

NETPHYSICIAN CLINIC NEWS

DETOXIFYING YOUR SYSTEM

INSIDE THIS ISSUE:

<i>Detoxifying Your System</i>	1
<i>Benefits of Intravenous Vitamin Therapy</i>	1
<i>The Second Wave of Oxygen</i>	2
<i>Rhett Bergeron, M.D. Medical Background</i>	3
<i>American Wellness Clinic Offered Services</i>	3
<i>Benefits of Sauna Therapy on Chronic Illness</i>	3
<i>Relief for Symptoms of Multiple Sclerosis</i>	4

When encountering a toxic substance, our bodies automatically respond by removing the substance in a variety of ways. A person may develop a fever as a means of pushing toxins out by way of perspiration. If we chance upon something that is very toxic, our bodies may react with vomiting or diarrhea. Coughing, sneezing, eye and nose watering may also be signs of your system responding to built up toxins. However, there are some toxins that cannot leave our systems without assistance. This can be done in numerous ways, depending on what type of toxins you are targeting.

Due to the enormous amount of chemicals that we face each day, it may be beneficial to cleanse your system periodically. Patients who are on numerous medications should also consider detoxification due to the

toxic load on the liver that comes with pharmaceuticals. For light detox therapies, an Epsom salt bath, increased consumption of water or detoxifying teas can be beneficial. Massage therapy is also helpful in releasing toxins from your soft tissues and joints. By working the muscle areas with intense massage, toxins are released from the muscles and joints.

Chelating agents are also very helpful in the removal of heavy metals and other toxins and are designed to improve the circulation. EDTA is a binding agent found in many IV chelation therapies, and works by binding with toxic heavy metal concentrations in the body's tissues and removing them. Oral chelators are also available without a

prescription and are more convenient to use. Chlorella is a natural detox agent used to prepare patients prior to chelation.

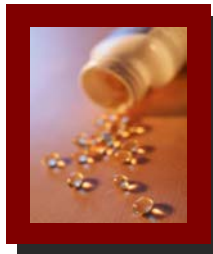
Some detox protocols include low temperature sauna therapy where patients sit in a sauna for 90 minutes at 115° F. Heat liquefies fat-soluble toxins and assist in excreting them out through the skin pores. This low temperature sauna therapy is usually well handled by patients with heat intolerances and may be used in conjunction with Niacin and choline supplements to increase the flush of toxins. Sauna therapy is also beneficial for the skin, eases joint pain and stiffness, improves the immune system, reduces stress and fatigue and increases blood circulation while strengthening the cardiovascular system.

BENEFITS OF INTRAVENOUS VITAMIN THERAPY

Intravenous vitamin (IV) therapy is a means by which a dose of natural vitamins and minerals are infused directly into your circulatory system for maximum absorption. What makes intravenous supplementation more beneficial than taking oral vitamins and minerals? Some people are not able to absorb nutrients from vitamin and minerals when taken orally. Some patients suffer from imbalances of stomach acids and enzymes that may decrease the level of nutritional absorption, while others have a simple intolerance to oral vitamins. Vitamin IVs bypass the digestive system and transport the nutrients directly into the blood for an immediate supplementation to tissues and organs. Vitamin IVs do not rely on your body's ability to absorb nutrition in the stomach, which is very beneficial for those with digestive or other absorption difficulties.

Vitamin IVs are also used to treat a variety

of illnesses such as Cancer, Chronic Fatigue, Arthritis, nutritional deficiencies, depression, excess toxicity, colds, flu and is used many times to revitalize a patient who has suffered



from a long term illness. Chronic illnesses leave the body in a compromised state usually with dysfunctional digestive abilities and depleted vitamin and mineral levels. Organs, tissues and organ systems will be prevented from healing to their capacity if the body does not get all the sustenance that it needs.

Additional benefits of intravenous vitamin therapy are elimination of toxic substances, reduced inflammation, replenishment of vitamin and mineral levels, enhanced immune function, and increased energy.

Intravenous vitamin therapy can greatly aid in wound healing after surgery, alleviate arthritis, and it has been shown in laboratory studies that intravenous vitamin C can even kill Cancer. Many times, a vitamin IV is administered for preventive measures such as anti-aging or at the onset of cold or flu.

