

“Until love takes possession of the heart, no other divine bounty can be revealed in it.”



“Love” is the source of all the affairs transpiring at Holistique Medical Center. “Love” is the key for our existence as the most comprehensive, medically progressive, and integrated holistic clinic in Washington. “Love” is the foundation of all healing at Holistique. “Love” is the reason Holistique continues to work to set standards for patient care and education as well as charitable community contributions.

Love is the driving force behind Holistique’s latest adoption of innovative non-invasive diagnostic tools and therapeutics. Holistique is one of the leading clinics in Washington to launch the FDA-approved Meridian Stress Analysis which helps our doctors evaluate organ system health function, and is a leader in introducing IMT Carotid Scan at a family clinic setting. The IMT Carotid Scan assesses precisely the risk of heart disease. Holistique is also proud to introduce “Food Pharmacy”, a computerized system aiding our physicians in optimizing an individualized diet plan.

For each one of you who sets foot into Holistique, I hope you do feel the love each one of us has for you as you journey towards optimal healing and wellness. With joy, we look forward to serving you.

Nooshin Darvish, ND, Medical Director

New Faces at Holistique



Maydee Murdock, ND, LAc, R.N.- Dr. Maydee (My’ Day) Murdock specializes in naturopathic medicine, acupuncture, women's health, botanical medicine, homeopathy, and cranial sacral therapy. She is a current adjunctive faculty and former chief resident at Bastyr University and Bastyr Center for Natural Health respectively. She was born and raised in Colombia and immigrated to USA in 1987. While practicing as a Registered Nurse, she obtained her Doctor of Naturopathic Medicine (ND) and Masters in Acupuncture (LAc) degrees. She combines the wisdom of Eastern medicine and the science of western medicine by utilizing Naturopathic medicine with acupuncture. She is a member of the American Association of Naturopathic Physicians and the Washington Association of Naturopathic Physicians. Dr. Murdock is credentialed with major insurance plans including Regence and Premera Blue Cross.



Nancy Tung, R.N. and “Jin Shin Do” Practitioner- Nancy is a Registered Nurse with over twenty years of hospital experience. She specializes in Jin Shin Do (JSD), a Japanese acupressure technique. JSD is an ancient system of balancing the body's energy by applying pressure to specific acupressure points, the same points used in Acupuncture, to release tension and increase circulation. The Jin Shin method of holding acupressure points can relieve pain and common ailments, prevent health disorders, and restore the body's vital life force. Jin Shin works with the spiritual root of an imbalance by releasing muscular tension and harmonizing the body's life force to aid healing. Nancy is also an experienced ballroom dancer.



Jaime L. Lehigh LMP- Jaime has been a Licensed Massage Practitioner for seven years and is credentialed with Regence, Premera, and Aetna Insurance companies. She specializes in injury treatment and works well with those who suffer from chronic pain. Jaime works on re-establishing your health by integrating massage techniques including deep tissue, lymphatic drainage, and craniosacral therapy. She enjoys painting, drawing, and photography.



Sandy Moreno, Billing Specialist- Sandy Moreno is our new Billing Specialist.. She has been working diligently to ensure all the billings are up to date and answer all your questions. To comply with the upcoming HIPPA requirements, Sandy have updated our billing software. she also created a new easy to read patient statement. The new patient statements will combine charges for all the in to a single statement making it easier to follow. Please call Sandy if you have any questions regarding your bill.





The top-selling statin drugs, Lipitor and Zocor, used to treat high cholesterol can cause heart disease by depleting CoQ10 enzyme. Statin drugs are prescribed to 13 million people in U.S. per year creating a \$20 million market. They increase cardiomyopathies as noted by Merck Patent.

Coenzyme Q10 is a fat-soluble antioxidant vitamin found all over the body especially in the heart and the pancreas. CoQ10 levels reduce as aging occurs. Supplementation with CoQ10 has effectively been used in the treatment of heart attacks, congestive heart failure and angina as shown in over 35 controlled scientific studies worldwide.

