

NETPHYSICIAN CLINIC NEWSLETTER

INSIDE THIS ISSUE:

The Mercury Toxicity Controversy	7
Mild Hyperbarics for Impaired Brain Function	7
The Hidden Link	2
Comprehensive Integrated Medicine	3
CHECK OUT OUR WEB SITE!!!	3
Women's Health	3
A Chronic Lyme Recovery Story	4

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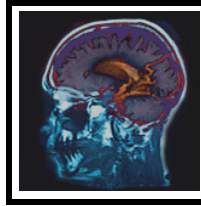


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THE MERCURY TOXICITY CONTROVERSY

The toxicity of mercury amalgams has largely been a controversial topic. Nonetheless, numerous medical studies have linked mercury fillings to chronic illness with symptomology ranging from depression to dementia. In fact, mercury poisoning is thought by some to be a possible cause of Autism, whereby exposure to mercury occurs through infant vaccines. However, the World Health Organization states that the predominant source of mercury exposure is from silver dental fillings.

Recent studies have shown that Mercury is released from fillings as the tooth is stimulated with rubbing, chewing, and increased temperatures. Exposure to heated substances such as coffee or tea or even chewing gum, which causes repetitive rubbing of silver fillings have been shown to release mercury vapor. This type of stimulation is what causes mercury to leak out of the tooth filling and become deposited into body tissues, where removal is difficult. According to the International Academy of Oral Medicine and Toxicology, the amount of mercury present in these fillings is 1000 times more than the Environmental



Protection Agency deems acceptable in the air we breathe.

Although the American Dental Association states that concern about mercury amalgams is unfounded, the fact remains that once the mercury filling is removed from the mouth, it is illegal to handle with bare hands, dispose of in the trash, ground, or landfill.

Symptoms of chronic mercury poisoning are very similar to symptomology of immune disorders and can be difficult to diagnose. However, in order to successfully treat any chronic disease, it is important to detoxify the body of all substances, which may be causing symptomology. Many times, the toxic substance proves to be mercury and must be removed to begin the recovery process. After taking an oral metal-binding agent, a heavy metal test is performed through a 24-hour urine challenge, which shows toxicity levels of various metals in the body. A heavy metal chelation is then performed using an intravenous nutritional and detoxification treatment. Additional medical therapies are also customized to the specific metal load on the patient.

CLINICAL STUDY: MILD HYPERBARICS FOR IMPAIRED BRAIN FUNCTION

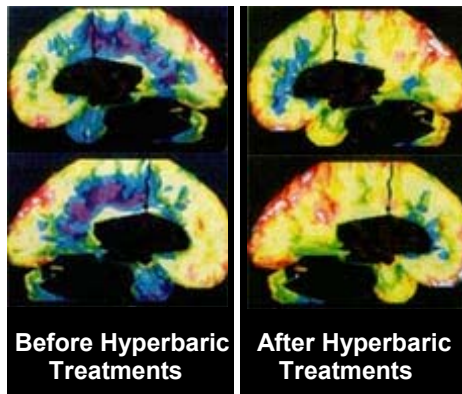
A study performed by Dr. Gunnar Heuser, M.D., PhD., FACP, Toxic Exposure Specialist, revealed that just 10 treatments with mild hyperbaric therapy resulted in enhanced short term memory and balance, as well as a decrease in headaches for those with diminished brain function.

The study was comprised of patients who suffered from brain function impairment due to chemical, pesticide and other toxic exposures. Patient symptoms prior to treatment included deficient cerebral function such as memory loss, inability to balance as well as attention deficit disorder.

The treatments consisted of 10 sessions in a hyperbaric chamber at 1.3 ATA, for one hour per day, five consecutive days for two weeks. To increase validity to the study results, SPECT scans of each patient's brain were taken before and after the hyperbaric treatments.

SPECT, or Single Photon Emission Computed Tomography measures brain activity and is performed by injecting the patient with a radioactive material which is

distributed in the various regions of the brain. The scan depicts blood flow to regions of the brain via a three



dimensional computerized color image of the scanned brain. MRI scans were also performed on all patients and revealed only loss of function to various brain cells rather than actual death of these cells.