Dr. Bergeron uses only the most natural sources of vitamins and for the vitamin IV mixture. Therapies are administered in a relaxing environment in the comfort of a reclining chair.

Call us today to schedule an IV therapy customized to your system.

THE SECOND WAVE OF OXYGEN

By Rhett Bergeron, M.D.

What do hockey coaches have in common with Parkinson's sufferers? What could an Irish Olympic athlete possibly share with a patient bedridden from chronic Lyme disease?

Oxygen. The elixir of life. The one substance every cell in your body needs to function—whether it's to heal chronic illness or perfect your 4-minute mile. Now mild hyperbaric oxygen therapy, which delivers oxygen to every cell under pressure, is affordable and can even be done regularly in your own home. These new FDA approved chambers that, with a prescription from a doctor, can be bought for home use; or can be used in the clinic at about ¼ the cost of treatments in freestanding clinics.

Mild hyperbaric therapy is safe and yet highly effective. It constitutes a huge leap forward in alternative and innovative medicine. There is nothing as inspiring and gratifying to a doctor as watching patients with debilitating chronic illnesses improve for the first time in years, and regain a sense of well-being. Just listen in on a few comments from my patients and athletes who've used it:

Hyperbaric oxygen therapy is an unprecedented, powerful, gentle healing modality. And now it's finally become affordable, and can even be done in your own home.

Greg Stathis, the head hockey coach at Georgia Tech for eleven seasons, uses the therapy because he has had two kidneys removed. "Because of the chamber," he says, "I feel better than I have in ten years. I have introduced the chamber to the twenty-five players on my team and

have noticed immediate improvements in their performance. They have more stamina and energy."

Dee Marie Austin suffers from Crohn's disease, Fibromyalgia, rheumatoid arthritis, asthma and allergies. She has had three bouts of cancer, with chemotherapy and radiation treatments. After using the chamber, "I am nothing short of astounded" she says. "Hyperbaric has helped me from the very first sessions. For the first time in years," she says, "I am able to sleep more than 2 hours at a time. There are not enough words for me to express how I feel about this therapy."

On the other hand, healthy, active individuals benefit as well. Murlean Tucker, a former national aerobic champion and fitness instructor says "I came out feeling as if I'd slept for hours! The energy I receive from the chamber to teach my fitness classes far surpasses anything I ever expected." Karen Shinkins, an Irish Olympic athlete, began treatments while training for the 400 meter race and told me, "I have made it through some of the hardest workouts imaginable, in some world class times. I would recommend the chamber to any sports person seeking 'the edge'."

So, let's take a closer look at this therapy. It is both revolutionary and tried-and-true. Hyperbaric oxygen therapy itself has been around for quite a while.

SAVING CELLS WITH OXYGEN

Normally, oxygen is carried around your body by red blood cells. However, during HBO therapy, you breathe oxygen under pressure, and far higher amounts of oxygen flood the

body, dissolving in your plasma and reaching all your cells. The experience is pleasant, you cannot "feel" the pressure, and many patients feel so relaxed they actually fall asleep.

The benefits are nothing less than profound: a marked increased ability of white blood cells to destroy bacteria, greater production of fibroblasts (cells necessary for wound healing),



growth of new blood vessels, and stimulation of damaged cells such as brain neurons. Super oxygen saturation of tissue stops the spread of certain toxins and enhances the killing of bacteria, speeding the healing

of difficult or antibiotic-resistant infections. That's why oxygen given with increased pressure can correct many serious health problems. Studies have shown that difficult and disabling conditions such as multiple sclerosis, lupus, rheumatoid arthritis, Lyme disease, cerebral palsy, brain trauma, and stroke, all improve in astonishing ways with this treatment.

Until recently, however, this therapy has mostly been available only in hospitals for a small number of conditions, or in specialized clinics that charge around \$150-200 a session and require you to travel far from home, adding in the expense of airfare and lodging during the weeks and months you are undergoing the therapy. These freestanding clinics are not reimbursed by insurance, and once you return home, the treatments stop.

