



INTEGRATIVE LIFE SOLUTIONS

December 2013 Newsletter

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What's New at Integrative Life Solutions

Spa Combo Savings Packages



Ready to relax, de-stress, rejuvenate? Then you owe it to yourself to check out our four new Spa Services Combo Savings Packages: [Spa Indulgence](#), [Deluxe Relaxation](#), [Sweet Relief](#), and [Pamper Yourself](#). You get a package of great services—massages, facials, non-toxic manicures or pedicures, foot reflexology and ionic footbaths—and big savings, too. Read the details on our website (www.IntegrativeLifeSolutions.com) under Wellness Center/Spa Services/Massage or drop by, call, or email ILS to learn more.

Couples Massage

We are now offering couples massage. What better gift for the holidays than to indulge in good health and deep relaxation together?

Holiday Gift Savings Ideas



Everyone loves a gift certificate!

Through January 31, 2014, [for every \\$25 in ILS gift certificates you purchase, we will add \\$5](#). So, your \$25 gift becomes \$30, and your \$50 gift increases to \$60.

Here's another good idea—give the ones you love the gift of relaxation, beauty, and health by surprising them with a [gift certificate for one of our Spa Combo Savings Packages](#).

There's more! Looking for a gift for that hard-to-please person? We have put together a [variety of gift packages of all-natural or organic products, with prices ranging from \\$10 to \\$25](#). There's something for everyone. Drop by and get the bulk of your holiday shopping done in one stop!

Massage Holiday Donation Initiative

Take Care of Yourself . . .



You have a lot going on, especially with the holidays coming, and you're doing your usual great job of holding it all together. But isn't it time to also take care of yourself?

Treat yourself to a time-out with a massage at Integrative Life Solutions—and help others, too.

From November 1 through December 15, when you have a one-hour massage, we will donate [\\$15 to the Clemmons Food Pantry](#).

That's right! For every client who has a regular-priced one-hour massage (\$60) between November 1 and December 15, we'll donate \$15 to help fund this deserving community resource.

. . . And Take Care of Others, Too



Established in 2004, the Clemmons Food Pantry is a non-profit organization providing supplemental groceries to residents of Forsyth County, reaching more than 160,000 people by 2013. It serves an average of 600 families every week.

All services are provided by a team of more than 200 volunteers, which is one of the reasons that 81¢ of every dollar donated can be used to buy groceries. The Clemmons Food Pantry does not turn away anyone in need.

This offer is a great way to value your own health and well-being while fostering the wellness of others in our community. Call Integrative Life Solutions today at (336) [778-1950](#) to pamper yourself and to join us in supporting others.



Did You Know?

When you dig into that extravagant holiday dinner, you will be feeding trillions of others.

That's because you are sharing your body—which is made of about 50 trillion cells—with the 100 trillion bacteria living in your intestines. (They actually add several pounds to your weight.)

Before you squirm at the thought of hordes of microbes in happy residence in your gut, consider that they are crucial to your health. Science is slowly discovering just how much we owe our vibrant health to them.



You have bacteria to thank for your digestion. They break down food so your body—and they—can extract the nutrients.

You can also thank them at least partially for your state of health—or lack of it—because science is showing that certain kinds of bacteria that populate your gut may be linked to disease, inflammation, depression, anxiety and even obesity.

There are hundreds of different kinds of microbes inside your gut, collectively called your microbiome. Most are unknown to scientists—they have not yet been named or identified as belonging to particular species. But scientists are beginning to figure out what they do.

Having many kinds of microbes in your intestines is good for you. An intriguing discovery is that the lower the diversity of the bacteria in your intestines, the more likely you are to be obese and the greater your risk of metabolic disorders, such as type 2 diabetes. These gut microbes may even affect brain function, increasing the risk for depression and anxiety.

Since these microbes eat what you eat, diet may be a significant influence on the state of your gut, and thus your health. For example, scientists have found evidence that when you eat too many eggs or too much beef, these microbes produce a compound that increases your risk for heart disease and stroke. That may be why a diet low in fat and cholesterol reduces those risks. So your risk for heart disease is not so much about the direct effect of fatty foods on your arteries, but has more to do with the byproducts produced by these microbes when they break down high-fat foods.

