



## Holistic health: Treating the whole person

Eat well, exercise well and think well – that is the philosophy that Dr. Jennifer Greenfield embraces at AIHF-based Center for Chiropractic & Wellness. Dr. Greenfield, a chiropractor and a founding partner of the center, says the body has an innate ability to heal itself and is the basis for holistic health. That can be empowering for those looking outside of the traditional box for improving their health.

Holistic health is defined as the art and science of healing that addresses the care of the whole person – body, mind and spirit. It integrates traditional and complementary therapies to help patients achieve optimal health.

“What patients need to understand is that holistic medicine does not simply treat symptoms, but looks for the origin and then works with patients to bring the body back in balance,” notes Dr. Greenfield.

Dr. Greenfield says that the key is to not view the body in isolation. “We analyze patients and their symptoms to get to the root cause of the problem so that they can achieve equilibrium. We look at what is called the triad of health – structural, biochemical and mental/emotional imbalances to help patients

develop a program for the body to heal itself. It may be a combination of imbalances in their lives. Most often, we find that patients are not eating properly or getting enough sleep. These imbalances can cause a host of problems.”

Dr. Greenfield says that people seek holistic care for many reasons. Some come in because they do not want to go the traditional medical route or have already and were not successful. They often seek chiropractic services for an injured back or muscle pain or acupuncture for a sports injury or migraines. Additionally, holistic care can help patients suffering from menopause symptoms, hormonal imbalances, digestive issues or infertility and much more.

“You can actually eat certain foods and reverse disease. That is empowering. By allowing your body to work within a framework of good health, you can help patients make a turnaround. Instead of focusing on a ‘sickness model,’ holistic care focuses on a ‘wellness model.’ I love it when a patient comes in and says that they feel fine and want us to help them stay that way.”  
Dr. Darcy Ward, Center for Chiropractic & Wellness

Through their holistic practice, providers at the center focus on healing through chiropractic, applied kinesiology, designed nutrition, acupuncture and therapeutic massage. “Most people need a multi-dimensional approach to their care and they often can find it here in this building.”

### What's Inside

- Lyme disease
- The Sunshine Vitamin
- Healthy, Travel Snacks



See inside for a healthy recipe

American Institute of Healthcare & Fitness was founded on the principle of bringing traditional and complementary healthcare and wellness providers together so patients have all they need to maintain a healthy life. The mix of providers

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## Provider Spotlight

### Patti's Café Naturally Healthy Food

When you walk into the first floor of the American Institute of Healthcare & Fitness you are immediately greeted with the warm aroma of freshly brewed coffee, teas and tasty delights – all created from fresh ingredients at Patti's Café. This favorite meeting spot on the campus is filled with parents and children as they take a break between medical appointments, fitness center members who grab a healthy snack after a workout and employees from the various offices in the building.

When Salah Karam opened the café three years ago to appeal to the tenants in the building, his cozy café quickly became the local gathering place. It's sort of like “Cheers” for the healthy crowd!

Salah and his wife Patti relocated to the east coast about ten years ago from California, wanting to move closer to family and to begin a new career. He had worked in the clothing industry for more than two decades and wanted to use his retail background to start a friendly café that catered to its customers' needs. He partnered with his

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next-door neighbor and chef, Jimmy Newcomb, to open the café.

“We start everything with fresh, high-quality ingredients and try to keep our recipes as healthy as possible to keep with the philosophy of the campus,” says Salah, who often gets produce from a local farm to serve to his loyal customers.

Patti’s Café is located in a sunny corner of the first floor, just by the parking deck entrance. The café overlooks the lake and wooded walking trails. Customers can enjoy their meals or a cup of tea inside of the building in an area filled with ground-to-ceiling windows that open to a stunning view of the property. There are also tables outside on the patio where meals can be enjoyed during warmer months.

Open every day, except Sunday, Patti’s Café, named after Salah’s wife, serves breakfast and lunch. Its tagline – naturally healthy food – reflects the tone of the building. The café is known for its specialty coffees and teas, delicious, fruit-based smoothies, fresh salads and their famous ciabatta bread-panini sandwiches that are filled with the finest ingredients, all made to order.

“We refresh the menu based on customer feedback and requests,” notes Salah. “Our staff of four works very hard to ensure that everyone enjoys their food and comes back regularly.”

Patti’s Café also offers on-site and off-site catering to North Raleigh locations, including area schools.

[www.pattiscafe.com](http://www.pattiscafe.com)  
919-803-8703

## Recipe Corner

If your family is hitting the road this summer, avoid high calorie pit stops by bagging and dragging your own healthy snacks. Try this healthy take along trail mix recipe, and be sure to visit [aihf.net](http://aihf.net) for a complete list of snack ideas for your summer road trip! Remember to take your water bottle to avoid high calorie, sugary soft drinks.