Lipitor and Zocor reduce cholesterol by inhibiting HMG-CoA reductase enzymes in the cells and by interfering with the formation of CoQ10. The largest cholesterol-lowering study at Oxford University in 2002, showed of the 300 people placed on statin drugs, 75% still had heart attacks. Lipitor can cause muscle pain and damage, liver disease, memory loss, and heart failure. CoQ10 supplementation is crucial if you are on statin drugs in order to reduce your risk of heart disease.

Vitamin C is an essential nutrient in the formation of CoQ10. The body can make CoQ10 but not vitamin C. In several studies, Vitamin C reduced cholesterol by the same mechanism as statin drugs while increasing the formation of CoQ10. Vitamin C in high concentrations in the blood is a potent anti-cholesterol medication without the side effects produced by the statins.

Several recent studies including the 2003 British study have found an inverse relationship with high dose Vitamin C blood levels and deaths from heart disease, the higher the vitamin C blood levels, the lower the number of deaths from heart disease. A daily dose of 3000-6000mg of Vitamin C is beneficial. Some people may require intravenous vitamin C therapy to effectively raise their blood Vitamin C levels for the treatment of cardiovascular disease ■

Wellness at Workplace



Dr. Bernie Noe, ND, recently conducted a study involving more over 1000 employees at Vermont Auto Dealership Association. During the study the employees were presented with personalized programs consisting of physical activity, followed a recommended diet, and improved lifestyle. For example some employees were encouraged to increase their physical activity by walking more and were given a pedometer to keep track of their daily walking. The results were astounding:

High blood pressure decreased by 36 percent; multiple risks for **cardiovascular disease** decreased by 35 percent; **high-risk stress** decreased by 24 percent; high **cholesterol decreased** by 17 percent; and obesity **decreased** by 15 percent.

To view the entire study please visit
<http://www.newswise.com/p/articles/view/522531>

Dr. Darvish On Radio with Dr. Pat

Dr. Darvish continues her radio talk shows with Dr. Pat Baccili, the Oprah of Radio. She was recently interviewed on the following topics: “**Heart Disease**”, “**The Truth Behind Your Pain**” (topic of her upcoming book), “**Alternative Cancer Therapies**”, and “**Bio-identical Hormone Therapy.**” Listen to Dr. Darvish *live* every 3rd Wednesday of the month at 11:00 AM on KKNW 1150 AM. You may also listen to other interviews on our website: www.DrDarvish.com/radio.htm.



Healing Wednesdays at Holistique



To reconnect us back to our true beings, Nancy Tung will be facilitating “Healing Wednesdays” every Wednesday at 12:00 noon at Holistique. The sessions will last about 1 hour and will include prayers, poems, music, meditation, food, and much more. Bring a poem, a prayer, a picture, a story, or something that has touched your heart (you get the idea) to share. Be ready to grow. Needless to say ALL are welcome and it is free.





Electro-Magnetic Frequency (EMF) toxicity is a growing concern in our society. With the advent and the increased usage of cell-phones, computers, radio frequencies, and microwaves, our society is becoming bombarded by electro-magnetic fields that are harming our health.

The earth's frequency of 7.83 Hz is identical to the human brain waves. However, cell phones, cell towers, satellites, and microwaves have a frequency of 900 MHz to 2.4 GHz which disrupt the frequency of our brain waves and those of the earth's. As a result, our bodies are overloaded and over-stimulated by the external EMF exposure thus disturbing the body's immune and hormonal systems.

The toxic effects of EMF are due to cumulative long-term exposure. EMF affects the central nervous system setting off a myriad of un-necessary bio-chemical reactions. The result is chronic illness.

Some common symptoms experienced by those suffering from EMF toxicity are: people who have numerous health problems and are generally get sicker; those with low energy and irritability, low libido, headaches, memory loss, sleeplessness, anxiety, depression, numbness and tingling, allergies, fatigue, weight problems, palpitations, hormonal symptoms, or cancer.