Gut bacteria may also affect your immune system. Your stomach is dense with lymphatic tissue, which contains the largest concentration of cells for activating your immune system of any tissue in your body. When you have a less diverse population of microbes in your gut, these cells may not work as well and your immune system may be adversely affected. Evidence for this link comes from studies showing that babies fed only breast milk have a greater diversity of gut microbes and a more robust immune system than those who are fed formula. So, having a rich array of “good” microbes in your belly matters.

How do you know if the state of your microbiome is ideal or not? It's difficult without having a medical specialist examine a stool sample under a microscope. However, one clue that it may not be in the best state is if you suffer from chronic constipation.

How do you increase the level of diversity of these helpful microbes? A good probiotic, which contains between 5 billion and 30 billion active microbes, may be a good place to start. However, it can't be the whole answer, as



most probiotics contain only two or three common types of gut microbes, so they don't do much to up diversity and the microbes they do contain may not be the ones you need.

Many people think "yogurt" when they think of diet and gut health. But beware of popular supermarket brands. They are not all they are hyped up to be. Although many brands of yogurt advertise that they contain active probiotic cultures, chances are they contain only a few kinds, which doesn't do much to increase the diversity of your microbiome. Plus, if they are pasteurized, the bacteria will be dead. Finally, they tend to be high in sugar (best to choose one that has 10 grams of sugar or less).

In addition to probiotics, another part of the answer is diet. Scientists have shown that changing your diet helps increase gut microbe numbers and diversity. Your best strategy is to follow a low-fat diet that is rich in fresh foods. Also include lots of raw foods, preferably organic. Raw foods are "alive" with micronutrients, whereas processed foods are not, and both raw foods and fermented foods help encourage a healthy balance among the hundreds of kinds of beneficial microbes that are living in your belly and influencing your health.



Feature Article

Women and Breast Health: What You Aren't Being Told

Only a few months ago, Angelina Jolie made headlines for choosing to have a double mastectomy to lower her risk of breast cancer. She has a high risk because of genetic factors. But what if there were an option she could have used that might have provided a forewarning of a developing cancer? Might she have been able to delay this drastic, although no doubt courageous, action?



Jolie's decision to preemptively have her breasts removed prompted a debate among women and medical experts, and, yes, it even frightened many women who face similar breast cancer risks. They were left wondering, "Should I take this precautionary measure too?"

Although every at-risk woman has to make that decision for herself and in consultation with her physicians, there is a breast cancer screening option that most women don't know about—thermography, or medical infrared imaging.

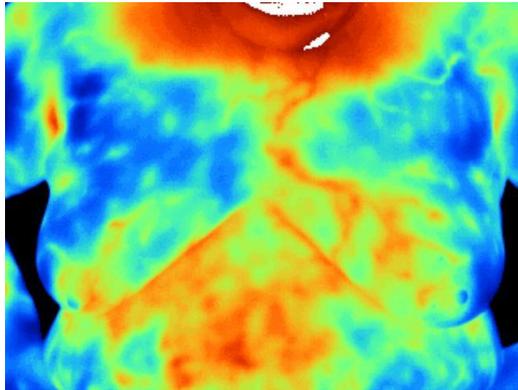
Thermography is FDA-approved as an adjunct screening for breast cancer, best used along with mammography, clinical exams and self-exams. But thermography has the ability to do something that mammography cannot—to detect the subtle heat changes that may indicate a developing tumor long before (eight to ten years before) that tumor is visible to X-rays.

What Is Thermography?

Whereas X-ray mammography images breast tissue, medical thermography detects the heat given off by breast tissue and the surrounding vessels. Our bodies give off infrared heat, and the various parts of the body have levels of heat that are considered "normal." Injury, inflammation, nerve damage, tumors and other changes increase the temperature of the affected body area and so can alert the person to potential health problems. Thermography cannot see deep into the body, but it can detect possible health issues from the heat variations of tissue close to the surface.



