



Healthy Notes

Winter 2008

What a beautiful season in Asheville!

Change is in the air! Asheville Integrative Medicine has experienced some evolution recently. We welcome our new office manager, Jayne Levine, who joined us last month. Next time you visit, say hello to her! Many of you have met Paula (Medical Assistant) and Ellen (administrative) and Jake (nurse) who joined us in April. They all bring special talents to our practice!

One of the other changes that will occur is that Dr. Willingham will be moving on. She will continue to see patients here until December 11, 2008. All of her patients are part of the AIM practice, and as such, can be seen by Dr. Biddle, Dr. Dasgupta-O'Brien, Anne Walch PA-C or John Paul McNeil PA. Dr. Willingham will have her new office in the "red house", also called The Women's Wellness and Education Center (men are also welcome) at 24 Arlington Street, in Asheville. Her telephone number, for the present, is 252 675-2345.

Our Etowah office closed it's doors October 30th. John Paul McNeil will be seeing patients in Asheville on Tuesdays.

Dr. Dasgupta-O'Brien is seeing more autistic children since the release of Jenny McCarthy's (the mother of a recovered autistic little boy) new book,

"Mother Warriors". We are all excited to help more little people and families affected by autism and ADD/ADHD. Please tell parents you may know who could benefit about the remarkable results of the Defeat Autism Now protocol for autism and the CD's and DVD's of Dr. Biddle's lectures. Don't forgot that Dr. Dasgupta is available to speak to groups about autism or ADD/ADHD.

Since beginning to offer hyperbaric treatments, we have seen positive changes in those who have been using the chamber for stroke related illness. It is rewarding to be able to help these folks! We will keep you posted!

You will notice when you come in that we consolidated the lab and chelation areas. We will use the space gained for group meetings and support groups and are encouraging patients to start or organize groups, so if you are interested in becoming a group leader, please contact me. (Western North Carolina needs a Lyme support group to supplement the state organization in Raleigh.)

With the economy the way it is lately, we all have to do what we can to maximize our return on expenditures. Theresa has put together a list of things to check before your appointment in order to get the most from your time. Keep in mind that Integrative Medicine saves you money!

*Wendy Harrell,
Patient Coordinator*



Dear Friends,

Many of you realize that providing services in Integrative Medicine can be fraught with political peril. That peril is present again, and quite close to home.

In 1992, John Laird MD won a 10-year battle with the NC Medical Board for his right to administer Chelation Therapy. That victory, a change in state law to help protect Integrative Physicians, came as a result of a patient advocacy group called CHCA, the Carolinians for HealthCare Access.

In 2003, I won my case with NC Medical Board for my right to give therapeutic trials of B-12 shots. That victory, another change in state law to help protect Integrative Physicians, came as a result of a physician advocacy group called NCIMS, the NC Integrative Medical Society.

In June of 2007, I was again subpoenaed by the NC Medical Board, this time for chelating toxic metals such as mercury out of autistic children, and educating their parents about their rights regarding vaccinations. Meanwhile, several other Integrative Physicians in NC have come under similar threat. Therefore, CHCA and NCIMS are mobilizing to finally perfect this state law.

If retaining access to Integrative Medicine is important to you, then we need your help now. Please read the pleas in this newsletter from CHCA. Please join, and please contribute.

Sincerely,
James Biddle MD

Topical Skin Cancer Treatment? Curaderm-BEC5

Yes, there is a safe, non-toxic, non-surgical way to completely remove Sun spots/Keratosis, Basal cell and Squamous cell carcinomas.

Asheville Integrative Medicine is now carrying a topical cream called Curaderm, which has been shown to be effective in treating primary and secondary non-melanoma skin cancers. Dermatologists at the Royal London Hospital and nine other United Kingdom skin cancer treatment centers supported claims that Curaderm-BEC is an alternative to conventional surgery, chemotherapy, and laser treatments. Within weeks, after applying the cream twice a day, laboratory biopsies confirmed the cream eliminated all traces of the cancer.

