

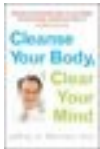
THE VOICE

A Bi-Monthly Newsletter

Detox Issue - Number 10 - May/June 2011

Cleanse Your Body, Clear Your Mind

Feel better & look better with this easy detox plan designed by Dr. Jeffrey Morrison.



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Clean Your Home Naturally

Simple steps to minimize your exposure to toxins in your home! Make natural cleaners from items you already own!

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ACAM member, Dr. Susan Kolb shares her insight into the dangers of breast implants.

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Environmental Medicine With ACAM and Dr. Walter Crinnion



Learn Environmental Medicine at your own pace in our one-of-a-kind program.

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A Penny for Your Thoughts

Visit the ACAM Survey Portal to share your feedback with us. We develop our events based on your responses. Great incentives for participating!

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Classifieds

The need for Integrative Medicine practitioners is growing. We have a full page of ads for you to browse for open positions around the country.

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Welcome to Our Detox Issue!

Everyday Americans are exposed to thousands of chemicals and toxins. It's difficult to avoid these exposures as environmental pollutants can be found in our air, food and water.

The effects these exposures has on our bodies can manifest themselves through fatigue, irritability, digestive issues and other symptoms that may be difficult to diagnose.

In this issue we hope to shed light on the area of environmental medicine and provide information on the chemicals and toxins we are exposed to everyday, detoxification strategies and tips to minimize toxic burden.

The next issue of The Voice will focus on Women's Health. If you have an article you'd like to be considered for inclusion in our next issue, please sent it to: thevoice@acam.org.

In Good Health,
Michelle Schiavo
Senior Editor - The Voice

Thank You For Making iMosaic 2011 a Huge Success!



In April, the American College for Advancement in Medicine (ACAM) was proud to jointly host the first iMosaic Conference and Tradeshow with American Academy of Environmental Medicine (AAEM), American Holistic Medical Association (AHMA), and International College of Integrative Medicine (ICIM).

Short for, Integrative Medicine Offering Science-based Alternatives In Collaboration, iMosaic welcomed over 500 attendees and 100 companies committed to the advancement of complementary, alternative, and integrative therapies.

In all, attendees from over 10 countries attended education side by side and celebrated at evening events such as the Holistic Happy Hour presented by the Alliance For Natural Health, a gala with the Integrative Medical Consortium (IMC), and a special sunset session from the American Society of Bioregulatory Medicine (ASBRM).

"ACAM was delighted to play such a strategic role in producing the first-ever iMosaic; we are thrilled with the results and look forward to working with our collaborators in the near future," said Drew McGray, Director - Marketing for ACAM.

SUMMER CAMP SCHEDULE AT A GLANCE

THURSDAY JUNE 2

FRIDAY JUNE 3

SATURDAY JUNE 4



ACAM is delighted to announce we are continuing to expand our educational module opportunities. These modules allow ACAM to elevate the guest experience by reaching our supporters in a smaller setting and often in geographic areas we are unable to bring larger educational experiences.

ACAM's Summer Camp Learning Activity will be brought to the W Fort Lauderdale from June 2nd through the 4th, and offers a myriad of workshops including Chelation Therapy, Hormones, Nutrition, and Hyperbarics.

The Chelation Therapy seminar will mark the introduction of a Certified Chelation Therapy (CCT) Exam study session combined with the popular hands-on IV therapies component, and will end with administration of the optional CCT Examination. A small number of opportunities are available for guests attending other sessions, as well.

In addition, Summer Camp will host the second joint collaboration between ACAM and SpiritMed to bring Dr. Walter Crinnion's three part Environmental Medicine series to our guests. Heavily based on case studies, the series is on-going and continues to welcome new participants. Future meeting dates will be held at our Fall Conference and Tradeshow in Portland as well as at select sites in 2012. This particular meeting will include a guest lecture from Lyn Patrick, ND.

Please contact the ACAM Executive office at 1-800-532-3688 or visit www.acam.org/summercamp for more details.

In 2009, ACAM completed the process for developing a certification program for Chelation Therapy. The first program of its kind offered by ACAM, the CCT Designation Exam allows physicians to use CCT as a credential and showcases his/her commitment to applying the highest standard of care when administering Chelation Therapy. ACAM's CCT Exam was developed in conjunction with Applied Measurement Professionals using state-of-the art psychometrics, robust question development and the academic rigor necessary for a certification program.

CCT Designation elevates the practitioner to a higher standard of reputation and professional development. Our rigorous and sound program ensures that only those truly qualified to administer chelation therapy safely and effectively are awarded designation. Patients will look for CCT designation when selecting a healthcare provider.