Thermographic images are taken with an infrared camera and then processed through sophisticated computer software to generate full-color images, with red being the hottest area, followed by yellow and green. Blue indicates the coolest areas. The computer also indicates tiny temperature variations across the imaged area. A trained thermographer then interprets the images and writes the diagnostic report based on the results of the screening.



The image at left shows a breast thermogram that indicates a significant temperature difference in a portion of the left breast and increased vascularization in that breast. The scan provided the evidence this woman needed to undertake follow-up testing, and a later biopsy revealed a carcinoma in that breast.

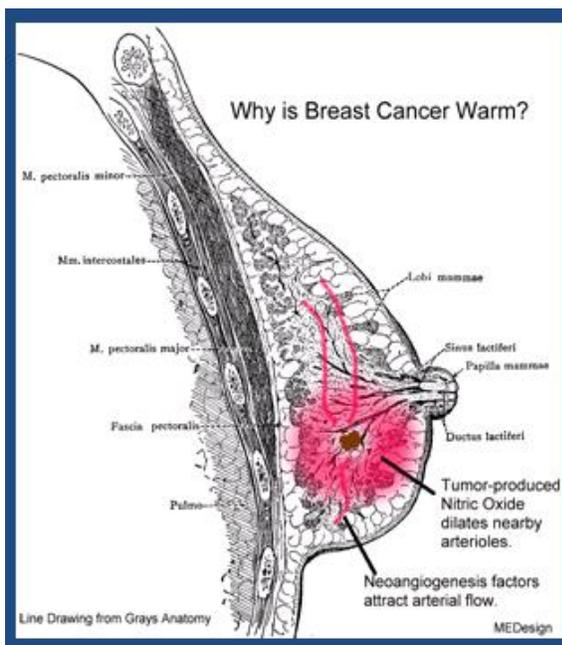
In addition to providing immediate evidence of a possible problem, thermography is a valuable tool for tracking changes over time. A yearly thermogram can provide important information about tiny heat changes in tissues that mammograms cannot. It may alert you to a developing problem early, providing you with more time to consult with

experts, do additional testing, and carefully consider options.

Thermography also is useful for far more than breast cancer screening. It can reveal the evidence of peripheral neuropathy in diabetics, possibly far in advance of their actually experiencing physical symptoms. It can show evidence of fractures, inflamed muscles and tendons, arthritis, carpal tunnel syndrome, TMJ, sinus infections, atrophied muscles, metabolic disorders, spinal disc and back issues, and more. It is the only reliable way to diagnose chronic regional pain syndrome.

Thermography has many benefits over X-rays and other imaging techniques, especially for breast cancer screening:

- It's completely radiation free.
- It's totally non-invasive.
- It's pain-free, as there is no compression of the breasts.
- It reveals more detail in those women who have fibrocystic breasts or breast implants.
- It's easy to image under the breasts and under the arms, so it includes more tissue and areas rich in lymph nodes.
- It can be safely used by young women with a family history of breast cancer to track any change over time without the risk of radiation accumulation.
- It is safe for pregnant women and nursing mothers.



However, it's not foolproof. As with mammography and other kinds of imaging, there can be false-positive results (indicating there is a problem when there isn't) and false-negative results (indicating there is no problem when there really is one). But thermography has the potential to do what X-rays cannot—see the earliest heat-related signs of tissue changes that may indicate a tumor is developing.

How Can Thermography Be Useful in Breast Cancer Screening?

Many medical professionals theorize that a developing cancer, even at its earliest stages, secretes nitric oxide, which raises the temperature of surrounding tissue by a tiny amount. Thermography is the only imaging technique that can detect these minute heat variations.