The active ingredient in Curaderm cream is Solasodine Glycosides, found in an Australian plant called "Devils Apple", which is in the eggplant family. The aboriginal people have used the plant medicinally for thousands of years (to treat ulcers and stop eye cancer). Once Curaderm-BEC5 contacts cancer or precancerous cells, it invades the lysosome (stomach) of the cell and causes it to disintegrate, which kills the cell.

BEC has shown that it has antineoplastic properties against many human cancers in cell and tissue cultures, and is very effective in terminal tumors in animals. It not only prolonged the life of animals, but completely eliminated the

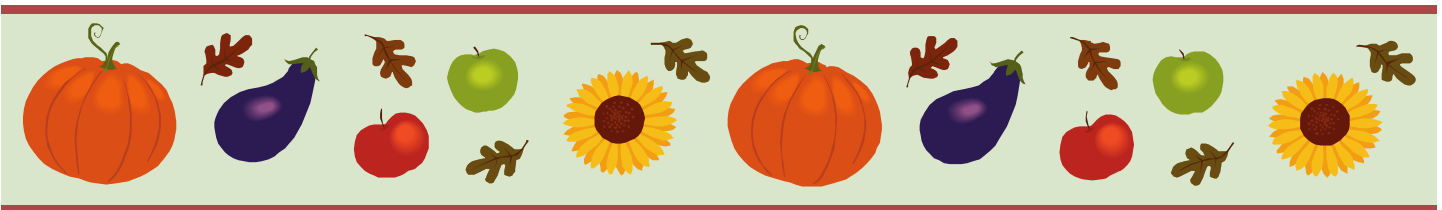
cancers and the animals remained tumor free for the remainder of their normal life span. It is currently being studied for use with internal cancers.

After ten years of research, Brisbane scientist Dr. Bill Cham, of the University of Queensland department of Medicine, has developed this cream, and claims a near 78% cure rate. Curaderm can be used on Basal and Squamous cell skin cancers, as well as Sun spots/Keratosis. It is not to be used for melanoma type of skin cancers, nor should it be applied to moles.

The anticipated pattern of response is first, reddening of the area, then erosion and ulceration of the lesion, the decline of unwanted skin cells, followed by re-growth of normal skin tissue. During treatment, the lesion may appear worse for a time. This is because the BEC is destroying cancer cells not visible to the naked eye. You should expect some degree of swelling and redness, and a tingling sensation or pain for 30-60 minutes after applying the cream.

Other than effects at the lesion site, there are no adverse effects on the liver, kidneys, or blood cells. Of course, if you are allergic to eggplant, you should not use this product. This is a prescription product, so if you are interested, please see your practitioner.

Theresa Freeman, BSN



Tips to get the most from your visit:

1. Make a list of new or changing symptoms and questions you want to ask the doctor, and bring a list of current meds, supplements & vitamins.
2. Bring any past medical records if you have them. The doctor will decide which ones we need to make copies of.
3. Bring any recent (within 1 year) lab reports or tests done by other doctors. This will save you time and money!
4. Before your visit, check all prescription medications to see if you will need refills in the next couple of months. Bring the bottles of ones needing refills to your visit.
5. Bring a list of any new medications or supplements prescribed by other doctors (or yourself). Include the medication name, strength, and how often you are taking it, or bring the bottle. If you are curious about a new product or supplement, bring in the ingredient list and strength.
6. Bring your Medicare or Medicaid card with you. Labs cannot be billed to Medicare/Medicaid without your card.
7. To avoid confusion and delayed or denied Medicare/Insurance claims, use your legal names on all forms. Your medical chart is a legal document. If you wish to be called by a nickname, that can be put on your chart also.
8. Drink water!!! Unless you have been specifically told not to drink water, drink water!!! The nurses have a much harder time finding veins in dehydrated people. Also, if it is cold outside, dress warmly. Cold constricts veins.
9. Plan to arrive at the office 10 minutes before your visit. This will allow time for you to be checked in and have your vital signs taken. Allow time for unexpected delays like having to stop for gas or traffic back-ups. We strive to run on time at AIM. If you are late, we will not be able to extend the length of your appointment in respect to the remaining patients on the day's schedule.
10. Have realistic expectations of what can be accomplished in a 12 or 25-minute visit.

