



TIME TO GET HEALTHY RESOURCE LIST FROM DR. MEGAN

WHAT MEDICATIONS CAUSE WHAT SYMPTOMS?: WEBSITE: WWW.RXLIST.COM

FIND A LOCAL NATUROPATHIC DOCTOR (LIKE ME!): WWW.GANP.ORG

FIND A NATUROPATHIC DOCTOR NATIONWIDE: WWW.NATUROPATHIC.ORG (INSURANCE DOESN'T COVER)

FIND A MORE HOLISTIC TRAINED MEDICAL DOCTOR : www.IFM.org (Insurance may cover)

NATURAL/ALTERNATIVE DOCTORS AND NATURAL THERAPISTS: *I know these individuals :)*

CHIROPRACTORS/CHIROPRACTIC DOCTORS

North Side

- **Dr. Christopher Scoma**—Buckhead Wellness Center. www.scomahealth.com. Tel. 404.477.1589.
- **Dr. Cheryl Langley**—Marietta. www.langleyfamilychiropractic.com. Tel: 770.973.0150.

South Side

- **Dr. Leona Allen**—Stockbridge. <http://www.drleona.com>. Tel: 770.507.4829. SHE'S GREAT IF SOUTH SIDE!
- **Drs. Amanda and Jeremy Hess**---Stockbridge. Discover Chiropractic. www.godiscoverhealth.com. Tel.770-389.4744.

MENTAL AND EMOTIONAL BLOCKS/TRAUMA HEALING DOCTORS AND COUNSELORS:

- **Life Coach/Mental blocks--Coach Michelle Weimer** -www.michelleweimer.com *LOVE HER!*
- **Biofeedback/Neurofeedback therapist—Dr. Beverly A. Orr, Ph.D** **Tel. 757.305.4273**. Specialties: EVOX Perceptual Reframing/Emotional Scan; Transgenerational scan: Scan the effects of all your significant relationships/Relationship mastery/Peak performance. She was in our office for a few months but she's moved back out of state now... but does skype/telephone. Delightful person though
- **Licensed Professional Counselor--Dr Debra Dantzler , Ph.D** **Tel 404-620-6791**. **WEB:** www.3dpsychotherapy.org
- **Thriveworks**—Keisha Carter Brown—Marietta and another location. Www.thriveworks.com

COUNSELORS

- **Grief/Loss counselor—Tamara Beachum**—Decatur. www.tamarabeachum.com. Tel: 404.377.5160
- **General Counselor—Taschovia Smith**—Stockbridge (inside my office). www.tmsga.com. Tel: 404.382.7421. Specialty: Addictions: Alcohol, Drugs. Adults and late teens.

NUTRITION AND BODY

- **Bio-Body Scan or Nutritionist/Herbalist**-Eileen Thorne, www.spnherbshoppe.com Tel. 770-507-2555, Stockbridge/SPN Herbs (my office is here too)
- **Nutritionist and Yoga**—Jenna Pritchard. www.liveradiant.com Griffin, GA

PHYSICAL MEDICINE THERAPIES: ACUPUNCTURE AND MASSAGE

- **Acupuncture**--Dr. Malcolm Johnson, *Doctor of Oriental Medicine*, Tel 404.872.2090, Downtown Atlanta
- **Massage**-Karen Stephenson, www.totalwellnessjourney.com, Tel. 404.474.1001, Stockbridge/SPN Herbs

CRANIAL SACRAL THERAPISTS

- **(1) Shyamla Strack**, - 17A Lenox Pointe NE, Atlanta, GA 30324 TEL 404.325.3339-*recommended by a colleague **
- **(2) Michael Teal**, LMT, CST-Licensed massage therapist and craniosacral certified therapist-,Decatur, GA 30033 TEL404.668.6400 **(3) Gail Cole**, NMT, NCTMB-neuromuscular therapist, National certified therapeutic massage and body work-Decatur, GA 30030, TEL 770.713.8935-*craniosacral therapists are a bit more specialized in very subtle manipulations than chiros, however very powerful results.*

HOLISTIC MEDICAL DOCTORS RECOMMENDED BY COLLEAGUES: I don't know any of them personally. East side

- **Dr. Marion Owen, MD.** Membership type practice.