Here are some hints to neutralize and protect yourself and your environment against EMF exposure:

- Minimize the use of computers, television, cell phones, ipods, microwave
- Remove computers, television, cordless phones, cell phones from your bedroom.
- Avoid microwaving your food.
- Avoid cordless phones or wireless network within your home.
- Use Epsom salt baths (1 cup of Epsom salt to bath water) 2-4 times per week to detoxify and neutralize electromagnetic changes within your body.
- Place bags of Epsom salt around your computer to absorb radiation. Epsom salt bags should be changed every month.
- Take electrolytes daily and drink lots of filtered water.
- Measure the EMF level in your bedroom and place the head of your bed towards the wall with the least EMF exposure. (you can purchase a measuring device from www.lessemf.com)
- Wash your hands frequently in cold water after using computers or electrical devices/cell phones.
- Exercise in fresh air without your cell phone or ipod.
- Ask one of our physicians for a prescription for homeopathic Geovita which helps balance your system to the negative effects of EMF exposure.
- Ask one of our physicians for a prescription for an Ondamed biofeedback treatment to neutralize EMF's toxic exposure.

You can read this and previous newsletters on line at:
www.DrDarvish.com/pubs.htm



Meridian Stress Assessment (MSA) by BioMeridian



What is MSA?

Meridian Stress Assessment (MSA) is a non-invasive computerized test assessing the function of the health of organs by measuring the energy of associated acupuncture meridians. MSA by BioMeridian is the only FDA-approved Class II system which accurately and objectively assesses meridian dysfunction using electro-acupuncture. Degrees of imbalance found in each meridian are analyzed and evaluated against various substances to identify possible allergies, infections, heavy metal toxicity and chemical toxicities.

MSA is a fast, accurate, repeatable, and objective profiling tool that assists your physician in identifying the optimal homeopathic, nutritional, and herbal protocol. This revolutionary profiling tool provides your physician with objective patient data which assists in determining the major systems and organs of the body that are stressed or weakened. This information along with patient symptoms is combined and analyzed to derive an optimal, individualized and effective treatment plan to regain balance in organs, to resolve symptoms and disease process, to empower the body's innate healing powers, and to achieve holistic wellness.

How does MSA work?

The location of the test point generally corresponds to those of acupuncture points on the skin of hands and feet. Each acupuncture point is associated with a different organ or system. Concentrated electrical energy found at each acupuncture point can be measured, as discovered in the 1950's by Dr. Voll, a German medical doctor. The patented hand-held EPIC device is placed against the skin on the acupuncture points and identifies the degree of impedance of electrical charge in that acupuncture channel. The impedance values may be above or below the norm, indicating a stress or weakness in that particular organ system. These measurements are then memorized in the computer and analyzed. The final result is a comprehensive profile of the patient's condition in relation to various organ dysfunctions, allergies, toxicities, and deficiencies.

Once an initial evaluation of the stress in the various meridians and organ channels is identified, the measurements are re-computed against various herbs, vitamins, and homeopathic medicines to assess the optimal treatment plan that would correct the imbalances and organ dysfunction. Similarly, various medications, over-the-counter vitamin and herbal supplements already being used by the patient can be analyzed for their effectiveness in balancing or causing a dysfunction in the organ.

Is MSA the *only* test I need?

MSA is an adjunctive and powerful physician's tool used to better understand the total health of the body. It is not meant to replace regular blood, stool, or urine tests that your physician may recommend. A skilled physician will use the MSA along with a physical examination, history, laboratory testing, medical knowledge and intuition to derive at the possible diagnosis and optimal treatment plan. The MSA is a safe and effective tool to identify reactions to foods, environmental substances, toxicities, and possible infections.