Food allergies and sensitivities are extremely common in those who have had to use antibiotics or have digestive issues. Finding it difficult to find foods that taste good, are healthy and satisfy our sweet tooth can be a challenge.

I have found several blogs online with great advice and recipes to help me cope with my allergies. These recipes are from www.elanaspantry.com. Elana is inspiring and cheerful! Her organic wholesome gluten free recipes are always delicious! Wendy

This gluten-free vegan truffle recipe is based on one in Charlie Trotter's book [Raw](#).

Chocolate Orange Truffles

½ cup cashews
¼ cup [creamy almond butter](#)
¼ cup [agave nectar](#)
2 tablespoons cocoa powder
1 tablespoon [vanilla extract](#)
1 tablespoon orange zest
¼ cup cocoa powder

- 1 Place cashews in a food processor and pulse until the texture of coarse sand.
- 2 Add almond butter, agave, cocoa powder vanilla and orange zest and pulse until smooth.
- 3 Refrigerate for 2-3 hours, until firm.
- 4 Remove from fridge and roll into 1/2 inch balls.

“A thankful heart is not only the greatest virtue, but the parent of all other virtues.”

~Marcus Tullius Cicero

Meet Our Staff

We would like to welcome Jayne Levine to the AIM family as our new practice manager. Jayne was born and raised in upstate New York and has spent the last 22 years in Florida. She has more than 20 years of medical office experience, the last 9 years as practice manager for orthopedic surgeons. Jayne is looking forward to the peaceful, healing environment of AIM. She enjoys training her dogs to compete in agility trials and looks forward to long hikes in the mountains with her dogs, Penny and Cash.

Paula Quillen, Aim's new Medical Assistant, joined us in April of this year. Born and raised in Boca Raton, Fla., she moved to the Hendersonville/Asheville area after spending the last 20 years in Atlanta, Ga. where she raised 2 children; Kyle who is 18, and Kendall who is 13. Paula has studied health and nutrition and utilized alternative therapies with her family since 1990. She is also interested in the Arts; writing, painting, photography, and music. Currently Paula lives in Hendersonville with her son, and his dog, a basset hound, named Pop.



Almond Power Bars

2 cups almonds (raw)
½ cup flax meal (flax seeds ground in a blender)
½ cup shredded coconut (unsweetened)
½ cup unsalted [almond butter](#) (roasted tastes better)
½ teaspoon [celtic sea salt](#)
½ cup coconut oil
4 drops [stevia](#)
1 tablespoon [agave nectar](#)
1 tablespoon [vanilla extract](#)
1 cup [dark chocolate 73%](#) (optional)

- 1 Place almonds, flax meal, shredded coconut, almond butter and salt in a food processor.
- 2 Pulse briefly, about 10 seconds.
- 3 In a small sauce pan, melt coconut oil over very low heat.
- 4 Remove coconut oil from stove, stir stevia, agave and vanilla into oil.
- 5 Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste.
- 6 Press mixture into an 8 x 8 glass baking dish.
- 7 Chill in refrigerator for 1 hour, until mixture hardens.
- 8 In a small saucepan, melt chocolate over very low heat, stirring continuously.
- 9 Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens.
- 10 Remove from refrigerator, cut into bars and serve.

Makes 20 bars

Ellen Underwood joined the AIM team in July. Ellen was born and raised in Atlanta GA yet spent her childhood summers in Montreat and Camp Merri-Mac in Black Mountain. She graduated from Warren Wilson College in 1994 with a BA in Intercultural Studies and Philosophy and moved to Asheville in 1999 where she bought her first home in Oakley. Ellen is passionate about the environment, gardening, astrology, her 2 dogs Morgan & Juno and is involved in political activism. She is currently in the process of going back to school for her Masters in Business Administration (if she can survive statistics).