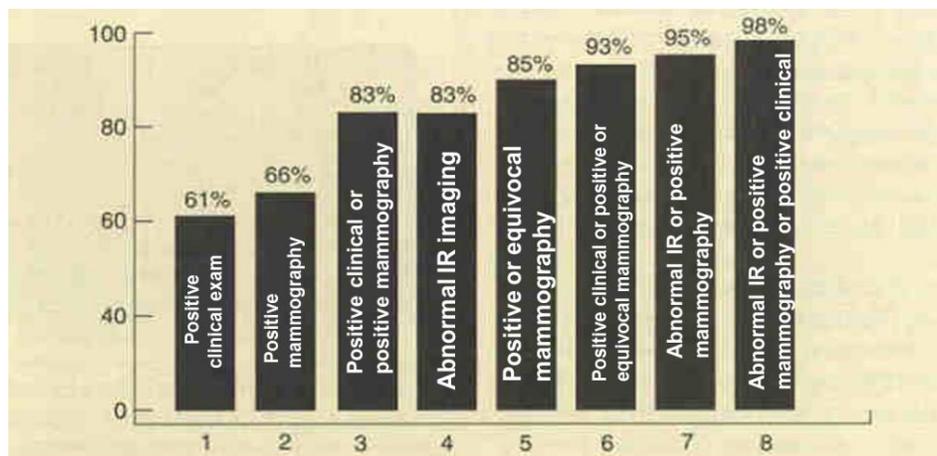
Phillip Getson, a physician who has been using thermography since 1982, describes its scientific basis as follows:

“It is widely acknowledged that cancers, even in their earliest stages, need nutrients to maintain or accelerate their growth. In order to facilitate this process, blood vessels are caused to remain open, inactive blood vessels are activated, and new ones are formed through a process known as neoangiogenesis. This vascular process causes an increase in surface temperature in the affected regions, which can be viewed with infrared imaging cameras. Additionally, the newly formed or activated blood vessels have a distinct appearance, which thermography can detect.”*

Could thermography have given Jolie—and other women facing a similar breast health dilemma—more power and more options? Could it have provided her more time to keep her body intact without sacrificing her health? Could it have added important information to alleviate fear and inform decision-making?

Research shows that when a woman adds thermography to her breast health screening routine, the odds increase that a tumor or other problem may be detected earlier than with mammography alone. That gives her precious time to consult with her physicians and make informed decisions without the panic, including having a follow-up mammogram or biopsy to gather more information.

As the table below illustrates, thermography alone can detect as many abnormalities as can the conventional screening techniques of mammography or clinical exam—83% of breast cancers. But when thermography is *added* to the conventional screening techniques, detection rates soar to 98%. That’s an impressive increase in breast cancer detection rates.



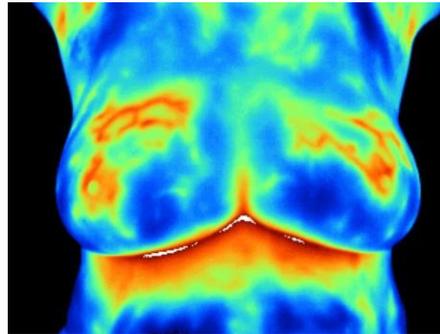
Relative sensitivity of clinical exam, mammography and IR Imaging [thermography] in 100 cases of DCIS Stage 1 and Stage 2 breast cancer. From the Ville Marie study, Canada.

To read more about how thermography detects breast cancer and to view images of actual thermograms where follow-up testing revealed carcinomas, see the Thermography pages under the Wellness Center portal of our website (www.IntegrativeLifeSolutions.com). The thermography breast screening rating scale is also explained and illustrated with images in the Frequently Asked Questions page there.

Controversy Surrounding Medical Thermal Imaging

Medical thermography has been in use for decades, and it was once routinely covered under most medical insurance plans. But that changed in the 1980s. In the late 1980s and early 1990s, most insurance companies stopped covering thermography, for medical, political and monetary reasons.

One of the issues was that the early generations of infrared cameras could not produce images of a high enough quality to make informed medical diagnoses. Today, that issue is moot, as the cameras are exponentially more sensitive and produce images of stunning thermal detail. Plus, they are paired with sophisticated analytic computer software, which was not available twenty or thirty years ago.



The thermographic image on the left is from decades ago; the one of the right is from within the last few years. As a result of drastically improved quality, the previous concern that images were not of diagnostic quality is no longer valid.