Summary

In short, the MSA provides a completely non-invasive method for gaining valuable information about the body's vital functions. The primary objective of this procedure is to disclose patterns of stress and to provide feedback for use in a treatment program to help restore each system and meridian to an appropriate balance. MSA may also be used to monitor patient progress and healing, and to ensure the effectiveness of supplementation and medication. Once, meridians and organs are balanced, the disease process and symptoms resolve and the patient gains optimal health and wellness.■



Change Your Body— Change Your Life



We are excited to kick-off our **“CHANGE YOUR BODY – CHANGE YOUR LIFE”** Program here at Holistique.

This is an incredible program aimed at helping you understand the impact of nutrition and fitness on your life. This is more than *weight loss*! It’s about feeling good from the inside out. It’s about nourishing your cellular health so that life can be performed at its fullest. It’s about increasing fitness levels to promote a strong life now and tomorrow. It’s also about fighting disease and the onset of disease (such as: diabetes type II, heart disease, cancer, arthritis, etc.)

So, how is it that “Change Your Body” equals “Change Your Life?” Research shows that one of the most important factors in healthy living is “*Body Composition.*” This really means the amount of *Body Fat* in comparison to the amount of *Lean Body Mass.* And, while it is true that we do need fat for normal function, excess body fat in relation to lean body mass is a main factor that greatly increases health risks. Lean body mass is important in providing for healthy antibody production, wound healing and white blood cell production. Thus, body composition plays a great role in overall health and vitality.

Come in – ask your doctor about “CHANGE YOUR BODY – CHANGE YOUR LIFE.” We’re here to coach, educate, and support you in your success. Let’s get started! Here is quick look at the first 13 weeks of the program.

WEEKS #1-13	1	2	3	4	5	6	7	8	9	10	11	12	13
Doctor visit	X			X			X			X			X
Lifestyle Coach Visit	X		X		X			X			X		
Weigh in /Measurements	X	X		X	X		X	X		X	X		X
BIA Analysis	X				X			X			X		X
Blood Test	X												X
Nutritional Goals	X	X		X	X		X	X		X	X		X
Food Pharmacy		X											
Complete MSA		X										X	

Although the table above only shows the first 13 weeks, the program continues and depending on specific situations the program does continue for up to one year. The follow-up programs are designed based on individual needs and goals.

To maximize the benefits of this life changing program, we have teamed up with several personal trainers which assist you in achieving your fitness goals. Please ask Sandy Egge, our Change your Body Change your Life consultant for a list.

Please consult with your doctor to see if you are a candidate for this program.■



Intima-Media Thickness (IMT) and Carotid Artery Scan



Cardiovascular disease is the leading cause of death in North America. Several parameters are used to assess one's risk for heart disease, myocardial infarction (heart attack), and stroke. Elevated blood pressure, elevated lipoprotein a (a high-density cholesterol measure), diabetes, glucose intolerance, metabolic syndrome, hostile behavior, elevated high sensitivity C-reactive protein and homocysteine blood levels are some of the significant markers indicating high risk for an acute cardiovascular event. If any of these indicators are elevated, diet and life-style modifications along with herbs, nutrient therapy, heavy metal detoxification and chelation can significantly reduce these risk factors.

Recently, a more precise indicator of heart disease has been identified - the thickness of the arterial wall of the carotid artery of the neck. The thickness of plaque build-up and the type of plaque in the carotid artery is directly

A non-invasive and highly sensitive picture can be taken of the carotid arteries of the neck by using a highly sensitive ultrasound system.

correlated to atherosclerosis disease in the coronary artery of the heart. An individual with a soft plaque formation in the carotid artery has a much higher risk for rupture leading to stroke or heart attack. A calcified harder plaque is associated with a lesser risk. By assessing the carotid artery wall thickness and plaque build-up, the risk of heart disease can be measured, monitored and modified even more precisely than using blood pressure or cholesterol as indicators.

IMT scan is a leading-edge medical diagnostic procedure that is sure to be a valuable tool in reducing your risk for heart disease.

