

Calendar

October 2008

- Tues & Thur 10/7-11/4 Core Strengthening Classes \$50 7am Vicki Kahn
 Tuesday 7thth Oct Introduction to Detoxification 5.30pm. Free Dr..Raymond
 Tuesdays 10/7-10/28 Group Detox / 28 day Cleanse \$220 5.30pm Dr. Raymond
 Tuesday 21st Oct Long Term Solutions to Pain 5.30pm Free Dr. Flattery

November 2008

- Tuesday 4th Nov Skin Health and Aesthetic Procedures including Demo of MesoDerm™ Treatment 5.30pm Free Rosi Gray and Dr. Flattery
 Tuesday 18th Nov Bio-Identical Hormone Therapy for Men & Women 5.30pm Dr. Raymond

December 2008

- Tuesday 2nd Dec Healing with Acupuncture and Chinese Medicine. Vicki Kahn 5.30pm
 Tuesday 16th Dec Constipation and Colon Hydrotherapy 5.30pm Free Dr. Raymond

Space is limited. Please RSVP to 504-0250
 For more information, see our websites for changes and updates.

www.SanteWellnessGroup.com
 541.923.4257
 Redmond, OR 97756
 916 SW 17th St., Suite 203



www.CenterforIntegratedMed.com
 541.504.0250
 Redmond, OR 97756
 916 SW 17th St., Suite 202



CLEANSING. HEALING. RENEWAL.



NEWSLETTER UPDATE FROM CENTER FOR INTERGRATED MEDICINE

October 2008

What's new in the clinics...

Deb would like to introduce Mary as our newest team member in the front office. Mary has a wealth of experience in a natural medicine clinic and we welcome her to the team. Her years of experience bring new skills and ideas to the clinics.

Sally is now teaching Healing Yoga Monday and Wednesday evenings at 5.30pm check out the Sante Website for more details.

Dr. Flattery has become certified in Active Release Technique (ART) a myofascial technique to help remove restrictions/adhesions in soft tissues to decrease pain, increase range of motion and enhance athletic performance.

Dr. Raymond completed the Advanced Level course from the International Association for Colon HydroTherapy (I-ACT) and is now offering colonics on the LIBBE Open system at SWG. For more information on colon hydrotherapy come to the FREE talk Tue Dec 16th 5.30pm or see our website for more details.

Sante Wellness Group has 2 new massage therapists (Rena Meeks LMT #6801 and Vickey Schmadeka LMT #12445) offering a variety of massage modalities, Monday through Thursday 9am – 6pm, and a Reiki/energy practitioner (see Bill's article in this newsletter) available Wednesdays by appointment.

We are now offering diagnostic ultrasound (for assessing soft tissue, bone and joint injuries) and low level cold laser therapy to our patients. See our website for more information on the cold laser.

Don't forget to come in and purchase gift certificates for the holidays or special events. Single and combination options are available. Pamper someone with a massage, facial, waxing, sauna, footbath, or plan a group party for a spa day. Ask about our "Detox Spa Package" This includes a detox/inch loss body wrap, a Far Infra Red Sauna, and an Ionic detox foot bath. Normally \$125, but for a limited time we are offering a package price of \$99. That's over 25% off.

Center for Integrated Medicine (CIM)

- Naturopathic Medicine
- Chiropractic
- Acupuncture
- Herbal Medicine
- Regenerative Injection Therapy (Prolotherapy & PRP)
- Homeopathy
- Bio-Identical Hormone therapy
- FirstLine Therapy
- Mesotherapy
- Neural Therapy
- Myofascial Trigger Point Injection Therapy
- Low Level Cold Laser
- Active Release Technique

Sante Wellness Group (SWG)

- Naturopathic, Anti-Aging & Hormonal Medicine
- Aesthetic Procedures
 - Restylane, MesoDerm™
 - Mesotherapy, LipoDissolve,
 - Body Contouring Cellulite Treatment
- Ionic Detox Foot Bath
- Colon Hydrotherapy
- Massage/Energy work
- Detoxification Programs
- Yoga/Movement Classes
- Far InfraRed Sauna Therapy
- Medically Managed Weight Loss
- Intravenous MicroNutrient & Chelation Therapy

WWW.CENTERFORINTEGRATEDMED.COM
 WWW.SANTEWELLNESSGROUP.COM

541.504.0250

Regenerative Injection Therapy... A Permanent Cure for Chronic Pain?