### Trail Mix

Recipe compliments of Healthy Diets

(1 serving)

1/2 cup Cheerios

2 tbsp. mixed nuts

1oz dried fruit (choice of bananas, apricots, raisins or others)

Mix together and store in a zip lock bag or plastic container.

Nutrition Facts: Calories: 200, Fat: 9g, Carbohydrates: 36g, Fiber: 5g, Protein: 5g



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offers patients access to traditional medicine, but also includes a variety of services not found in a single location elsewhere in the Triangle.

What is often considered alternative medicine – such as acupuncture, chiropractic, nutrition therapy, mind-body techniques, energy techniques and use of herbal supplements – has long been considered outside of traditional medicine. However, more patients are seeking these services to help with either a specific health issue or to work with a practitioner that will look at all aspects of their lives to develop a lifelong health plan. It is estimated that 38 percent of adults in the United States have used some form of complementary or alternative medicine.

“We don’t view this as complementary or alternative,” Dr. Greenfield contends. “We are often primary care providers for many of our patients, as they want to focus on using the body through good nutrition, exercise and emotional balance to maintain their health.”

“Many people don’t understand the concept of wellness care,” says Dr. Darcy Ward, a chiropractor and founding partner at the Center for Chiropractic & Wellness. “People know the importance of getting their teeth cleaned twice a year to prevent cavities. We want them to understand the importance of wellness care for the total body to keep them well.”



## DEFINING HOLISTIC, COMPLEMENTARY AND ALTERNATIVE HEALTH

**Holistic health** practitioners believe that each person is an individual and disease is a result of imbalance. Healing can begin when a patient takes an active role in achieving balance through changing or adjusting their diet, exercise, spiritual/emotional/environment well being. Patients are active participants in their health and work in partnership with their provider. This partnership is the basis for the holistic plan of care.

**Complementary therapies** are defined as those used in conjunction with conventional medicine, such as having acupuncture prescribed for back or joint pain. It may include such modalities such as nutrition, herbal medicine, physical therapy, chiropractic adjustments, energy medicine, homeopathy, massage therapy, relaxation training, stress management and more. These therapies can also be a part of a holistic program of care, but may also be prescribed by a primary care physician or specialist to help a patient for a particular condition.

**Alternative medicine** is defined when particular therapies described above are used in place of conventional medicine.

Holistic, complementary and alternative health providers at AIHF include:

Carolina Hyperbarics,  
[www.nchbo.com](http://www.nchbo.com)

Center for Chiropractic & Wellness,  
[www.chiropractornc.com](http://www.chiropractornc.com)

Integrative Healing Partnerships,  
[www.integrativehealing-nc.com](http://www.integrativehealing-nc.com)

Park Centre Spa,  
[www.parkcentrespa.com](http://www.parkcentrespa.com)

## Q: What is Lyme disease, and how is it diagnosed and treated?

**A:** Lyme disease is a bacterial infection caused by the bite of an infected tick. Most ticks do not carry Lyme disease, and even if a tick is infected, it may not transfer the disease. An infected tick that is attached for less than 36 hours is less likely to transmit infection. People usually become infected during the summer, when they are more likely to be exposed to ticks. Hikers, campers, hunters, and people living in wooded or rural areas have a higher risk for Lyme disease.

### Common symptoms include:

- Skin rash, called a bull's-eye or target rash, occurring at the site of the bite
- Fatigue and extreme drowsiness
- Flu like symptoms: headache, chills, fever, stiff neck, sore throat, cough
- Pain or stiffness in joints
- Other rare nervous system complications, such as numbness/tingling in extremities

Lyme disease is difficult to diagnose because its symptoms can vary. Your healthcare provider will review your symptoms, medical history, and perform an examination. A blood test for Lyme disease can be performed as well. If you were recently bitten by a tick, saving the tick may help the provider diagnose your symptoms. Early treatment with antibiotics can help prevent possible complications.

Hyperbaric Oxygen Therapy (HBOT) is also effective in treating Lyme disease. Lyme has a lot of anaerobic bacteria that cannot survive in a high oxygen environment. HBOT saturates the tissues and fluids killing the bacteria. Combined with antibiotics, it is very effective in treating the disease. HBOT also detoxifies the body and helps the body's immune system to catch up and get better more quickly. *Source: RelayHealth. Adult Advisor 2012.*

Jude Carr, PA-C • Carolina Family Practice & Sports Medicine • [www.cfpsm.com](http://www.cfpsm.com) • 919-238-2000  
Jeff Tritt • Carolina Hyperbarics • [www.nchbo.com](http://www.nchbo.com) • 919-720-4377

## Q: I have been hearing more about the need for vitamin D supplementation. Why is this vitamin so important?

**A:** A number of studies have shown that many diseases can be prevented with low to moderate doses of vitamin D, including cancer, heart attack, stroke, multiple sclerosis, diabetes and autism. Since many of us work indoors and use sunscreen to protect us from the sun's rays, more people are testing low for vitamin D, also known as the sunshine vitamin.

