

Integrative Health Group Newsletter

October , 2010

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Want to make an
appointment?

Appointments are
available as an in office
visit or as a telephone
consultation!

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**

Letter from Dr. Stegall

What is your Blood Line?

Vitality, health, and well being depend upon the delivery of healthy, nutritionally rich blood throughout your body. But if you do not have a healthy circulatory system, blood health does not matter so much since you must have both in order to avoid serious outcomes.



Every cubic inch of your body is rich with arteries, veins, and circulation of lymphatic fluid. Each pound of your body has up to two miles of circulatory tissue. The key to vascular health is keeping all of this microscopic plumbing in good working order.

Just like the plumbing in your home, when your vascular plumbing is malfunctioning, it either leaks or clogs. My focus becomes the proper repair of leaky plumbing for patients who are experiencing certain symptoms. In so doing, I know we are preventing more serious outcomes that could be devastating if the need were not being identified in my office.

Bruising - Bleeding Gums - Strokes

Bruising, bleeding gums, and hemorrhagic (bleeding) strokes are all signs of an unhealthy, leaky vascular system. While bruising and bleeding gums do not seem life threatening, they are definite indicators that the plumbing is leaking which can lead to greater health concerns such as stroke.

Each year, 84,000 Americans are victims of brain bleeding, the deadliest form of stroke. Of these, 31,500 die within a month of their stroke, and most who survive are left with significant disability. This makes stroke the leading cause of serious, long-term disability in the United States! Since bleeding strokes are seen more frequently in younger patients, the condition is especially tragic as people are struck down in the prime of their lives.



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 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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I have counseled many who are families, friends, and victims of these vascular accidents. I hear questions like these:

**What could be the underlying cause of this shocking outcome?
Why are these conditions on the rise?**

**What is the answer for our family now?
How could this have happened without a clue?**

I/He/She/ was so healthy! And now this!

I am particularly affected by these perplexed individuals because I can relate to their sadness and perplexity. My maternal grandfather suffered a stroke and lived twelve years following with the serious disabilities so common to stroke victims: paralysis, inability to walk, and severe impairment of speech. I was a child when it occurred, but I was told that he had been a very active man and was also known for his wit. Much of him died long before his death.

The healthy plumbing of the body is the result of perfect cooperation between healthy connective tissue making up the vessel walls and healthy blood that feeds and repairs that very same tissue. While congenital variations of tissue structure and strength are factors in some vascular accidents and strokes, the prevention of bruising, bleeding gums, and vascular leakage depends upon choices we make every day.

The food we choose to eat, the toxins to which we are exposed that cause nutritional deficiency, and the quality of the supplements we consume all impact our health. It is important to note that once bruising, bleeding gums, frequent bloody nose, or stroke appear, it is likely you have had a condition of nutritional deficiency for a long time - sometimes a very long time.

The body must remain in a state of nutritional deficiency for an extended period of time for symptoms of any condition to develop. You must not wait for early signs of vascular leakage to appear! I want you to begin now to recognize the importance of taking the necessary precautions. You can certainly prevent strokes and cerebral vascular accidents with correction of nutritional deficiencies and then maintaining the healthy balance of nutrients with exceptional supplementation.

Prevention is the key!

The health of the vascular system depends upon the integrity of the arteries, veins, and capillaries. The building blocks of vascular health are found in foods rich in vitamin complexes, bioflavonoids,

essential fatty acids, and calcium. Let me review their role so that, with our help, you can prevent and/or resolve bruising, bleeding gums, bloody nose, or stroke.

- Bioflavonoids, (the vascular fragility factor also known as Vitamin P), decrease the risk of bleeding, increase capillary strength, and maintain the integrity of the capillary walls.

- Vitamin K is critically important to a healthy blood clotting mechanism. Vitamin K supports capillary integrity and is helpful in the production of fibrin, a connective tissue protein responsible for proper clotting.

- Vitamin T is a nutrient that supports healthy blood and platelets. The synergy of platelets and clotting factors activated by calcium initiates the blood clotting process.

- Calcium initiates blood clotting by activating platelets and clotting factors. It also supports connective tissue such as blood and blood vessels.

- Vitamin E is a powerful antioxidant that protects the fat soluble vitamins and their carriers and balances the actions of the vitamin K complex. This combination of factors to assemble vascular health helps to build strong vessel walls to prevent leakage, build healthy blood for appropriate clotting times, and assists in the modulation of vascular inflammation.

Lifestyle Choices are a Means to Improved Health

To establish and maintain a healthy vascular system, one must live a lifestyle which reduces toxins known to deplete the body of nutrients while eating plenty of organic whole foods high in vascular health nutrients. Regardless of whether you are recovering from bruising, bleeding gums, and bloody nose or wisely want to prevent future problems, my advice is the same:

- Avoid processed foods made from sugar, flour, unhealthy fats and chemical additives which deplete the body of nutrients.

- Reduce environmental toxins in your kitchen, bath, garage, and medicine cabinet because these toxins consume antioxidants and other health resources and lead to nutritional deficiency.

- Eat healthy whole foods high in antioxidants, organic minerals, and vitamin complexes found in fresh vegetables and fruits.

·The assimilation of nutrients requires healthy digestion and absorption. Even the best quality food does no good without proper digestion. If you experience indigestion an average of once every one to two weeks, you have faulty digestion that needs correction.

·Eat healthy fats to enhance your assimilation of vitamins and minerals while boosting your production of natural anti-inflammatories.

Make use of the above suggestions as you plan your daily menu.

In addition, I cannot emphasize enough the importance of being evaluated at my office - beyond your yearly check-up! With every patient, I want to know the status of each major organ and the organ systems that contain them.

If lab work is needed for information beyond the first assessment, we utilize testing that gives facts beyond the standard blood tests. Once I know the priority of your body's weaknesses, I then devise an individualized plan of action, specific to your needs, so that balance can be achieved.

That is when you embark upon health improvement that allows you to say what a patient said to me a few weeks ago, "I am forty years old and I now feel the best I have ever felt in my entire life! Every living person needs to be a patient here."

We agree!



**Learn more about Integrative Medicine on Dr. Stegall's radio talk show
Healthy Alternatives
on AM 660 WLFJ each Tuesday afternoon from 12:30-1:00 P.M.**