

No DEET Worries BUZZ AWAY

by Quantum Health

- Recommended by:
Institute, New England
Good Housekeeping,
Journal of Medicine
National Parenting



Spring in Los Angeles ushers in mosquito and tick season, and this unfortunately means more cases of West Nile and Lyme diseases. These diseases come from insect bites and can attack any body organ, even causing death in children and seniors.

For mosquitoes, the time for them to feed on your blood is at dawn and dusk while ticks will bite any time you inadvertently brush up against a twig or sit on some grass where they are lying in wait.

While your best protection are long sleeve shirts and pants tucked into your socks and boots, this is not always practical on a hot summer's day nor does clothing offer complete skin coverage.

Insect repellants containing the chemical DEET used to be the most effective bug spray, far surpassing the effectiveness of any of the natural sprays. DEET is not recommended for small children because of its brain and nerve toxicity. This warning poses a serious problem because children are most in need of protection since they are most vulnerable to the devastating consequences of West Nile virus. And

The Doctor's Secret is Out!

As a Primary Care physician on the frontlines of infectious diseases, I rely on nutritional supplements to keep me from getting colds and flu-like illnesses that my patients are suffering from when they visit my office. Herbal remedies are no substitute for getting plenty of rest, avoiding stress and eating well, but supplements can be an important ally in your body's microscopic preparation against germ warfare.

There are three main types of supplements that can help support your immune system: vitamins, plant-based extracts, and glandular extracts. In building an immune-boosting supplement regimen, it is important to select one or more supplements from each of these three categories.

none of us want to spray ourselves with chemicals that are too toxic for kids.

From the labs of the Quantum Health company, Mother Nature has challenged DEET-based sprays with the all-natural BUZZ AWAY insect repellent.

Buzz Away is a blend of pure essential oils including citronella, cedarwood, lemongrass, peppermint, eucalyptus, geranium, and soybean. These natural but powerful oils have been proven as effective as OFF! Skintastic, but without any of the long-term risks associated with the chemical DEET.

Buzz Away is the insect repellent I have chosen for my own family's protection for the following reasons:

- In EPA mandated studies, Buzz Away repels mosquitoes and ticks for eight hours.
- The prestigious New England Journal of Medicine reported that Buzz Away was the most effective natural insect repellent on the market.
- The Good Housekeeping Institute independently confirmed the effectiveness of Buzz Away.
- The National Parenting Institute awarded Buzz Away its Seal of Approval for product quality and effectiveness.

PRODUCT #	SIZE
220	4 oz

The key vitamins to support a healthy immune system are vitamins A, B and C. These vitamins are found in a basic multivitamin, but you will usually need to plan on adding extra doses to strengthen a flagging immune system.

The immune system is not some hidden, nebulous entity to that protects our bodies from disease, but rather a sophisticated, multi-faceted defense force with identifiable regiments and bases.

The right mix of supplement will depend on how unhealthy, stressed-out, overfed, undernourished, and sleep deprived you really are. Or maybe you are just looking to keep your good health going strong and avoids detours like the common cold or worse...cancer.

18 Times Stronger than Neosporin

WOUND CARE 18+

by Douglas Laboratories

- **Amazing antibacterial properties**
- **Made from bees that pollinate manuka bush in New Zealand**



In New Zealand there grows the manuka bush, and the bees that pollinate this bush make a honey with amazing antibacterial properties. Manuka honey is rated on a scale from 1 to 18+ relative to how much stronger it is than the widely used topical antibiotic, Neosporin.

So, a manuka honey rated 18+ is over 18 times stronger at killing bacteria and healing wounds than is Neosporin.

I personally carry Wound Care 18+ in my emergency medical kit and also keep a tube at home. Over the years, my patients and I have been impressed with how rapidly and completely Wound Care 18+

helps heal burns, cuts, scrapes and wounds.

Regular, uncertified honey should never be used to treat wounds.

PRODUCT #	SIZE
210	60 GM



Aim High

As a Western trained physician, I have spent many years learning about the treatment of disease, first at Harvard, then at UCLA, and finally in my private practice. What I have discovered is that treating disease rarely leads to true health.

True health can only be achieved when “alternative” medicine is combined with the more traditional western treatments. We call this unique hybrid Integrative Medicine, and it is the most powerful medical discipline ever practiced because it unites the healing traditions of Eastern, Western, and Nutritional medicine. Integrating these medical disciplines allows practitioners like me to prevent disease, not just to manage disease.

Whether therapies are one week old, one year old or one thousand years old, Integrative physicians only rely on the safest, most efficacious scientifically-proven healing therapies. Each medical discipline has an important role in Integrative Medicine. While Western medicines are proficient in helping treating diseases, Nutrition and Eastern medicine are capable of curing and preventing many diseases. This is the real power of Integrative Medicine.

Integrative Medicine is not new to America. America is new to Integrative Medicine. While this powerful discipline is the leading form of medicine practiced in Europe and Asia, less than one percent of US doctors practice this healing modality.

Being Centered

I created the Center for Integrative Medicine to fulfill my role as a physician who not only heals but also promotes true health. My caring staff and I are committed to providing traditional and complementary medicine to patients seeking an alternative to their current, limited healthcare options.

At the request of my patients who want to understand their unique health needs and achieve “true” health, I have created A.I.M. Sessions. These unique office appointments are one-on-one, 50-minute private consultations that will allow me to map out a personalized prevention strategy for you.

Following a comprehensive personal and family medical history review, I will tailor a nutrition, vitamin, herbal, and natural hormone program that will focus on prevention and rejuvenation by improving your A.I.M.

For more information on this unique session, please ask our staff to for the “A.I.M. High” brochure.