Thursday, June 2nd

- CCT Exam Review (half day) & IV Hands-On (half day)
8:00 am - 4:30 pm

- Hormone Workshop
8:00 am - 5:00 pm

- Nutrition in Clinical Practice
8:00 am - 5:00 pm

Friday, June 3rd

- Chelation Therapy Training
8:00 am - 5:00 pm
- Nutrition in Clinical Practice
8:00 am - 5:00 pm
- Environmental Medicine
8:00 am - 5:00 pm

Saturday, June 4th

- Chelation Therapy Training
8:00 am - 5:00 pm
- Hands-On Hyperbarics
8:00 am - 6:00 pm
- Environmental Medicine
8:00 am - 5:00 pm
- CCT Exam
7:00 pm - 9:00 pm

Detox With Dr. Jeffrey Morrison's New Book, *Cleanse Your Body Clear Your Mind*



Just in time for a spring cleaning of your body, Dr. Jeffrey Morrison's book, *Cleanse Your Body, Clear Your Mind*, hit book stands on March 31. After being quoted and featured in countless publications and news segments, we finally have the opportunity to learn and benefit from an entire book penned by this leader in Environmental Medicine.

Dr. Morrison received his undergraduate from the University of Rochester and his medical doctorate from Jefferson Medical College in Philadelphia. He is a board member of ACAM and serves as the Treasurer and Chief Financial Officer of the organization. His practice, The Morrison Center, is located on Fifth Ave. in New York City, just steps from Manhattan's Union Square.

Dr. Morrison found Environmental Medicine while in medical school. Like many students, he was low on time and low on funds, and found himself eating quick and convenient foods. In his case it was a lot of tuna fish, which was burdening his body with mercury. "I started experiencing symptoms like, fatigue and difficulty concentrating. And conventional doctors didn't know what the problem was," said Dr. Morrison. Looking for the source of his symptoms, he found Environmental

Medicine - the study of how the environment relates to our health.

Soon Dr. Morrison began working with Dr. John Sullivan, who worked in Environmental Medicine. He learned about allergies, chemical sensitivities and heavy-metal toxicity while practicing with Dr. Sullivan. This experience paved the way for Dr. Morrison to work with the famed Dr. Robert Atkins, well-known for his Atkins Diet. At the time, Dr. Atkins was looking for a physician skilled in Environmental Medicine and Dr. Morrison was the perfect fit. After working with Dr. Atkins in New York City, Dr. Morrison opened The Morrison Center in 2002.

With the constant technological advancement happening in this world, the time for Environmental Medicine has never been so important. "There are 70,000 chemicals actively produced in North America and 10,000 chemicals are put into food packaging, processing and food wrapping," said Dr. Morrison. As we are continuously exposed to these toxins they are accumulating in our bodies.

In Dr. Morrison's book, *Cleanse Your Body, Clear Your Mind*, we can learn about what the toxins are that we're being exposed to, where they are coming from, how detrimental they are to our bodies, and most importantly what we can do to eliminate our exposures and get better. Dr. Morrison provides a clear 30 day detoxification program complete with explanations, examples and testimonials to make detoxing easy to understand and complete.

Readers begin by taking the Detox Questionnaire. The questionnaire will determine how toxic you are. You will base your answers on your frequency of symptoms in the areas of: Neurological Function, Immune Function, Weight/Digestion Function, Cardiovascular and Metabolic Function, and Hormone Imbalances. Scoring 0-14 points is optimal and suggests you have low toxicity and could benefit from a 10-day seasonal detox. A score of 15-49 indicates you should take the 30-day detox plus supplements. A score of 50 or higher means you should start

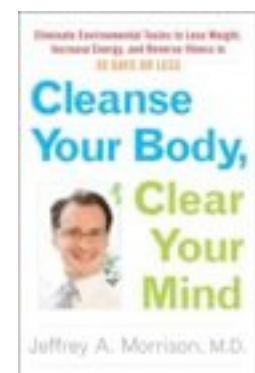
with the 30-day detox and signifies major health issues need to be addressed. At the end of the detox program participants take the questionnaire again and on average people report feeling 60% better, according to Dr. Morrison.

In a nutshell, the diet plan looks like this:

- Breakfast:** detox shake
- Snack:** fruit
- Lunch:** detox shake and a salad using olive oil and lemon juice as a dressing
- Snack:** raw veggies
- Dinner:** a protein and vegetables

In his book, Dr. Morrison expands on this with specific examples of meals, lists of foods to avoid, detox shake recipes and special directions for athletes and vegetarians.