THE SECOND WAVE

The premier specialist who is in a sense the father of Hyperbaric medicine in the United States, Richard Neubauer, M.D., has found

that in most conditions, relatively low pressure HBO (around 1.3-1.5 ata) is highly effective. Another specialist, Gunnar Heuser, M.D., Ph.D., found that at mild pressures, circulation and blood flow improved in the brain (using spect scan imaging) and that programmed cell death decreased, while natural killer cell activity increased. This was after only ten sessions.

Mild chambers come in three sizes, and the largest one can easily accommodate two people (so that, for instance, a mother can go in with a child with cerebral palsy). Even when used without oxygen, these chambers compress air and deliver more oxygen to tissues, and have been found to be beneficial. I've found that many of my patients begin treatments at my clinic, and are so impressed with the powerful healing effect, they soon purchase one for home use. In addition, patients on medications have found they can reduce or often eliminate the medications.

I consider these chambers engineering marvels. You can adjust the pressure and flow-rate to your own needs, and when a chamber is at home you no longer need to disrupt your life to have access to this healing modality. It is your choice. Freedom and healing are just a chamber away.

www.GenoxInc.com - Info on inexpensive, portable hyperbaric oxygen equipment.

www.HBOTreatment.com - Medical Research and Information on Hyperbaric Oxygen Therapy.

OUR MISSION

We specialize in integrative and complementary medicine to treat the patient as a whole rather than on a symptom by symptom basis. Due to our interest in health and nutrition, we seek out physicians in the field of nutritional medicine. We realize the inadequacies of conventional medicine based on drug therapies alone, as well as the realistic possibilities of healing the body with nutritional and metabolic-immune therapies.

The mission of NetPhysician is to assist patients in their quest for health and wellness. By taking responsibility for the

laws of physical life and giving our bodies nutrients from whole-foods and eliminating toxins, we can utilize our God-given ability to heal and lead healthy lives.



"Our mission is to assist patients in their quest for health and wellness."

We refer patients to physicians who integrates nutritional, metabolic, biological, and immune therapies with conventional medicine in the treatment of chronic diseases, with emphasis on identification of underlying causes of disease, patient education and responsibility.

NETPHYSICIAN OFFERED SERVICES

We offer comprehensive wellness and medical treatment programs based on extensive diagnostic testing and natural principles of healing.

Focusing on the following:

- Cancer
- Stroke/ Brain Injury
- Cerebral Palsy/ Autism
- Auto-immune Disorders
- Women and Men's Health
- Sports Medicine
- Anti- Aging Medicine
- Candidiasis
- Chronic Infection
- Chronic Pain
- Neurological Disorders

Diagnostic Evaluations:

- Nutritional Analysis
- Hormone Balance
- Cancer Screening and Early Detection
- Immune/ Natural Killer Cell Function
- Infrared Thermography

Treatment Programs :

- Custom Nutritional Supplementation
 - Detoxification
 - Immune Therapy
 - Natural Hormone Therapy
 - Natural-Biological Medications
 - Bio-Energetic Cell Therapy
 - IV Chelation/ IV Nutrition Therapy
 - Physical Medicine
 - Massage Therapy
 - Trigger Point Injection
 - Hyperbaric Oxygen Therapy
 - Infrared Sauna Therapy
 - Lifestyle Counseling- Diet/ Exercise
 - Mind-Body-Spirit Support
 - Cancer Support/ Cancer Vaccine Immunotherapy
 - Gerson Metabolic Nutrition
 - Nutritional Metabolic Medicine
- Medical Doctors and Complimentary Practitioners working together for healing of the mind, body and spirit.