A non-invasive and highly sensitive picture can be taken of the carotid arteries of the neck by using a highly sensitive ultrasound system along with a special computer software. The system is called IMT scan (intima-media thickness). In the

New England Journal of Medicine, IMT scan was identified as a precise measurement of atherosclerosis and one's risk of an acute cardiovascular episode. This quick non-invasive procedure is performed by a skilled ultrasound technician and interpreted by your physician. The procedure takes less than 10 minutes and involves taking 3 pictures of each carotid artery while you are fully clothed. The pictures are then analyzed by your physician and reviewed with you in your follow-up appointment.

IMT scan is a leading-edge medical diagnostic procedure that is sure to be a valuable tool in reducing your risk for heart disease. People with any one of the following factors are good candidates for IMT scan: obesity, 35 years old or older with family history of heart disease, elevated blood pressure, elevated cholesterol, diabetes, glucose intolerance or insulin resistance, hostile-temperament, and metabolic syndrome. IMT scan is also performed as a preventative exam on anyone over age 45 as identified by the American Heart Association.

At Holistique Medical Center, IMT scans are performed routinely as part of a holistic approach to disease prevention. Please consult with your doctor to determine if you are a candidate for this test. Remember: heart attacks and stroke are preventable. Some medical insurance programs do cover IMT Scan for prevention ■





With the growing number of deaths from side effects of medications, more people are turning to naturopathic medicine for solutions to their illness. Naturopathic physicians (ND) whose medical education is identical to allopathic doctors (MD) in the basic sciences (recent research in *The Journal of Family Medicine*, December 2005 issue showed ND's spent 1125 hours vs MD's who spend 1079 hrs in Basic Medical Science) spend the latter years of their medical education practicing non-invasive mind-body-medicine treatment modalities in a family clinic setting.

A paradigm shift occurs with patients who see NDs as their primary care physicians. Patients are examined through the eyes of a holistic model with the concept that humans have an intrinsic ability to heal once homeostasis is achieved. The root cause of illness is addressed while treating the whole person and not separate organ systems. Once the individual is healed, patients are educated on prevention.

A paradigm shift occurs with patients who see NDs as their primary care physicians.

Although pharmaceutical medications can be prescribed by NDs to address acute illness, most patients are treated with lifestyle modifications, herbs, nutrition, acupuncture, hydrotherapy and spinal manipulation to heal the body from a root cause perspective minimizing side effects and fatalities from medications.

Research reveals for instance Kaprex, an herbal cox-2 inhibitor, is just as an effective pain relief medication without side effects as Celebrex. Magnesium and potassium may be all that is needed for the treatment of heart palpitations and high blood pressure instead of beta-blockers and ace-inhibitors. Avoidance of cheese and coffee along with Pedalox (Butterbur), an herbal migraine medicine, can reduce and prevent migraine headaches instead of Imitrex which has numerous side effects.

The West Coast is at the forefront of naturopathic medicine. Bastyr University, "the Harvard of Natural Medicine" along with 1200 other researchers received NIH grants in 2002 for the study of Naturopathic Medical Research. Majority of medical insurances, such as Regence, Kaiser Permanente, Premera Blue Cross, Aetna, along with the larger Northwest employers such as Microsoft and Boeing, have reimbursement plan coverage for Naturopathic physicians as primary care or specialist. ■

What's coming up next? HEIDELBERG pH Testing

At Holistique we are committed to bringing you the most advanced and scientifically proven alternative medicine. Heidelberg pH diagnostic is another example of our dedication. Heidelberg is a state-of-the-art diagnostic tool for measuring pH levels and detecting digestive imbalances in the digestive tract. Holistique Medical Center is one of the very few clinics in United States to perform this highly accurate test to assess the root cause of your digestive symptoms. Heidelberg is like a window into our digestive system. It will tell us about food absorption and digestion by measuring the pH balance of our stomach. You can learn more about this valuable test on our website at www.drdarvish.com/heidelberg.htm

Heidelberg will be available in our office by mid to late March 2007. Most insurance programs cover this diagnostic test ■



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Transforming Lives From Within

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