The first few days on the plan you will probably feel a bit lethargic, but after five to seven days you will start to feel really good, said Dr. Morrison. Not only will you feel good, but you'll look good too. You'll shed pounds, your skin will become clearer and your eyes brighter.



Find *Cleanse Your Body, Clear Your Mind* at your local Barnes & Noble or Borders bookstores or order online at www.amazon.com.

For more information on Dr. Morrison and The Morrison Center please visit: www.themorrisoncenter.com.

Follow Dr. Morrison on Twitter at www.twitter.com/MorrisonMD

Skip the Harsh Chemicals & Clean Your Home Naturally



In Dr. Morrison's book, *Cleanse Your Body, Clear Your Mind*, he gives many simple steps people can take to decrease their exposure to toxins. One recommendation he gives is to eliminate household chemicals from the home.

Most cleaning products you'll find at the store are loaded with chemicals and toxins and many contain pesticides. No one wants to fill their living space with poisonous substances, instead make your own natural cleaning products. Substitute your cleaning chemicals with these household items:

- **Baking soda:** Absorbs odors and chemicals and can be used as a mild abrasive. It can remove stains from the bathtub or toilet and remove grime from a dirty oven.
- **Borax:** A mineral compound (sodium borate) that is a disinfectant, deodorizer, mold inhibitor, and mild abrasive.
- **White vinegar:** Cuts grease, deodorizes, and dissolves sticky buildup and mineral deposits.
- **Lemon juice:** One of the strongest food acids, effective against most household bacteria, cuts grease, dissolves sticky buildup, and has a bleaching effect.
- **Vegetable-based dish soaps:** Use a vegetable based soap that is made out of olive oil, such as castile soap.
- **Cornstarch:** Can be used to clean windows, remove grease stains, polish furniture, and shampoo carpets and rugs.

By combining the items mentioned above, you may create your own alternative cleaning products. Here are some ideas:

- **All-Purpose Cleaner:** Mix 1 teaspoon borax, 2 tablespoons vinegar or lemon juice, 5 drops essential oil of lavender, and 2 cups hot water.
- **Air Fresheners:** 1.) Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house. 2.) Having houseplants helps reduce odors in the home. 3.) Prevent cooking odors by simmering vinegar (1 tablespoon in 1 cup water) on the stove while cooking. 4.) Grind up a slice of lemon in the garbage disposal. 5.) Simmer water and cinnamon or other spices on stove. 6.) Place bowls of fragrant dried herbs and flowers in room. 7.) Put ½ cup of borax in the bottom of garbage pails. 8.) Place a box of baking soda in the refrigerator to absorb bad smells.
- **Carpet stains:** Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes, and clean with a brush or sponge using warm soapy water. For fresh grease spots, sprinkle cornstarch onto spot and wait 15-30 minutes before vacuuming. For a heavy duty carpet cleaner, mix 1/4 cup each of salt, borax and vinegar. Rub paste into carpet and leave for a few hours. Vacuum.
- **Coffee and tea stains:** Stains in cups can be removed by applying vinegar to a sponge and wiping. To clean a teakettle or coffee maker, add two cups water and 1/4 cup vinegar, bring to a boil. Let cool, wipe with a clean cloth and rinse thoroughly with water.
- **Floor cleaner:** Vinyl floors: use a mixture of ½ cup vinegar, ¼ cup borax and 1 gallon hot water. Wood floors: use a vegetable soap like castile soap or Murphy Oil Soap.
- **Furniture and floor polish:** Use 2 parts olive oil, 1 part white vinegar, and essential oil for scent; another option is to

use mineral oil with a few drops of lemon juice for each pint.

- **Mothballs:** The common mothball is made of paradichlorobenzene, which is harmful to liver and kidneys. Cedar chips in a cheesecloth square, or cedar oil in an absorbent cloth will repel moths. The cedar should be 'aromatic cedar' also referred to as juniper in some areas. Cedar chips are available at many craft supply stores. Homemade moth-repelling sachets can also be made with lavender, rosemary, vetiver and rose petals. Dried lemon peels are also a natural moth deterrent - simply toss into clothes chest, or tie in cheesecloth and hang in closet.
- **Toilet bowl cleaner:** Mix 1/4 cup baking soda and 1 cup vinegar, pour into basin and let it set for a few minutes. Scrub with brush and rinse. A mixture of borax (2 parts) and lemon juice (one part) will also work.
- **Glass cleaner:** Mix ½ cup white vinegar to 1 cup water and spray on with bottle.
- **Mold and mildew cleaner:** Mix 1 teaspoon borax, 3 tablespoons white vinegar, and 2 cups hot water, spray on surface and scrub off mold; to inhibit mold growth spray a few more times but don't wipe off.
- **Oil and grease spots:** For small spills on the garage floor, add baking soda and scrub with wet brush.
- **Oven Cleaner:** Moisten oven surfaces with sponge and water. Use 3/4 cup baking soda, 1/4 cup salt and 1/4 cup water to make a thick paste and spread throughout interior. (Avoid bare metal and any openings.) Let sit overnight. Remove with spatula and wipe clean.