Jake Wolf came to Asheville in 2004 to study nursing and to pursue his musical passion. He was born in Boston, MA, but spent many of his years living in Northern Wisconsin, Washington State, and San Francisco before finally settling in Asheville. In addition to working at AIM, Jake plays electric bass professionally in several local groups. He is very excited to support, and be a part of the integrative medicine community.

EAT TO NOURISH YOUR BODY

The purpose of food is to provide your body with the energy and nutrients it needs to function properly. But in today's society, rarely do people eat food with this intention. Instead, most people use food to nourish anything but that. People just grab something quick and convenient, or they binge on junk food out of habit, boredom, as a "reward," or as a way to distract themselves from their life. Eating for any of those reasons can lead to poor food choices, poor eating habits, poor digestive function, and ultimately poor health.

Questions to ask yourself.....

Why do you eat?
When do you eat?
Where do you eat?
How do you feel when you eat?
Do you *taste* what you eat?
Do you feel hungry before eating?
Do you have a feeling of fullness after eating?
Does what you eat make you feel nourished?
What do you want from eating/food?
How do you want to feel about eating?
Where do you want eating to be in your life?

So let's begin to nourish our body with what it needs to bring about physical health, so we can then listen and find what we need to nourish the other aspects of our life.

Before eating:

- *Count to three, take a moment of silence, or say a prayer of gratitude**
- *With the first bite of food, stop and taste it, feel it in your mouth**
- *Then chew the food until it becomes a soft paste before swallowing**

Deborah Tomchuck, RN will be working with our patients in this area of health bringing together the medical understanding as well as addressing personal needs. The foundation will be based on the "Sustainable Nutrition" principles with the merging of the specific needs of each patient. She will be also teach and utilize EFT (Emotional Freedom Techniques www.emofree.com)



We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~Thornton Wilder

Asheville Integrative Medicine
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www.docbiddle.com

Dear Supporter of Health Care Freedom:

We need your help. From non-pharmaceutical approaches for common health problems to the advanced treatment of complex immune system disturbances, your freedom to choose the type of healthcare you receive in North Carolina is under assault . . . an organized and methodical attack by the North Carolina Medical Board. The Board has long opposed types of healthcare other than conventional, drug-based medicine. In spite of NC citizens' winning the legislative right to access alternative therapies in 1993, the Board continues to try to force physicians who provide these therapies out of practice.

There is a crucial need for Integrative physicians and citizens to join forces to push for legislation to strengthen the Medical Practice Act so that access to non-conventional therapies and protection for the practitioners providing these therapies is assured.

We are asking you to donate and become a member of Carolinians for Health Care Access (CHCA). CHCA is a not-for-profit patient's advocacy group formed in 1991 to help ensure access to alternative health care for all citizens of North Carolina, specifically by lobbying for legislation to protect physicians who provide these therapies. In, 1993, CHCA successfully petitioned the NC General Assembly to pass a law that states that the NC Medical Board "shall not revoke or deny a license to a person solely because of that person's practice of a therapy that is experimental, nontraditional, or that departs from acceptable and prevailing medical practice unless, by competent evidence, the Board can establish that the treatment has a safety risk greater than the prevailing treatment or that the treatment is generally not effective."

Despite this great citizens' victory, the NC Medical Board continues to, even without complaints of harm or wrongdoing, relentlessly pursue and actively prosecute physicians who provide alternative medical treatments. While our guard was down, the right of Integrative Medical practitioners to be judged by physicians who have experience in Integrative Medicine has been removed from the NC Medical Board rules. This could result in a doctor who is certified in clinical metal toxicology who has been charged with providing chelation to their patients being judged by a plastic surgeon with no knowledge of chelation. Two founding members of the North Carolina Integrative Medical Society (NCIMS) have been attacked by the NC Medical Board in the last year for using alternative therapies: Dr. Biddle for treating autism, and Dr. Buttar for treating cancer. In 2007, Dr. Jemsek, a member of NCIMS, had his license to practice severely restricted for treating patients with Lyme disease with IV antibiotics. Subsequently, Blue Cross Blue Shield of NC stopped paying for patient treatments and now patients with Lyme disease are unable to use insurance to pay for critically needed treatments in NC.