SPECT scans illustrate healthy brain function primarily in yellow, where green demonstrates a lack of oxygen and blood flow, and the darker areas and colors blue and violet indicate a visible reduction in blood flow and oxygen in the region.

The SPECT scan showed an increase to blood flow and oxygen to the temporal lobe, which is the area of the brain which controls short term memory. SPECT scans of patients taken before hyperbaric treatments showed a significant amount of dormant activity represented by the darker, blue and violet areas of the scan while scans taken of patient brains after hyperbaric indicated an increase in brain activity and blood flow. Dormant brain regions were replaced with a greater functioning tissues and represented a scan more similar to a healthy individual.

For more information on hyperbarics or to read the complete study, visit www.HBOTreatment.com or call 678-957-0156

THE HIDDEN LINK— *How Air Travel Can Worsen Chronic Illness*

How air travel can worsen chronic illness, and why hyperbaric oxygen is the key
By Jill Neimark

It was a beautiful warm evening in Tucson in early January, and my plane had just landed. I was on assignment to write an article about a horse ranch, and earlier that morning I'd left a freezing New York City behind.

I drove my rental car to the hotel, but I was worried. On the second leg of the stopover flight, I'd begun to suffer the stirrings of a headache that I knew was going to slowly crescendo over the night into terrible pain. I have been struggling with lyme disease for four years now, and one of the hallmark symptoms are migraine-like headaches that put you in bed for a day or two. I call them "lymegrains."

I used to be clobbered by them once or twice a week, but I hadn't had one since late August—not since I'd been using a home mild hyperbaric chamber a few times a week. It had banished the crushing head pain to a mere memory.

But for some reason the flight had triggered one. I lay in pain all night and barely made it up by ten a.m. that morning, called my host, and told her there'd be a delay. And then I called Lance Brubaker, a hyperbaric specialist who recovered from Lyme Disease utilizing a hyperbaric chamber he designed. I knew I needed a session, or I wouldn't be able to complete my assignment.

Lance located two professionals,

"A drop in pressure and oxygen will suppress immune function and signal pathogens to proliferate, or grow rapidly."

one an M.D. and the other a naturopath, with mild chambers in Tucson, and a few hours later I was blissfully breathing oxygen under pressure and my headache began to melt away. The doctor whose chamber I visited, Jane Orient, M.D., had bought it to treat her own multiple sclerosis, and confirmed that it seemed to be slowing or halting progression of the condition. I

stayed in the chamber about 40 minutes, and by the time I was out my headache had diminished, and a few hours later it was gone. I went out to the horse ranch for two days of on-site experience and interviews, and flew home safely.

But the question lingered in my mind: why had the flight triggered a lymegraine? Lance suggested three reasons: 1) When airplanes are up at flying altitude, the pressure inside the cabin is about 8,000 feet. For someone who lives at sea level, that's a high altitude; 2)

the air is re-circulated, and as all the passengers breathe out carbon dioxide, over time the oxygen level in the ambient air goes down; 3) stop-over flights cause

dormant bacteria to replicate. Going up and down twice in one day is harder on the body than a straight flight. In other words, hypoxia, low altitude, and changing pressure several times had overwhelmed my defenses. And just 40 minutes in the chamber reversed that.

Lance explained that the same thing frequently occurred during his bout with lyme in the early 90's when he flew for business. "Flights greatly exacerbated my lyme symptoms, especially connecting or stop over flights. I would get off the plane and my body was trembling and sweating. I became hyperactive, disoriented, extremely anxious and would be unable to sleep for days afterward." Lance discovered that both pathogens and the immune function were susceptible to changes to lower oxygen and lower pressure. "A drop in pressure and oxygen will suppress immune function and signal pathogens to proliferate, or grow rapidly. The exposure to such low pressures experienced on an airplane can cause jet lag in a healthy person and a severe relapse for the chronic disease patient.

"Lower pressure can cause a reduction in oxygen dilution into hemoglobin," explains Dr. Rhett

Bergeron, M.D., of Cumming, Georgia. "This results in an overall reduction in oxygen. Flying or vacationing at high altitudes may not be a wise choice for the immune compromised or those with chronic conditions. But if these patients do hyperbaric treatments before and after flying, they can protect themselves.