The next time you run into a messy disaster in your home, don't run out to the store for expensive chemicals, turn to your pantry and use what you already have!

Sources:

Morrison, Jeffrey. *Cleanse Your Body, Clear Your Mind*.

communitytable.net - Keep Your Home Safe by Using Natural Cleaning Products

BIGS LIFE

SLIM™ Is The Difference!!!

Bios Life Slim is the difference for the health of your patients... and for the health of your practice!

Bios Life Slim is the only nutritional supplement listed in the PDR clinically proven to simultaneously address all five indicators of Metabolic Syndrome. Each packet of Slim delivers a patented, scientifically formulated matrix of fibers, vitamins, minerals, phytosterols, policosanol and chrysanthemum morifolium.

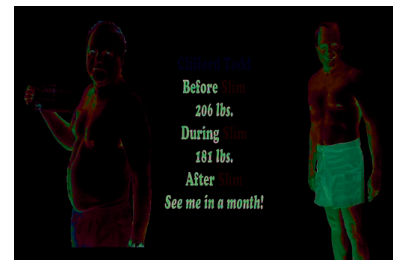
Your patients get what they want: FAT LOSS and INCHES LOSS. They get what they need: lower LDL, higher HDL, lower triglycerides, lower pre and post-prandial blood sugar, lower HbA1c's, reduced insulin and leptin resistance, lower blood pressure, and improved bowel function. You get happier and healthier patients, plus a continuous hands-off revenue stream month after month from nutritional prescriptions on automatic refill.

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Please come see us at ACAM's Summer Camp in Ft. Lauderdale.



Why Your Detoxification Program May Not Be Working For Your Female Patients **by Susan E. Kolb, MD, FACS, ABIHM**

Many of the holistic physicians in the United States have become proficient in developing effective detoxification programs that greatly aide the health of their patients with functional disorders due to impaired detoxification pathways and toxic overload secondary to environmental exposures. When a patient fails to respond as predicted, there may be a reason other than compliance.

I am a board certified plastic surgeon and a founding diplomat of the American Board of Integrative Holistic Medicine. Like many of my holistic colleagues, I became ill with a serious and unknown disease that required me to learn about holistic and functional medicine in order to regain my health. Then, like many of the holistic doctors I have met, I then was able to help large numbers of patients with the same illness. This is the path

of the wounded healer and may be one of the best ways for a doctor to explore a new disease that has yet to be characterized by medical science. In my case, the political reaction against this disease was remarkable, and still to this day is vehemently denied by the majority of plastic surgeons despite a great deal of scientific information that would support my theory of this illness.

In 1985, I was spiritually guided in meditation to get Dow Corning breast implants. This was easy to do as I was a major in the Air Force and my friend and mentor at a neighboring Air Force base was happy to perform this for me for free. I had no problems for about 8 years and then began to have immune problems, endocrine disruption, and neurological issues. Only my left breast implant was leaking silicone gel, so it was easy to know that the problems were coming from the implants, as the symptoms were primarily on the left side. Also, I had a waiting room full of women with the same illness. I had to delay my explantation (removal of breast implants and scar capsule) until early 1997 as there was

a deadline for rupture proof which required surgery in one of the breast implant settlements (3M). When I was explanted by my plastic surgeons (I had two for good measure), they did not completely remove the scar capsule around the implant; this led to an exacerbation of the illness for many months after, as the chemicals from the leaking implants went into my system faster than they could be removed by detoxification.

For a complete description of the silicone, chemical, and bio-toxicity that silicone breast implant patients may experience, and the bio-toxicity, sick building syndrome inside the patient's chest wall, please see the information at:

www.thenakedtruthaboutbreastimplants.com. There is also a paper describing what a holistic doctor can do for these patients (besides surgery which is always needed) called "The Silicone Treatment Protocol" which is available on the internet as well. Detoxification and immune and endocrine support is needed as well and is outlined in "The Silicone Immune Treatment Protocol" also available at

www.plastikos.com under protocols. Other papers such as “Silicone and Saline Implants: Frequently Asked Questions”, “The Silicone Breast Implant Controversy”, and “Doctor, Are You Listening: The Silicone Catastrophe” are there as well.