The best way to get adequate amounts of the vitamin is to eat a well-balanced diet that includes vitamin D rich foods, such as oily fish like salmon, mackerel and tuna, fortified milk, orange juice, and cereals. However, if your blood tests indicate low levels of vitamin D, your provider may recommend that you add a daily supplement.

There are different types of vitamin D including D2 (ergocalciferol) and D3 (cholecalciferol). Vitamin D3 is available over the counter at your pharmacy. It is also the subset of vitamin D that is synthesized by our bodies when we expose our skin to the sun and the type that's found in milk and most fatty fish. The Recommended Daily Allowance (RDA) is 400 iu once daily. However, depending on age and other risk factors 600-800 iu per day may be more appropriate.

Vitamin D2 is also available over the counter, but it is more often prescribed by your healthcare provider. Vitamin D2 50,000 iu is available by prescription only and is taken once weekly. This form is derived from a plant source and is used frequently by vegetarians and vegans. Some people should not take vitamin D due to certain medical conditions. Also, vitamin D is one of the fat soluble vitamins, meaning that you can take too much of it. Talk to your healthcare provider before starting this or any other supplement.

Steve Adkins, PharmD • Health Park Pharmacy • [www.healthparkpharmacy.com](http://www.healthparkpharmacy.com) • 919-847-7645

[ If you have a question for an AIHF provider, please contact us at [info@aihf.net](mailto:info@aihf.net). Questions will be selected and answered in future issues of HealthFit. ]

## Healthcare Reform: Did You Know?

Affordable Care Act open enrollment for 2014 begins in October. If your employer does not offer health insurance or you are self-employed, you can buy insurance directly in the Health Insurance Marketplace. All plans in the new Marketplace offer comprehensive coverage. This website will detail costs and benefits to help you decide what's best for you - <http://finder.healthcare.gov>

HealthFit  
Q&A

ANSWERING YOUR QUESTIONS  
ABOUT HEALTHY LIVING





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## AIHF Providers

American Cancer Society	919-334-5218
Carolina Cardiology of WakeMed	919-781-7772
Carolina Family Practice & Sports Medicine	919-238-2000
Carolina Hyperbarics	919-720-4377
Carolina Performance (Mental Health)	919-676-9699
Center for Chiropractic & Wellness	919-845-3280
Conference Center	877-955-2009
The Dermatology Center of Raleigh	919-573-9030
Digestive Healthcare	919-791-2040
Duke General Surgery of Raleigh	919-847-8235
EastPoint Prosthetics and Orthotics	919-844-7897
Health Park Pharmacy	919-847-7645
Healthtrax Fitness & Wellness	919-847-2393
Healthy Diets	919-870-1001
Integrative Healing Partnerships	919-608-1153
KidZone (Youth Activity Center)	919-847-2393
On Assignment Healthcare Staffing	919-334-0175
Park Centre Spa	919-846-1920
Patti's Café	919-803-8703
Quest Diagnostics (Laboratory)	866-697-8378
Raleigh Endoscopy Center - North	919-256-7980
Sports & More Physical Therapy	919-845-6160
Triangle Orthopaedic Associates	919-846-3938
Wake Radiology	919-676-7575
Williams Property Group	877-974-3131

If you would like to receive an e-copy of HealthFit, please sign up at [www.aihf.net](http://www.aihf.net).

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## Upcoming Events

### Wellness-Minded Living Seminar Series

Wednesdays in August | 6 to 7 pm  
Conference Center, 8300 Health Park, Garden Level  
Discover Whole Body Cryotherapy - Not Just for Elite Athletes  
Choosing a Massage That's Right for You  
What is Chiropractic & Acupuncture?  
Demystified: A Natural Approach to Hormone/Energy Balance, Athletic Performance and Headaches  
Visit [www.aihf.net](http://www.aihf.net) for details.



### Teen Acne Seminar

Thursday, August 8th | 10 to 11 am and 6 to 7 pm  
Park Centre Spa, 8300 Health Park, Suite 131  
Call 919-846-1920 or [spa@parkcentrespa.com](mailto:spa@parkcentrespa.com).



### 2nd Annual Bella Rose Strides for Babies 5K

Saturday, August 10 | 8 a.m. to noon  
WakeMed Soccer Park, 201 Soccer Park Drive, Cary  
Call 919-238-2000 or email [jfonseca@cfpsm.com](mailto:jfonseca@cfpsm.com).



### Fitness Open House

Monday, August 19 to Monday, August 26 | All Day  
Healthtrax Fitness & Wellness, 8300 Health Park, Suite 125  
Call 919-847-2393 or [llaganke@healthtrax.net](mailto:llaganke@healthtrax.net).



### AIHF Community Health Day Finding Your Healthcare Heroes

Saturday, September 28 | 9 a.m. to noon  
AIHF, 8300 Health Park • Visit [www.aihf.net](http://www.aihf.net) for details.