Those most seriously affected by the NC Medical Boards actions include those suffering from cancer, Lyme-related disorders and tick-borne illnesses, children with autism with heavy metal toxicity, and ultimately all patients who seek a more comprehensive approach to healthcare that goes beyond risk-laden and ineffective drugs and surgery. Patients in NC are already losing their access to Integrative Medical treatment for their condition. Unless the citizens rise up against the Boards' discriminatory practices, Integrative Medical healthcare options will soon cease to exist in NC.

The need for your grassroots support is greater than ever. We need a large base of concerned, proactive citizens who value their freedom to choose the type of healthcare they receive to inspire others in their communities to join this important cause, to communicate with their legislators at key times, and contribute to the funds necessary to maintain their freedoms. It is through concerned citizens like you, united under the umbrella of CHCA, that we have the greatest chance of quickly growing into a major voice for healthcare freedom in North Carolina.

Sincerely,

Sandee Butterworth

Secretary, Carolinians for Health Care Access

CAROLINIANS FOR HEALTH CARE ACCESS

www.caroliniansforhealthcareaccess.org

P.O. Box 2234

Garner, NC 27529

Cold and flu season is upon us!



For those not wanting or able to take the flu shot, several natural products are available to help stave off infection.

Oscillicoccinum by Boiron is the number one homeopathic flu remedy in the United States. At \$17.99, it is a bargain.

To boost the immune system in general, Transfer Factor by 4Life is an excellent product to modulate the system by either boosting or balancing it. It raises natural killer cell activity in the immune system by 103%.

A double blind study in humans determined that an extract of elderberries is an effective treatment for influenza. Quantam Health's Zinc Elderberry lozenges are great for providing this protection. (\$2.49 per roll)

Finally, Echinacea is especially useful in treating infections of the upper respiratory tract. Nutrients Etc. carries a liquid Echinacea by Scientific Botanicals. At just five drops/dose, it is a very economical alternative. We also have an Elderberry Echinacea, zinc syrup – a great option for kids.

Our Web-Site: www.nutrientsetc.com
You can shop from home!
New Hours... for your convenience.now
 open late on Tuesday until 6:30.
 Monday – Friday 9 a.m. to 5:30 p.m.,
 Tuesday 9-6:30, Saturday 9 a.m. to 2 p.m.
 828.210.0188 or 866.420.8616

CHCA Freedom of Health Choice

Dear CHCA supporters,

The NC Medical Board has increased their harassment of Integrative Medical physicians this year. It is necessary to go back to the legislature to tighten the laws again. Please help protect your rights.

1) Please make checks payable to "Carolinians for Health Care Access" and mail to "PO Box 2234, Garner, NC 27529" or go to the website and use your credit card.
www.caroliniansforhealthcareaccess.org

2) Ray Fisher, CHCA president asked that I let you know that CHCA is looking for supporters who would like to serve on the Board and/or take an active role in your community. Email rayholly@Safe-mail.net

Board Responsibilities

- . List bio and photo on the Website www.caroliniansforhealthcareaccess.org
- . Participate in conference calls bimonthly
- . Volunteer for various tasks

Community Leaders

Between November and April

- . Arrange a meeting with you county legislators
- . Arrange a meeting with local media
- . Assemble about 6 people to join you, we will send you supporters in your county to join you

I want to help support access to healthcare in North Carolina including biological treatments for autism, treatment for chronic Lyme disease, chelation therapy, and other forms of nutritional and Integrative Medical therapies.

Name: _____

Address: _____

City: _____ **Zip:** _____ **Telephone:** _____

E-mail: _____

Amount Enclosed: _____ \$25 _____ \$50 _____ \$75 _____ \$100 _____ \$150
 _____ \$200 _____ \$250 _____ \$500 _____ \$750 _____ \$1000
 _____ **Other Amount:** _____

Please remit to "Carolinians for Health Care Access", P.O. Box 2234, Garner, NC 27529