The interesting feature of this disease is that it is a treatable model of fibromyalgia which may be primarily due to chemical and or bio-toxicity from mold. In fact, the only peer reviewed paper ever to look at women with ruptured breast implants found a high correlation with fibromyalgia (Journal of Rheumatology 28 (2001): 996-1003). My editor found it strange that this paper was still up on the Food and Drug Administration (FDA) website (the FDA had partially funded this study), when silicone gel implants were returned to the market in 2006. And when nine scientists (FDA and former FDA) blew the whistle on the FDA administration not following science in 2009, silicone breast implants were listed.

So, if your female patient is not recovering at the rate that you expect (there may be some initial improvement as detoxification pathways are optimized), consider that she may have silicone or saline breast implants. I see patients every week who have spent large amounts of money on detoxification programs when what they needed first was surgery to remove the leaking and sometimes infected implants, including the scar capsule as well as any abnormal lymph nodes filled with silicone. A recent paper entitled “T-Cell Non Hodgkins Anaplastic Lymphoma Associated With One Style of Breast Implants” by Garry Brody, et. al., describes 34 cases of lymphoma in women with breast implants and 23 of the 25 that were able to have the implants identified from the literature search, were textured using the lost salt technique (McGhan, Inamed, and Allergan). Most of the explant patients in my practice who have died, have died of an aggressive lymphoma until in 2005, I began removing abnormal axillary lymph nodes and to date there have been no cases that I know of with this additional removal of silicone laden lymph nodes. We do not know the actual risk as probably only a small fraction of implant

patients with lymphoma ever are reported in the literature.

Please also understand that some of your female patients may not actually get around to telling you that they have breast implants, so you may have to ask directly. I have spoken to many holistic doctors who have been frustrated by the lack of progress in this patient population if they have not yet had the surgery. There are not always chest wall symptoms and if there are, they may be minimized by the patient, as they really do not wish to lose their implants to surgery.



For a more complete description of these illnesses as well as the treatment protocol after surgery, please see my book *The Naked Truth About Breast Implants*. It contains seven patient stories, including an FDA research scientist who became ill after getting saline implants as she has the HLA B-27 genotype. There may even be male patients ill with autoimmune disease in your practice, who after removal of the silicone testicular or penile implants, will regain their health. The head of Urology at a famous clinic announced he was going to study the systemic effects of silicone penile implants, and according to a toxicologist I interviewed on my weekly radio show *Temple of Health*, the next week he didn't have a job. Look at who endows the top universities and you will see why the Harvard and Mayo studies were done in order to prove that silicone implants did not cause any known autoimmune disease. They do not, but they do cause an autoimmune disease in many women that had not yet been characterized, so epidemiological studies could not yet be

done. As I point out to those interested, since silicone gel is considered a hazardous substance due to the large number of neurotoxins and carcinogens listed as ingredients in these implants, and the injection of silicone gel is illegal, does it make any sense that it is okay to place these silicone implants in women's bodies when the elastomer silicone shell can be damaged by trauma or degrade with age (usually in 8 to 15 years or right away in some implants with defective backplates) and contents allowed to go into the patients' lymphatic systems and throughout their bodies? And the FDA recommendation that women have breast MRI's (at their own expense in most cases) to detect rupture is absurd. Even with rupture, only 85% are detected with the breast MRI and those that leak without rupture make the women just as ill as those that rupture.

Please take a look at www.thenakedtruthaboutbreastimplants.com for an overview of the problem in the foreword of the book by Dr. Douglas Shanklin, a prominent silicone research scientist and the endorsements by Dr. Norm Shealy, Dr. Larry Dossey, and Dr. Bernie Siegel. And let your patients and friends with breast implants or those thinking about breast implants know about the book so they can have true informed consent.



Thank you to Dr. Susan Kolb for contributing this informative article to *The Voice*.

ACAM invites all of our members to submit articles for inclusion in The Voice. Please send your material

to: thevoice@acam.org.

Susan Kolb, M.D., FACS, is the Founder of Millennium Healthcare and Avatar Cancer Center. She is a recognized authority on energy healing and spiritual medicine as well as one of Atlanta's leading plastic surgeons.

Dr. Kolb incorporates holistic, spiritual, Traditional Chinese Medicine and the teachings of ancient healers into her modern surgery practice.

Learn Environmental Medicine With ACAM and Dr. Walter Crinnion



ACAM and Dr. Walter Crinnion have teamed up to bring you a one-of-a-kind Environmental Medicine Training program. This advanced, post-graduate learning activity will provide you with the complete background, science and practical application of Environmental Medicine and its associated treatment modalities. This course is self-paced and expertly guided through the use of a combined learning approach that employs e-learning, didactic instruction and telephonic conference call learning methods. This curriculum has been approved for up to 66 CEUs by the Oregon Board of Natural Medicine.

