseases, and infections? What you are today and what you pass on to future generations lays the foundation for peace. This kind of peace supersedes the stress of this current age.

I invite you to make a commitment to enter into the shalom of health. As one of our patients, you will learn how to cleanse your life, as well as your body, of the imbalances and toxins that rob you of peace and health.

Special Announcement

The half price fee for a new patient assessment will come to an end on February 28th. If you have not yet been assessed in our office, schedule your appointment without delay.

Only a limited number of New Patient Appointments remain available for the month of February.

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