So is there a connection between the relative hypoxia of air flights and the hypoxia common in chronic illness? I turned to Ignacio Fojgel, M.D., Head of the Complimentary and

Integrative Medicine Department at Maimonides University School of Medicine in Buenos Aires, a specialist in hyperbaric oxygen treatment who utilizes two mild chambers at his hospital in Buenos Aires. He'd written a

research paper on the connection between the two, especially on neurological conditions like lyme. "The diminished oxygen levels in flight are sufficient for healthy individuals, but not for patients with pre-existing conditions," says Fojgel. "They may show symptoms after as little as two hours of flight." Airplane flight for the chronically ill should therefore be regarded as a kind of potential altitude sickness, and precautions taken. Here are the conditions that can be triggered or worsened by altitude, notes Fojgel:

Hypertension, recent major surgery, valvular disease, diverticulitis, COPD, congestive heart failure, sickle cell trait or disease, unstable angina pectoris, Myocardial infarction, cardiac arrhythmias, congestive heart disease, peripheral arterial insufficiency, thrombophlebitis, osteomyelitis, pneumothorax, pulmonary hypertension, ulcerative colitis, epilepsy, chronic fatigue (CFIDS), lyme disease, and any other chronic illness.

Fojgel believes that a good deal of jetlag is actually a mild form of altitude sickness. "Most in-flight and post-flight disorders, including most so-called "jet-lag" can be traced to the hypoxic event called air travel. If a flight doesn't traverse more than two time zones, any such incident should not be termed jet-lag, but

ascribed to hypoxia."

In fact, says Fojgel, "A patient of mine had a stroke after flying from Bangkok. After only 25 mild hyperbaric (mHBO) sessions, there were no signs left of the stroke. The doctors at the best clinic in Buenos Aires were aghast."

So what can you do if you travel frequently by airline, or if you have any kind of chronic illness that could be worsened by air travel? I know what I'm going to do from now on: pre-treat the day before in my chamber, and know ahead of time which practitioners have mild chambers in the city I'm going to, so that I can have a treatment the day after I touch down. For a particularly long flight—one to, say, Brazil, Israel, or New Zealand, I'd also ask my doctor for a prescription for in-flight oxygen. Dr. Fojgel also recommends the following:

- Heavy meals should be avoided prior or during an ascent to altitude, or in air transportation.
- Alcohol promotes dehydration, and is to be avoided.
- Oxygen by mask should be provided to neurological patients flying for more than 2 hours.
- "Super-charging" with several hyperbaric sessions, prior to the flight or ascent can be considered if there is a history of incidents, or if recovering from a recent illness, and/or hyperbaric treatment can be indicated after an altitude episode, as a rapid recovery measure.
- Adequate sleep is recommended, but not onboard. If it is not possible to stay awake, do not lie down, but sleep with the back of the seat in a 45° position. Exercise in your seat every two hours.



For more information call
678-957-0156 or visit:

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

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

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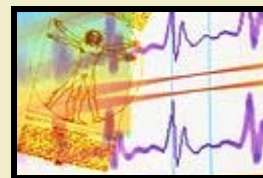
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WOMEN'S HEALTH

Women have different risk factors, types of health issues, as well as differing body anatomy than men. The anatomic differences between the two sexes are not merely the reproductive and skeletal systems, but include the brain, hormones, and organs such as the heart. Hence, it is important for women to have a specialized care and wellness programs geared toward their individual needs. Women even have diseases and conditions such as PMS, osteoporosis, menopause, breast and ovarian cancer that typically only apply to their specific anatomy.

In response, our physicians have designed our women's health and wellness programs to specifically meet the health needs of women. Our treatment plans are customized for each patient and are designed to support the body's natural ability to heal.

- General Health and Wellness
- Hormone Imbalances
- Cancer In Women
- Anti-Aging
- Lyme Disease
- Hepatitis / Chronic Infections

- Multiple Sclerosis/ MS
- Fibromyalgia/ Chronic Fatigue Syndrome
- Stroke
- Alzheimer's
- Colitis/ Cohn's Disease
- Candida
- Diverticulosis/ Diverticulitis
- Substance Abuse



Lab work is available to assess heart, and digestive function, cancer screening, as well as hormonal and circulatory function. Results of these tests provide information that can assist in an accurate and effective treatment strategy customized to your body.

