

Issue 1 April 2009



Features this issue

3 rd Anniversary and Open House	1
Why detoxify?	2
Patient Notebooks	3
New Online Store	3
Nutritional Supplements	4
Meet our new Patient Care Coordinator	4
About the Practice	5



Please come and help us celebrate 3 years of helping patients achieve optimal health at our 3rd Anniversary and Open House on Thursday, April 30, 2009. The Open House will be held at our new location at 8300 Greensboro Drive, Suite 800, McLean, VA. I do hope to see you there.

Dr. LAWSON

Focus on Wellness – Issue #1

As a part of my commitment to communicate effectively with my patients, a number of business owners that I come in contact with have suggested that I start a newsletter. I have been thinking about this for some time, so a couple weeks ago, I decided it was time.

At this point, we are not committed to monthly publication or any frequency in particular, but we will publish one at least quarterly.

The purpose of this newsletter is to share information that I encounter in my research that may be of interest to you, upcoming events where I will be speaking, new practices that are being implemented in the office and other relevant information.

Naturally, many of you will encounter this information during a phone or in office visit, but this gives me a way to reach the entire patient population quickly.

I invite feedback and suggestions for improvement as this is truly a learning experience for us. I want to make the content relevant and interesting and I truly hope that you that it adds value to the service that we are providing.

3rd Anniversary and Open House

As the founder, Medical Director and Physician, I am pleased to be celebrating the 3rd anniversary of the opening Proactive Wellness Centers, PLC in April 2006. Thanks to each of you, I have been blessed to have served hundreds of patients from Northern VA, Maryland, DC, PA, CA, IL, GA, MI and even international patients from as far away as Turkey.

This practice is the result of my vision to develop and implement a practice that

focused on educating patients (knowledge), helping patients prevent chronic disease (prevention), and helping patients rejuvenate their bodies (rejuvenation) through the latest in scientifically validated therapies that integrate the best of traditional medicine with the modern therapies.

When I look back, I am pleased at what many of my patients have accomplished. So, I invite you to come out for an

evening of informative mini-presentations, networking, and a bit of a Thursday "happy hour". Light food and drinks will be provided.

The fifteen minute mini-presentations cover the following topics:

- Why Detoxify?
- Breast Health
- The role of nutritional supplements



“There are more than 80,000 active chemicals in production in the United States, and our bodies have become a virtual dumping ground for thousands of toxic chemicals that have invaded our air, water and food supply. The bottom line is that if you’re breathing, eating, drinking or bathing, you are being exposed to toxins.”

Why Detoxification is a key to wellness ?

By Lynese L. Lawson, D.O.

Most people believe that if they eat a healthy diet, exercise regularly, avoid cigarettes and excessive alcohol consumption that good health will follow. All of these strategies are indeed important; however, we cannot ignore the impact that the environment has on our overall health. There are more than 80,000 active chemicals in production in the United States, and our bodies have become a virtual dumping ground for thousands of toxic chemicals that have invaded our air, water and food supply. The bottom line is that if you’re breathing, eating, drinking or bathing, you are being exposed to toxins. There is no way to live in this world and avoid them.

Not only do we have to concern ourselves about the chemicals in our environment, we must also understand the impact of heavy metal exposure and its impact upon our health. Cadmium, aluminum, mercury, antimony, lead and arsenic are some of the heavy metals that have been added to the food chain by industrial discharges, pesticide runoff, manufacturing smokestacks as well as automobile and commercial vehicle exhaust. Also, the mercury that is in silver amalgams can be a chronic source of heavy metal exposure.

So, how can you determine if the environment has challenged your health? Are you tired, cannot lose weight, have chronically

low body temperature, moody, suffer from ADD or have memory problems, have unstable blood sugar and overwhelming carbohydrate cravings, developed rashes or skin problems, have high cholesterol or yeast overgrowth? If you have answered yes to any of these symptoms, there is a distinct possibility that the toxic environment may be a contributor to your health issues.

What happens is that these chemicals are stored in different parts of the body and accumulate at different rates and in different combinations. As they build up over a period of time, they can alter our metabolism, cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalance, alter brain chemistry and can potentially cause cancer. The saving grace is that our bodies have a “built in” detoxification system. Phase I enzymes and minerals work to remove toxic material from the body, and Phase II is a powerful detoxifier called glutathione which sends chemicals through the liver and eventually the kidneys and the gastrointestinal tract. This “built in” detoxification system, however, was not created to deal with literally thousands of chemical assaults on our bodies.