However, the resistance continues from the allopathic medical world. There are many factors why the controversy continues.

In a recent peer-reviewed paper titled, “A Comparative Review of Thermography as a Breast Screening Technique,” Deborah A. Kennedy, T. Lee, and D. Seely argued that “a high rate of false positives for thermography has been identified as one of the drawbacks of the tool.” They go on to counter that charge, saying that this issue is offset by the enormous benefit of thermography being able to detect abnormalities very early, so there is more time for non-invasive screening. In fact, Kennedy quotes Ng as saying “that the results of thermography can be correct 8-10 years before mammography can detect a mass, and that the error in thermography is that it is ‘too right too early.’”**

Kennedy continues, “Indeed there is some support to this claim [that thermography catches abnormalities early], as in the study by Head et al: a small group of 20 patients had serial infrared imaging and at least one infrared image one year prior to their diagnosis of breast cancer. Fifty percent of those patients (10/20) had abnormal infrared images and 70% (7/10) of those patients had abnormal infrared images one year prior to the diagnosis of breast cancer. A 1980 study by Gautherie and Gros showed that 38% of patients with abnormal infrared images were diagnosed with breast cancer in the 4-year period following the abnormal infrared images. In 1985, Stark reported that 23% of the patients in his study with abnormal infrared images developed breast cancer within 10 years.”

If thermography can be such a help in the early detection of breast cancer, why isn't it better known and why is it still not covered by insurance?

A large part of the reason is that radiologists—many of whom read mammography X-rays for a living—banded together back in the late 1980s and put pressure on the AMA and Medicare to have thermography “delisted” by insurers. They won that battle, and so today it is the rare health insurer that covers thermography.

Once thermography was delisted, information about it in the media dried up, even though research has been ongoing. Unfortunately, another casualty was the hometown physician. Chances are that if a woman asks her doctor about the value of thermography, her physician either will not know what it is or will have outdated and biased information.

Who will have the final say? Ultimately, consumers hold the power. If women demand that thermography become an option for them for routine breast health screening, along with clinical exams and mammography, then insurers will be more likely to listen and relist thermography for reimbursement.



In the meantime, it's up to women to reach into their pockets for the relatively inexpensive (\$150) breast cancer thermography screening, especially young women with a family history of breast cancer.

While each women must make the choice that is right for her, at the very least the media and medical doctors should be providing information on all breast cancer screening options, not just those that have the imprimatur of the conventional medical establishment. But did you hear about thermography as you followed the story about Angelina Jolie? We didn't, and that left us concerned for women's health. Now that you know, will you add your voice to the growing chorus of women who are choosing thermography and asking for insurers to cover it?

To learn about the wide variety of uses for medical infrared imaging and to read research about its diagnostic efficacy, visit the Thermography pages under the Wellness Center portal of the ILS website (www.IntegrativeLifeSolutions.com).

*Huffington Post, "The Best Breast Test: The Promise of Thermography," online at http://www.huffingtonpost.com/christiane-northrup/the-best-breast-test-the-_b_752503.html

**Kennedy et al at <http://www.ncbi.nlm.nih.gov/pubmed/19223370> and <http://www.infraredmedicalsolutions.com/downloads/review-of-thermography-as-breast-screening-technique.pdf>; Quoted Ng EY, Ung LN, Ng FC, Sim LS. "Statistical analysis of healthy and malignant breast thermography." *J Med Eng Technol.* 2001;25:253-263.



Simple and Healthy Resolutions for the New Year

As 2014 rolls in, forget those grandiose New Year's resolutions. Instead, commit to making small but significant changes to improve your health the natural way. Everyone knows the basics: reduce your consumption of processed foods and eat more natural or raw foods, up your servings of veggies—or eat a "rainbow" of foods, as the saying goes—and keep up with getting 30 minutes of aerobic exercise and weight or resistance training every day. But here are three simple suggestions for changes that you may not think about but that can keep you and your family healthier—and happier.