This comprehensive and well-referenced course provides a compilation of published research in an easy to understand and access format. The following topics are covered:

- The Human Toxic Burden
- Air, Food and Water Pollution - sources, compounds, remediation
- Normal methods of biotransformation, defense and excretion
- The genetic and nutritional impacts on biotransformation
- The main health impacts of environmental toxins

By the end of the course the participants will be able to:

- Identify the common sources of environmental chemicals that are making your clients ill, how to spot them and how to help support the client in avoiding those toxins.

- Recognize the classic pattern of xenobiotic damage in the human body as it appears in the client's history (with an emphasis on the immune, neurologic and endocrine systems) and laboratory tests.
- Design and implement the most effective supplementation and cleansing program for your patients to help with toxin overload.

The 2011 course series began in February 2011 and ends in November 2011. To complete the class you must view all the DVD lectures, complete the exams for each and attend three in-person meetings to learn to apply this information on real cases that you will bring from your practice and the practices of the other attendees. The first in-person meeting convened at the Mandarin Oriental in Las Vegas in February. The second in-person meeting will be at our Fort Lauderdale Summer Camp this June and the third will be at our Fall Conference in Portland, Oregon in November. We will be offering this program again in 2012.



This course includes an E-Learning component. Learning is accomplished in the convenience of your own home or office with DVD (36 hours), and an informational CD with handouts, PowerPoints, lecture notes and articles. Instead of trying to retain as much as possible in a long weekend, you can learn it at your own pace.

In-person meetings (36 hours) allow for review, Q&A, guest lectures and, most importantly, application to patient cases.

Monthly conference calls will allow time for more presentations, and Q&A with Dr. Crinnion.

Upon completion of the E-Learning Component participants will be able to:

1. Describe the classic signs and symptoms of toxic burden as then present in the average patient.
2. Be able to categorize the most likely classes of toxins for the patient based upon the patient's signs and symptoms.
3. List the most common sources of toxic exposure for their patients.
4. Assist patients in understanding how and where these toxins came to be present in their bodies.
5. Determine which, if any, laboratory measurements would assist in the workup of a toxin-burdened patient.
6. Identify any genetic polymorphisms that may have led to the patient's overburden.
7. Devise a list of action steps for the patient to avoid further exposures that would exacerbate his/her health problems.
8. Devise a list of dietary changes and supplementation that would be most beneficial for their patient.
9. Devise for patients a cleansing program to help them reduce their toxic burden and assist them in accomplishing it.

In-Person Meetings

The in-person meetings allow for case studies, questions and answers, and practical application of learning. Each weekend has a total of 15 hours of guest lectures, case work, questions and answers providing 45 hours of CE over the course of the class.

Guest Lectures

- David Quig, PhD** – Dr. Quig is an expert on heavy metals and heavy metal chelation. He presents for 4 hours on DMSA, DMPS, and Ca EDTA including indications, contraindications, side effects, toxicokinetics and protocols.

-Lyn Patrick, ND – Dr. Patrick has a practice in Colorado specializing in heavy metals and environmental medicine. She has been working ex-officio with ACAM for the last several years. She presents a 4 hour lecture on the heavy metals arsenic, cadmium and lead. This lecture includes her treatment protocols utilizing DMPS, DMSA, CaEDTA and NAC.

-William J Rea, MD – Dr. Rea is widely, and rightly, considered to be the world expert on chemical sensitivity. Dr. Rea runs the only comprehensive environmental unit (Environmental Health Center-Dallas), he is a cardiac surgeon, has published numerous articles in the medical literature and presents on the topic of chemical sensitivity.

-Other guest lecturers come on a more infrequent basis.

Case Studies

Each physician attending the class is encouraged to bring cases from their practice to share with the class. This allows all the members of the class to work on the application of the class information on real patients. As the class progresses the cases are brought back to successive weekends so that all can benefit from the progress and subsequent questions about the case.

Questions and Answers

Time is devoted on both Friday and Saturday to cover questions that the participants have from the lectures. This often results in a lively discussion and is often considered by the participants the best part of the weekend, as these discussions are always highly clinically relevant.

2012 In-Person Meeting Dates

-February 17 - 18, 2012 - Orange County, CA

-June 1 - 2, 2012 - Huntington Beach, CA

If you are interested in taking part in our Environmental Medicine course please contact the ACAM headquarters at: 1-800-532-3688. Our friendly representatives are eager to

discuss this program with you as well as our optional lodging package and flexible payment plans.

Recipe of the Month

For our detox issue we've chosen to share one of our favorite recipes with you from Dr. Walter Crinnion's book, *Clean, Green & Lean*.