- Nutritional Analysis to determine vitamin/ mineral/ antioxidant needs or other nutritional deficiencies
- Metabolic and Environmental Toxicity- from metals, chemicals, and pH testing
- Hormone Balance- thyroid/ adrenals/ growth hormone/ progesterone/ estrogen
- Immune/ Natural Killer Function
- Digital Infrared Thermography for breast cancer screening
- Cancer Profile
- Tumor Markers
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- Heart Disease Risk Assessment

Causes of imbalances and disease symptoms can be related to a multitude of elements including nutritional deficiencies, unhealthy lifestyles, stress, environmental toxins, internal toxins, emotional and spiritual neglect, hormone deficiencies, infections and immune weakness. We provide simple steps to facilitate health and healing through identifying and eliminating causes, provide non-invasive therapies, responsibility and education.

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A CHRONIC LYME RECOVERY STORY

A highly active and athletic 29 year old, Richard first contracted Lyme while horseback riding in the Adirondacks in 1990. Soon, the disease began to ravage his body. He could not sleep, suffered from flu like symptoms and lost 40 pounds in the course of a month. He could not walk for 200 feet without passing out and entered the hospital emergency room on a monthly basis for extreme allergic reaction that caused severe swelling in his throat, preventing him from properly breathing. After visits to 36 different physicians and specialists, his symptoms continued to escalate, so he began delving into the world of medical research in order to save his own life.

Richard thus began to educate himself on everything having to do with immune disorders, possible therapies as well as relevant medical studies around the country. He soon discovered the research of Donald Freeman, M.D., and William Fife, Ph.D., at Texas A&M University. Both were conducting studies using hyperbaric oxygen therapy as a treatment for various immune disorders. The study theorized that the pressurized treatments had an immune modulating effect on those extremely dysfunctional immune systems. This interested Richard as he noted improvements in his condition after a scuba diving trip (increased pressure similar to hyperbaric) and observed severe set backs when he flew on a plane, which simulates a decreased pressure environment.

He soon acquired a hospital grade hyperbaric

oxygen chamber in 1994 and began using the chamber for 60-minute sessions a few times a week. After noticing immediate improvement, Richard began a quest to scientifically document his results and contacted James McCoy, PhD. at an immunology lab in order to verify the effects of hyperbaric on the immune system. A Lymphocyte Blastogenesis Assay was performed pre and post hyperbaric treatments to measure T and B cell functionality. The results had proved that hyperbaric oxygen therapy had a re-balancing effect on the immune system. Richard's normally elevated B cells and low T cells moved into the normal range after each hyperbaric therapy session. The trial was duplicated 11 times with identical results.



Within the first couple of weeks, Richard's symptomology began to disappear, but his use of the hyperbaric chamber continued, even through his remission. He followed the Life Force Hyperbaric Protocol of 3 treatments per week for 2 months and then subsequent treatments of twice a week for 2 years.

Due to the high operating expenses and usability issues of his hospital grade unit, he reluctantly began to cut back on hyperbaric treatments. The unit weighed 1500 lbs and operated off of 100% liquid oxygen. Treatments were performed in his garage because of the size of the unit and there was always the danger

of using 100% oxygen. Richard did more research and stumbled on a portable mild hyperbaric chamber, which operated at significantly lower costs than his hospital grade unit. The portable chamber used ambient air to operate thereby eliminating the concerns about oxygen toxicity and other dangers surrounding the use of liquid oxygen that was required with the hospital grade unit. With the portable chamber, he was also able to perform self-treatments and placed the chamber in a bedroom for greater overall treatment comfort. He continued to use the new portable chamber to maintain his remission from Lyme and as an internal and external stressor control to avoid colds and flu's and quickly recover from a foot surgery.

Richard was fortunate to be able to gain access to a hyperbaric chamber for his Lyme recovery, although most patients are not able to afford a hospital grade unit. However, due to recent advancements in technology, portable mild hyperbaric chambers are more accessible to patients with a price starting at \$9,500, and financed for as little as \$4 per day. These chambers are catching on like wildfire with chronic disease patients who like these chambers because of the low operating cost, safety, ease of use, portability and low price tag. Due to the comfort of the portable chamber, the hospital grade hyperbaric unit now sits idle in the garage. **Call 678-957-0156 for information.**