Quit Being So Clean



It's okay to be a little bit grubby. Exposure to germs—bacteria, viruses and other microorganisms—is crucial to developing and maintaining a strong immune system. Your body can't create antibodies against what it isn't exposed to. Recent studies have revealed that the cleaner our environments are, the less robust our immune systems. In fact, a British study suggests that there may be a link between the increased use of antibacterial sanitizers and raising rates of Alzheimer's disease. "Friendly" microbes stimulate our immunity, so while cleanliness is okay—don't be fanatical about it. Use good old-fashioned soap and lose the commercial antibacterial cleansers. And get out and play in the mud every once in a while!

Be with the Ones You Love



Those of us who have close family ties, a few really close friends, good relations with neighbors and coworkers, and active social lives are healthier than those of us who tend to stay home or lead solitary lives.

Studies conducted over the past few years have surprised researchers with evidence that the richness of our social interactions and connection to community has a direct positive correlation to the state of our health. So get out more and mingle!

Turn Your Frown Upside Down



Academic and independent researchers have amassed a lot of evidence that “negative” attitudes and emotions can profoundly affect your health, especially your heart health. Emotions and attitude can determine the kinds of neuropeptides and hormones that cascade through your body. Stress-related biochemicals and those associated with negative feelings and emotions are known to be corrosive to your body over the long term. Here’s the good news: even if you don’t really feel happy, grateful, or whatever other “positive” emotion you can name, you can fake it and your body will respond. Just turning your lips up in a smile stimulates nerves and muscles in your face that alter your biochemistry for the better. The

truth is that biochemically your brain really can’t tell the difference between a faked emotion and a real one. So begin to “retrain” yourself from pessimism to optimism. Your body—and your mind and spirit—will reap the rewards.



Events and Classes



For more information about these and other classes and events, visit our website, www.IntegrativeLifeSolutions.com, and click on the [Events](#) button on the Home Page.

Thursday, December 5 Autism Awareness Children’s Museum, 6 pm – 8 pm



We’ll be at the Children’s Museum, at 390 South Liberty Street in Winston-Salem, for the Autism Awareness event sponsored by the Autism Society of North Carolina Forsyth County Chapter. We’ll be talking with parents and professionals about a new exploratory bioenergetic therapy using Double Helix Water and Cream that is showing promising results in preliminary trials in the US, Panama and China.

Developed by physicist Shui Yin Lo, PhD, Double Helix Water contains stable water clusters, a “new” phase of water, that appears to work at the level of the meridians to help the body heal. Traditional Chinese medicine identifies the meridians as channels through which energy moves through the body, informing every major organ and nerve plexus.

Thermographic imaging (which reveals heat variations in the body) shows that the “Yang” meridians (which all go through the stomach area and connect to the brain) are inflamed or blocked in many people with autism.

Exploratory “proof of concept” studies have shown that 70% of children with autistic spectrum disorder who use the water and cream for three months show functional, behavioral, social and psychological improvements. You can read about Dr. Lo’s and other researchers’ studies in *Forum on Immunopathological Diseases and Therapeutics*, 3 (3–4): 2012. Also, visit the Bioenergetics Therapies/Double Helix Water page under the Wellness Portal on our website (www.IntegrativeLifeSolutions.com) for more information, and thermographic and atomic force microscope photographs of the effects of Double Helix Water on meridians, bacteria and blood cells.

In addition to Double Helix Water, we will be informing parents about neurofeedback, a promising new therapy for a wide range of disorders, including autism. Neurofeedback is a non-invasive brain biofeedback method in which the brain retrains itself back toward more “normal” patterns and functioning. It has shown great promise not only for autism but for anxiety, depression, post-traumatic stress disorder, ADD and ADHD, OCD, memory loss and many other disorders. You can read more about it on our website under the Wellness Center Portal/Bioenergetic Therapies/Clear Mind Neurofeedback page.

ILS will be gathering information from families who may want to enroll their autistic child in one of two exploratory programs: one using neurofeedback alone and the other combining neurofeedback with the use of Double Helix Water and Double Helix Cream.



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For inquiries about this newsletter, ideas for future stories, feedback or questions, please contact the editor, Joan Parisi Wilcox, at Info@IntegrativeLifeSolutions.com.