North side

- **Dr. Mark Glodaner, MD.** 1845 Lockeway Dr. Alpharetta. 770.343.9112
- **Dr. Kimberly Green, DO.** Advanced Integrative Medicine. 5755 North Pt Pkwy. Suite 72. Alpharetta. 30022. 678.867.7200

Atlanta

- **Dr. Christine Stoltz, MD.** With Emory. Open to integrative medicine. Listens to patients.
- **Dr. Nicholas Beaulieu.** Functional Medicine doctor.

South side

- **Dr. Jamie Walraven.** Two offices: Walnut Grove and Jonesboro(?). Open to integrative medicine.

WHAT LAB WORK IS BASIC TO KNOW WHAT IS GOING ON IN MY BODY?:

Conventional testing

Speak with your doctor about completing the conventional basic tests as they will provide further information about your baseline body functioning. However, if you are unable to complete these conventional tests with your primary care physician/ or in a conventional medical office than you may choose to utilize independent lab companies from which you can order tests yourself.

I HIGHLY recommend **Life Extension** www.lef.org or Tel 1.800.544.4440. Life Extension tests are economical by more than half of any other labs I have found and they also tend to have more integrative/specialty testing. **Between April and June they have a sale on blood work too.** Total basic

bloodwork cost is \$375—sale price \$281. Call to find out when sales are happening. The LC#/item numbers for basic labs are included below.

LIFE EXTENSION TEST ORDER PROCESS:

First, you order the three codes below/or the individual lab test codes from the lacking blood tests that you could not obtain from your doctor. Then you pay Life Extension directly.

Second, Life Extension will send you a receipt, and the lab test paperwork that you just paid for. They will also email/mail you the information for a few blood draw stations within 10 miles of your house.

Third, you take the lab test paperwork from Life Extension to the blood draw station of your choice.

Fourth, after you get your blood drawn, the lab will process your blood sample and send the results to YOU directly by mail or email based on your preference.

To get the minimum basic blood work listed below, order these 3 codes :

The Weight Loss Comprehensive Panel Item# LC100028-**\$275**, Iron and Total Iron Binding Capacity Item# LC001321--**\$28** and Cortisol AM/PM Item# LC104000--**\$72**. Total non-sale price \$375

- You **must be FASTING IN THE MORNING** for this lab work: no food or drink except water 8 hours prior to the blood draw.

-Testing MUST be VERY close to 8AM/or earlier for an accurate AM/morning Cortisol. You will **need to return to the lab in the afternoon ON THE SAME DAY** close to 4PM or after for an accurate PM/afternoon Cortisol.

-You **DO NOT HAVE TO FAST** for the afternoon blood draw.

- **Chemistry Panel and Complete Blood Count (CBC) with Lipids** —*gives information about red blood cells, white blood cells, liver, kidney, pancreas function and electrolytes, cholesterol/fats in circulation.*
- **Iron and Total Iron Binding Capacity** —*shows how body uses iron*
- **Ferritin Serum**—*shows how iron is being stored in body*
- **C Reactive Protein (cardiac high sensitivity)**-*relates to heart health risk*
- **Thyroid Stimulating Hormone (TSH)**—*this is the main hormone indicator of adequate thyroid function (in a car analogy it is the gas gauge—do I need gas or not)*
- **Tri-Iodothyronine, Free (Free T3)** —*indicates thyroid function this is the active form of thyroid hormone (gas in the engine)*
- **Thyroxine, Free (Free T4)**—*indicates thyroid function this is the storage form of thyroid hormone (gas in the tank)*
- **Reverse T3**--*indicates how well storage thyroid hormone is converting to active hormone (shows if there is a gas leak)*
- **Cortisol 8 AM/4PM**-----*adrenal gland function- shows the levels of cortisol hormone first thing waking and in the afternoon - --must go to lab twice in one day ☺ Take appointment before or at 8am. Can eat after the 8am draw. No fasting required for the 4pm draw.*
- **Hemoglobin A1c**---*indicates how high blood sugar levels have been for past 3 months*
- **Insulin Fasting**—*hormone required to chaperone blood sugar around the body*
- **Vitamin D, 25 Hydroxy** —*involved in over 300 bodily functions!*
- **Estradiol**- *one type of estrogen-hormonal imbalances lead to many problems*
- **Testosterone Free and Total** —*info on testosterone hormone levels*
- **Progesterone**-*precursor/beginning to the hormones aldosterone and cortisol*
- **DHEA-S**- *a precursor/beginning to the hormones testosterone and estrogen*