Fortunately, there are protocols of diet, supplements and chelating agents that are designed to help optimize our body’s

ability to clear out the toxic chemicals and heavy metals. If you’re not convinced that environmental toxicity can negatively impact your health, there are laboratory tests that inform you as to how your body is dealing with the inevitable toxic burden.

Based on two years of research, earlier this year, I added two detoxification programs to the practice. The first one is formulated to detoxify the liver and colon and is produced by Xymogen. Given the toxic burden in our environment, this program is recommended for most patients. If you are interested in this program, email our patient care coordinator, Kristina@proactivewellness.com and she will provide you with the details and ordering information for this program.

The other detoxification program that I have added is designed to detoxify the body of toxic metals. These products are formulated by Bioimmune. As patients come in for followup visits, I will be checking for signs of toxic burden, but if you suspect that you may have had high exposure to mercury and other toxic metals, feel free to schedule an appointment to discuss your concerns. In most cases, I will suggest that patients complete a “challenge” test before commencing treatment for heavy metal toxicity.

Core Nutritional Supplements

By Lynese L. Lawson, D.O.



In published reports in 2002, the AMA concluded that while the North American diet is sufficient to prevent vitamin deficiency diseases, it is inadequate to support optimal health. They went on to say that "insufficient vitamin intake is apparently a cause of chronic diseases..."

After decades of maintaining an anti-vitamin stance, the AMA has completely reversed its position and now encourages all adults to supplement daily with a multiple vitamin.

In published reports in 2002, the AMA concluded that while the North American diet is sufficient to prevent vitamin deficiency diseases, it is inadequate to support optimal health. They went on to say that "insufficient vitamin intake is apparently a cause of chronic diseases..."

Based on this and numerous other studies that support the same conclusion, I have felt for some time that I needed to offer patients a solid recommendation for a high quality, complete supplement.

May people have asked if the brands that are commonly found in grocery stores, drug stores and

even the national vitamin chains are adequate. And the answer is generally not, but "it depends".

In a multi-vitamin, you want to take one that is complete, potent, bioavailable, pure and manufactured using GMP (good manufacturing practices). Most of the retail varieties don't meet these criteria. And that is the reason why I generally say that the retail varieties are not suitable.

Stay tuned as I will be announcing the availability of a new private-labeled line of nutritional supplements made by ProThera who has 42 years of formulation experience and is one of the most trusted brands in the business. We are working out the final logistics and will be announcing this new offering shortly. By the way, I have been using ProThera personally as my core nutritional supplement for 3 years now.

Our new Patient Care Coordinator



Kristina Greening is now entering her second month as our new Patient Care Coordinator. I know that many of you have interacted with her and all of you will in the coming weeks and months.

We had the vision for the patient notebooks, but Kristina has made that a reality. In the coming months, we will be implementing additional value-added components to our programs and

Kristina will play a key role in ensuring that each of you gets the value that you deserve from these new components and our programs in general.

Proactive Wellness Centers

8300 Greensboro Drive
Suite 800
McLean, VA 22312

Phone

(703) 822-5003

Fax

(888) 205-7932

E-mail

info@proactivewellness.com



About Proactive Wellness Centers

Proactive Wellness Centers (PWC) is a leading integrative, Anti-Aging physician practice, serving Northern Virginia, Washington, DC and Maryland by providing men and women with physician directed programs that promote vibrant health, longevity and wellness. Our comprehensive anti-aging programs bring together the best of "traditional" medicine with leading-edge, science-based, individualized programs designed to optimize your health.

We are busy working on improvements both to our clinical programs and to our

administrative systems, all with the goal of providing our patients with the best integrative care possible.

Many of you ask from time to time for the links to our support websites, so here they are, all in one place.

Web Sites:

Primary web site: www.proactivewellness.com

Online Wellness Store: www.proactivestore.com

Appointment Scheduling: www.proactiveappointment.com

In closing, we are excited about the changes that we are making and hope that you notice. Please plan to attend our open house on April 30, 2009.



We're on the Web!

See us at:

www.proactivewellness.com