Baked Salmon over Pesto Pasta

(Serves 2)

Ingredients:

- two 6-oz wild Alaskan salmon fillets
- organic light Italian salad dressing
- 2 teaspoons dried basil
- 1 package rice pasta
- 2 tablespoons pesto
- 2 tablespoons organic olive oil
- 4 cups organic mixed salad greens
- 2 half-teaspoon portions of olive oil (one for each individual salad)
- 2 half-teaspoon portions balsamic vinegar

Directions:

Preheat the oven to 350 degrees. Place the salmon fillets in a baking dish and generously pour the salad dressing over the salmon. Sprinkle the salmon with the dried basil and cook for 30 - 35 minutes. Cook the pasta according to the package directions. Drain the pasta, rinse, and place it in a medium mixing bowl. Add the pesto and olive oil to the pasta and mix well. Put the pasta on two plates. Remove the skin from the salmon and place the salmon on top of the pasta. Serve with a small green salad dressed with olive oil and vinegar.

Clean, Green & Lean was released in March 2010 by naturopathic physician, Dr. Walter Crinnion. It is a guide to getting slim, healthy and toxin-free. The book features healthy, delicious, clean, green recipes and two weeks of meal plans.



Walter J. Crinnion, ND, received his degree in Naturopathic Medicine from Bastyr University in Seattle, Washington in 1982 with their first graduating class. He

then opened a family practice and began to specialize in allergies and in treating chronic health problems caused by environmental chemical overload. In 1985 he opened the most comprehensive cleansing facility in North America for the treatment of chemically poisoned individuals.

Dr. Crinnion is an associate professor at Bastyr University, National College of Naturopathic Medicine, and the University of Bridgeport School of Naturopathic Medicine. He has currently accepted an appointment as professor at the Southwest College of Naturopathic Medicine and the directorship of SCNM's Environmental Medicine Center of Excellence.

Share Your Thoughts With Us!



ACAM wants to know what you have to say! We are dedicated to developing medical education for physicians and allied healthcare

providers that is relevant to their medical practice and educational needs. To ensure we are meeting our goals and your learning expectations, we would like to hear from you.

We have Follow-Up surveys for you to tell us about your ACAM conference experience, so that we may evaluate our program to ensure your educational needs and overall experience at our event is of the highest caliber. We also have Needs Assessment surveys for you to let us know what therapies you're interested in adding to your practice, so that we may craft our conferences around your needs. To thank you for sharing your thoughts with us we hold raffles for survey participants with terrific incentives.

There are currently four surveys available on the ACAM website for you to complete:

Follow-Up Surveys:

Optimal Health Through Integrative Medicine

This survey is for you to give us feedback on our last Fall Conference, which took place in Las Vegas, November 5 - 7, 2011.

Survey Time: 30 minutes

Incentive: *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods.* By Jeffrey M. Smith.

Expiration Date: November 1, 2011

Needs Assessment Surveys:

Integrative Approaches to the Patient Management of Insulin-Dependent Diabetes

Course Status: In development

Survey Time: 30 - 45 minutes

Target Audience: Physicians and healthcare providers with a diabetic and/or insulin-dependent patient population.

Incentive: 50% off the registration fee for the event.

Expiration Date: November 1, 2011

Allergies

Course Status: In development

Survey Time: 5 - 10 minutes

Target Audience: Physicians and healthcare providers.

Incentive: ACAM shirt and water bottle.

Expiration Date: Ongoing

Certified Chelation Therapy (CCT) Exam Review and IV Hands-on Technique

Course Status: In development

Survey Time: 10 - 15 minutes

Target Audience: Physicians and healthcare providers.

Incentive: ACAM gift basket

Expiration Date: Ongoing

To visit the ACAM Survey Portal and complete any of these surveys please visit: www.acam.org and click on "Give us feedback" at the bottom of the home page.

ACAM strives to bring you the most advanced continuing medical education Your feedback is vital to the organization. Thank you for sharing your thoughts with us, so that we may continue to bring you relevant continuing medical education to further your practice and professional development.

Classifieds

Fellowship Opportunity



A Complementary Alternative Medical Group is seeking a full-time physician for a well-established practice. Candidates should have a strong interest in learning alternative modalities and participate in periodic community education lectures.

We emphasize a multidisciplinary approach to medical education. Our treatment modalities include Chelation Therapy and innovative

treatment of cancer. Hyperbaric Oxygen Therapy is available.

Supporting our practice is a high level research medical laboratory and also a non-profit foundation. We are the central office for the CAM PPO of America. Our patients come from all over the world. Check us out at: www.prevmedgroup.com.