Prolotherapy has been saving thousands of people from cortisone shots, surgery and the deleterious effects of anti-inflammatory medications. Conventional interventions do nothing to curb the underlying disease process; in fact, these interventions generally accelerate the degenerative or arthritic process. Regenerative injection therapies, including prolotherapy and platelet rich plasma therapy (PRP), address the underlying cause of pain by regenerating damaged or injured tissues. Regenerative injection has been garnering attention in the media recently with many professional athletes revealing their chronic injuries have been healed with these techniques.

Even mainstream orthopedics are beginning to utilize platelets in closing surgical wounds, noting their ability to reduce infection and fast forward a more complete healing process. Stanford and the Mayo clinic have been utilizing regenerative injection therapy for years. Another procedure, microfracture, a technique utilized in knee surgery, involves fracturing bone to allow platelets/marrow to infiltrate the area and begin to regenerate the knee by harnessing the body's own building blocks. Isn't it more logical to harvest the appropriate growth factors from the blood/marrow and inject them as opposed to a surgical intervention that requires 1-2 months of down time? Prolotherapy and PRP involve no downtime and are simple in-office procedures offered here at CIM.

Prolotherapy and platelet rich plasma injection offers a cure for many chronic painful conditions boasting an 80-90% success rate. If you or someone you know is tired of suffering with chronic pain or disability call us at 504-0250 for a free consultation.

Conditions treated with Regenerative Injection Therapy:

Back Pain, Neck Pain, Arthritis, TMJ, Tennis Elbow, Rotator Cuff/Shoulder, Knee Pain, Hip Pain, Plantar Fasciitis, Sports Injuries, Fibromyalgia, Torn Ligaments, Tendinitis, Sciatica, & Leg, Arm, & Foot Pain

Dr. Payson Flattery has been performing regenerative injection therapy for over 7 years and continues to educate physicians in the area of injection technique and orthopedic assessment.

Cleanse for Fall

How was your Summer? ...Need to get back on track before the holiday season? Now is your chance with a Group Cleanse/Liver Detox. Cleanses have been shown to help with weight loss, blood pressure, cholesterol, blood sugar regulation, hormone balance, energy, digestion, allergies, headaches, etc.

Join Dr Kerie Raymond, Naturopathic Physician for a 28 day group cleanse that will include all Ultra Clear Plus® medical foods, 4 group sessions (once/week), menus, recipes, and coaching.

When: Tue Oct 7th, 5.45pm for 4 sessions. Last session Oct 28th

Where: Sante Wellness Group, 916 SW 17th St, Redmond. OR 97756

RSVP: 923-4257 **Cost:** \$220 or sign up with a friend for \$199 each.

More info: www.SanteWellnessGroup.com

MesoDerm™ and Mesoporation

As the aging process continues through our lives the metabolic and circulatory system slowly deteriorate. Parts of our body get less of the required amount of nutrients and restorative products needed to continue with their normal healthy functions. A physical change begins to occur, and the overall health of the cell starts to diminish, vital enzymes are no longer available to maintain the healthy state of the cells and as a result, connective tissues become weakened and strained and the extra cellular matrix, which includes collagen, elastin and hyaluronic acids, becomes compromised. This eventually yields a visual result.

This is where **MesoDerm™ and Mesoporation** can help with cellular health. Mesoporation is a no needle, pain free drug delivery method that delivers any combination of treatment ingredients into the target area, with effectiveness comparable to injections. The process is totally safe, using **MesoDerm™ – an FDA Class III approved drug delivery system**, which works by making the tissue absorb topically applied Mesoporation compatible products in the same way as a sponge absorbs water.

