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Dr. A.T.W Simeon, an Italian physician who studied obesity for nearly 30 years, made a striking observation, that women, when they are pregnant had the ability to utilize fat stores for energy purposes that are not accessible to individuals who are not pregnant. He also observed that many overweight individuals have a difficult time losing fat from areas like the upper arms, hips, buttocks, and thighs, regardless of the amount of exercise and dieting one does.

Through these observations and his own clinical trials he determined that higher brain centers were prohibiting these individuals from

losing weight and that the hormone HCG (Human Chorionic Gonadotropin) could “unlock” the body’s hold on these fat stores. This hormone is naturally made in the placenta of pregnant women, and excreted in the urine. It acts on the part of the brain that maintains hormone levels during pregnancy, and Dr. Simeon postulates that it also controls fat utilization— an effect that can occur in non-pregnant women and men when exposed to HCG.

The HCG diet is a 21-40 day program that combines daily injections of HCG with a VLCD (very low calorie diet). Patients can expect to lose, on average, 1-2 pounds per day. The diet is supervised by a physician who will provide a thorough intake to rule out contraindication for the program and who oversees the program for medical safety. All supplies, medication, and instruction will be provided at the initial consultation. During the program, patients are required to track their weight at home and come to the office once weekly for a weigh in.

While not for everyone, the HCG diet could be the solution for those who have struggled with weight-loss for years, trying many diets and logged hours of exhaustive exercise. It should be noted that the HCG diet is not a FDA approved weight-loss therapy.

Make an appointment today to see if the HCG diet is right for you.

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From the desk of Dr. Nancy Aagenes: With gratitude to my many patients... about the move to Neill Avenue.

Even with all the advantages of this move, I remain focused on the best possible care for midlife women. None of the bells and whistles replace the relationship you have with me as a physician. I am committed to helping you get what you need and want in your health care.

You will find our Neill Avenue location improved in many ways. Yes, it is a more attractive space, but more importantly we offer better and extended care all under one roof.

The single most important improvement in our new location is **immediate access to a conventional medical opinion**. The collaboration between Natural Medicine Plus and Urgent Care Plus is open, mutually respectful and very useful to patients. The flow of patients across the open floor plan is working better all the time. Instead of referring you across town for an additional piece of information we can invite a conventional provider from urgent care to join us in the treatment

room on the spot. They often ask us to see patients with them as well.

Digital x-ray imaging is available now. When patients need x-ray we can get it in our location immediately and you can leave the clinic with a copy of your x-ray either on paper or on a computer disc.

Ultrasound is available now. One example of its usefulness is in assessing the thickness of a uterine lining. Women who have unwanted side effects from progesterone do not need to take it at all if we know the lining of the uterus is not thickening. This can also lower overall hormone exposure for women and decrease those risks as well.

Venipuncture (blood draw) services. Dr. Roush is offering blood draws to my patients so you can come to one location for your blood draw and for your visit.

Electronic insurance billing. In most cases you pay us as you have before, but we do the insurance billing for you electronically. If you have paid us and the insurance company sends us the check, we reimburse you quickly. The bookkeeping for insurance billing is a well known headache. When you have any questions about your bill, please let us know and we will address them efficiently.

Are you **TIRED** and **SORE** all the time?

by Dr. Jeff Roush

Chronic fatigue and muscle soreness is a growing medical concern. I have countless patients who come to see me because they feel horrible, yet their medical providers keep telling them there is nothing wrong. Many times these patients are passed off as being depressed or are given medication that don't really get at the root cause of their problem.

At NMP our strive is to treat the individual, not the symptom, and to get the root cause of your problem. In many cases chronic stress can be the cause of these unrelenting problems.

When we are under stress (mental, emotional, or physical) for prolonged periods of time we may begin to have physical symptoms which might include: exhaustion, weight gain, anxiety, depression, insomnia, blood sugar issues, heart palpitations, night sweats, and sore aching muscles. These are our bodies signal that we have been "burning the candle at both ends" for too long. Continuing to live and feel this way is unsustainable and unhealthy.

Adrenal stress testing can give you the answers you need to determine how to get you back to feeling yourself. This salivary hormone profile measures the primary stress hormone Cortisol as well as the hormone DHEA which is very sensitive to the stress response.

Through testing, a individualized plan can be put together that addresses your specific needs based on the test results and a thorough conversation and understanding about your particular situation.

When you are ready to start feeling better, please call our office and we will be happy to assist you.