Responsibilities include direct patient care, clinical teaching and overall program leadership. Full-time employment is available with a highly competitive salary and benefit package.

Eligible candidates should submit their CV with a cover letter of intent via fax (800) 366-3425 or e-mail: swenger@Westlax-labs.com. Or, mail to:

Preventive Medicine Group
Attn: Susan Wenger
24700 Center Ridge Road
Westlake, OH 44145

Integrative MD/DO Needed in Tampa, FL

Tampa, Florida integrative wellness practice is growing and looking to hire a full time or part time family practice DO or MD. This upscale medical clinic is located in a desirable and affluent area of south Tampa.

Position is available now for the right doctor. Partnership is also available. Physician must have experience and knowledge of functional medicine. Please call 813-546-9686 or send resume to:

Integrativewellnesstampa@gmail.com.

Director of Clinical Operations, University of Kansas Medical Center Program in Integrative Medicine



The University of Kansas Medical Center, Program in Integrative Medicine is offering a unique opportunity to join one of the leading integrative medicine academic programs in

the country at the assistant/associate professor level.

We are looking for an experienced integrative MD / DO practitioner to join our clinic and be part of our rapidly expanding program. The qualified candidate would be joining an active hands-on practice serving the biochemical needs of chronically ill patients as well as those seeking to enhance wellness. The Program offerings include nutrient infusions, active nutrition services with a teaching kitchen under the direction of an integrative nutritionist, neurofeedback, and a variety of laboratory testing options to guide recommendations.

Interested applicants can submit their resumes to jink@kumc.edu.

Fellowship Opportunity



The University of Kansas Program in Integrative Medicine will be accepting applications for the upcoming fellowship year beginning in August 2011 through July 2012. The closing date for receiving applications is May 30, 2011 with the announcement of the selection in the beginning of June.

The Program in Integrative Medicine fellowship is open to MD/DO physicians who have completed a primary care fellowship and are board certified or board eligible. The fellowship is a unique opportunity to learn in an academic environment but be exposed to cutting edge integrative medicine that includes hands on patient care.

Learning opportunities include intravenous and oral nutrient therapies, laboratory testing of individual biochemistry and application of findings to patient care. Research opportunities in integrative medicine are encouraged. A certificate from the University of Kansas Medical Center is awarded upon successful completion and a stipend is available for the year.

Please contact Janet Ink, Executive Director of the Program in Integrative Medicine, at jink@kumc.edu or (913) 945-6607

Integrative family practitioner - Seeks a full time position

Looking for position with an established integrative center.

Physician has very good experience with the management of bioidentical hormone replacement, adrenal fatigue, thyroid imbalances, gastrointestinal disorders, patients with multiple allergies and chemical sensitivities. Experience also with IV Chelation and IV nutritional therapies.

Please send employment opportunity notices to: integrativephysician11@gmail.com

Terrific opportunity for MD or DO



Join me in the most advanced integrative practice in Nebraska. This is a fabulous opportunity to join a thriving holistic practice. We provide IV vitamin therapies, energetic and manual therapies, neural therapy and much more. The position can be part-time or full time depending on your needs. Central Nebraska is a wonderful place to raise a family and escape from hectic big city life. We serve a large patient base that is very interested in alternative medicine. Visit our website at: www.yourcenterforhealth.com.

Contact: Loretta Baca, MD
(308) 534-6687
email: thecenterforhealth@gmail.com
The Center for Health
302 South Jeffers St.
North Platte NE 69101

Integrative MD/DO Needed in Orlando, FL



M.D./D.O integrative physician needed to join a busy integrative M.D., N.D. practice in Orlando FL. Experience is a bonus, but passion for this kind of medicine is essential.

I.V. Nutrition, Chelation, Hormone Replacement, Oxidative Therapies combined with a whole person- body, mind, and spirit approach is offered along with colonics, massage, and acupuncture.

The Center for Natural & Integrative Medicine
6651 Vineland Road Suite 150
Orlando FL 32819
(407) 355-9246

Website: www.drkalidas.com

E mail: anitakal@aol.com, anita@drkalidas.com

Physician Needed in Middletown, N.J.



Looking for an experienced MD or DO (preferred) with a background in family medicine to join our established practice. We are a Safe and Experienced Holistic/Family Practice- offering; Hyperbaric Oxygen Therapy, Chelation and IV Therapies, Nutrition, Acupuncture, Natural Hormone Replacement, DEFEAT AUTISM NOW THERAPIES OFFERED, Diving medicine etc, with a very caring staff.

Our website is: www.osteodocs.com.

Applicants may contact: (732) 671-3730.