BENEFITS OF SAUNA THERAPY ON CHRONIC ILLNESSES



Many chronically ill patients have utilized dry saunas as an important part of recuperation to alleviate symptoms. The benefits of sauna therapy include detoxification of the body, anti-viral activity, weight loss, pain relief, sinus relief, improved circulation, relaxation and skin conditioning. Saunas are useful for cleansing of heavy metals, pesticides, herbicides, and other toxins from the body. While both saunas and steam rooms can be used to relax and unwind, dry saunas have the ability to help rid your body of more

heavy metals and other toxins. Sauna therapy promotes the movement of toxins out of fatty tissues and assists their excretion through the skin. This heat therapy enhances circulation and increases the elimination of impurities through both sweat and secretion of the sebaceous glands. By raising the body's core temperature, sauna therapy elevates the levels of oxygen delivery into the tissues, thus stimulating the immune system and supporting its natural ability to heal. Sauna therapy also elevates white blood cell count, increases nutrition distribution throughout the body, kills bacteria and viruses, burns calories,

flushes out toxins, relaxes muscles and eliminates pain. Due to our enthusiasm for sauna therapy, we have researched available saunas in the market and have found a manufacturer, which builds saunas that are illness friendly. We have chosen to offer these saunas due to the properties these superior saunas exhibit. Heavenly Heat Saunas are environmentally safe for the home. Each unit is constructed without adhesives or synthetic materials an feature untreated white hardwood, tempered glass and stainless steel heaters. Making them the ideal choice for people with chemical sensitivities or other allergies, or for anyone

concerned with exposure to chemicals. These saunas include both Finnish stone heating, as well as a combination of stone heating with infrared body heating. Infrared heat directly penetrates the body's tissues to a depth of over 1-1/2". This induces 2-3 times the perspiration of regular saunas while operating at a significantly cooler temperature. This type of heat is ideal for those patients with slight heat intolerances. These are the safest, most versatile, and most effective saunas for detoxification. For more information about recommended sauna protocols or sauna information send us an email to info@netphysician.com

Information:

E-mail: info@netphysician.com

Web: www.netphysician.com

Newsletter Info: 678.957.0156

We're on the Web!
www.netphysician.com

Relief for Symptoms of Multiple Sclerosis

Dr. Bergeron has recently noted significant results using mild hyperbaric oxygen therapy in the treatment of Multiple Sclerosis. Tremors, severe pain, blurred vision, weak limbs, numbness, and fatigue are just some of the symptoms of Multiple Sclerosis (MS), one of the most common diseases of the central nervous system. It is estimated that over 2,500,000 people worldwide are currently affected by MS. The American Wellness Institute has found new hope for those suffering with these debilitating diseases.

Dr. Bergeron has treated several MS patients using mild hyperbaric oxygen therapy (mHBOT), which enhances the metabolism and natural healing processes. mHBOT is administered by breathing an increased concentration of oxygen while lying inside a pressurized chamber. Many times patients enter remission after undergoing hyperbaric therapy for a nine-month period. In some cases, in the initial stages of treatment, MS patients have seen sudden symptom resolution during the one-hour therapy session itself, with a slow slight return of the symptomology 4-5 hours after

treatment.

Due to our body's reliance on oxygen, it is not surprising that mHBOT assists the healing process of injured tissues. Recent scientific studies have shown inflammation and tissue swelling inhibits the delivery of oxygen and can lead to what is known as a "MS Flair". By increasing the amount of oxygen in the system, scarring and plaque formation is lessened, swelling reduced, and the body's natural healing processes are increased.



Patients have found that spasticity, pain, dizziness, and tremors have all disappeared during this time. In many instances patients regained their ability to move limbs that were previously immobile after using the hyperbaric chamber.

Dr. Bergeron states "There seems to be some cascade of events that is occurring during mHBOT sessions that is causing a transient change in symptomology. Since these patients have traditionally been difficult to treat and show slow symptom resolution, these findings are very significant in the use of mHBOT on MS." He further theorized that patients, who experience this release of symptoms during an initial treatment, might have heavy metal, chemical exposure, or other pathogenic process to contend with. The hyperbaric chamber also works to assist in detoxifying the system by forcing oxygen into the system and creating a pressurized environment, which then drives toxins from the system.

In many scientific studies, hyperbaric therapy has been shown to control MS symptoms, and in some cases, halt the advancement of the disease. While mHBOT has shown great relief from symptomology without serious side effects as seen with pharmaceuticals, its effects differ from patient to patient.

For more information on hyperbaric, send an e-mail to info@netphysician.com