All **MesoDerm™ and Mesoporation** developed products include vitamins, essential oils, co-enzymes, anti oxidants, herbal extracts, naturopathic compounds, and minerals. These nutrients absorb directly into the cells that are in need.

Mesoporation is effectively used in the reduction of cellulite using lipodissolve (also available using needles), fatty deposits, wrinkles (using generic Restylane), skin tightening, acne, age spots/blemishes, stretch marks, second chin, skin rejuvenation and many more skin conditions. Call today for a free consult with Rosi and buy one get one **FREE MesoDerm™**.

Reiki/ChiGong/Energy Healing

Bill Turner has joined the team at SWG as an energy work practitioner. He has seen powerful results from Reiki/ChiGong/Sahaj on a variety of his clients, including breast and pancreatic cancer patients, pre and post surgery clients, sports injuries, back pain, headaches, emotional issues and stress.

To help clarify his work, Bill describes the modalities he uses.

Reiki

I have been a certified Reiki Master for ten years and have used Reiki on a daily basis for 14 years. Reiki simply defined means, "the Flow of Universal Life Force". The two characters which combine to form the word Reiki are translated as Rei which means "Universal Consciousness and Ki which means "Vital Life Force Energy." Reiki energy heals what is needed even if you don't consciously know where or what the problem or pain may be.

Chinese ChiGong

I have studied Chinese ChiGong for over 25 years. Chi means "breath and air" and it applies to "energy and vitality". Gong or gung means work, hence the term ChiGong can be translated as "breathing exercise" or "energy work". ChiGong provides an effective way to manipulate the vital energies of life, and to balance and harmonize them for optimum health and longevity.

Energy Healing

As a consummate student I have continued my education in the field of Energy Healing and I am currently in the Graduate Program at the Sahaj School of Energy Healing.

What truly matters is that the combination of the work that I do and have been traditionally trained for has proven time and again to be safe, balancing, grounding and effective.

Core Strengthening

Vicki Kahn LAC, LPTA

Everyone talks about core strengthening. What exactly does this mean?

Our core consists of 3 structures that support and stabilize our muscles/structures that connect to our spine. These 3 structures are the Multifidus, Transverse Abdominus, and the Internal Oblique muscles. Someone with back problems needs to know how to strengthen the deeper (core) muscles, and re-establish their neural connection.

Does everyone benefit from strengthening their core? Let's just say that it will not hurt one to strengthen the core. In fact it will help to prevent back problems, but the exercises are most beneficial for those who have low back instability. Some common complaints that may indicate instability are: "my back keeps giving out", the need to adjust yourself frequently in a sitting position, a hard time standing in one place, and constantly shifting from one foot to the other. Another complaint may be the pain goes away for awhile, but then always comes back, or lying down increases the pain level.

Vicki will be offering Core strengthening classes Oct. 7th – Nov 4th, Tuesdays and Thursdays at 7am. Cost for the 9 session class is \$50. For more details, and to sign up call 504-0250. Exercises are done standing, on the ball, and on the floor. This is not a cardio or workout class, but specifically designed to be safe for people with back problems. Please check in with any of our practitioners if you are concerned about your ability to participate.

Studio Classes

Various movement classes for all abilities designed for rehabilitation and prevention of injuries and disease. Classes include yoga and core conditioning. Our studio space is available to rent for groups and classes.

	Monday	Tuesday	Wednesday	Thursday
7.00 AM		Core Conditioning Vicki		Core Conditioning Vicki
5.45 PM	Healing Yoga Sally		Healing Yoga Sally	

Special offers:

Select ANY of the following offers:

- FREE Yoga class
- Buy One get One FREE MesoDerm
- FREE Ionic Detox Foot Bath
- Buy One get One ½ Off Massage
- FREE Far Infra Red Sauna