HEALTHY MEAL RESOURCES for PEOPLE WHO HATE TO COOK:

- See my book pp. 182-183 😊
- **Fresh N Fit Cuisine:** meals delivered to your home, work or local pick up station! No contract. Three meals a day or individual meals. Food is locally grown and in season. Many different meal type plans for Vegetarians, Gluten free etc. Each meal is average \$7.50. www.freshnfitcuisine.com.
- **Plan to plate:** Grocery shopping; and/ or IN HOME ingredient preparation or complete meals cooked in your home. www.plantoplate.com.

LOCAL HEALTH FOOD STORES AND HERB SOURCE INFORMATION:

- Fresh herbs in bulk/herbs in jars (not in tea bags) are the best so we can see the quality of the herbs. Herbs in Tea bags might be really old or there could even be bugs in the tea bag.
- You can also purchase herbs online at www.mountainroseherbs.com
- RULE OF THUMB: Roots, Berries or Leaves are preferred over powdered herbs
- If you cannot find fresh herbs then let me know.

Downtown

- **Whole Foods Market**—wholefoodsmarket.com/404.853.1681/ on 650 Ponce de Leon Ave Ne, Atlanta, GA 30308

East Side

- **Sevananda**—www.sevanada.coop/404.681.2831/ 467 Moreland Avenue NE Atlanta, GA 30307
Open 8am-10pm Daily
- **Dekalb Farmer's Market**—www.dekalbfarmersmarket.com/404.377.6400/ at 3000 East Ponce De Leon Avenue Decatur, GA 30033

North Side

- **Health Unlimited**—www.healthunlimitedatlanta.com/404.633.6677/ 2968 North Druid Hills Rd NE, Atlanta, GA 30329/ Open Mon-Sat 10a-6p, Sun 12-6p

South Side

- **SPN Herbs**—(my colleague Eileen's store) www.spnherbshoppe.com / Tel.770.507.2555/ 1940 Mount Zion Rd Morrow, GA, 30260—INSIDE NAM DAE MUN FARMER'S MARKET
- **Herbal Planet**—www.myherbalplanet.com/678.432.9110/ 2560 Hwy 42 North, McDonough, GA 30253/Open Mon-Fri 10a-7p, Sat 10a-6p, CLOSED Sun.
- **The Herb Shop**—770-473-1110/8101 Tara Blvd, Jonesboro, GA 30236
- **The Herb Shop**---770.472.1772/11173 Tara Blvd, Hampton, GA 30228

FIGHT SICKNESS KIT

- **Herbs: Thyme, Rosemary, Chamomile and Lavendar**—bulk (fresh from jars not in tea bags)
- **Aboniki chest rub** (better than Vicks Vaporub)--find ONLINE on Amazon OR at African stores. One African store is called Grace African and Caribbean store in Stockbridge. Miss May is the owner. Very nice lady! 5531 North Henry Blvd, Stockbridge GA 30281. 678.782-7696
- **Castor Oil**—find at health food store. Saturate a washcloth with it and apply to skin. Good for pain too: abdominal pain, arthritis etc.
- **Colloidal Silver**—find at health food store. Good for infection: pink eye, cough, etc.

HEALTH DOCUMENTARIES: FABULOUS!!! Google them and you'll find their websites; Look on YouTube

From Ty Bollinger: www.the.truthaboutcancer.com

- The Truth About Cancer: Doctor and Patient testimonies; Western and Alternative medicine
- The Truth About Vaccines: benefits, harm, Doctor and patient/parent testimonies

From Nick Polizzi: www.remedy.thesacredscience.com

- Healing the body of many illnesses with herbs

Regain Your Brain Awakening from Alzheimers: healing dementia

- www.regainyourbrain.awkeningfromalzheimers.com

RANDOM RESOURCE

Book on online business and money making from home: **The Laptop Millionaire** by Mark Anastasi (I USE THIS AND SO DO MANY DOCTORS!) find on Amazon.

*Remember Health Organizers working with you to Tidy Up Your Health Naturally!
Www.healthorganizers.net*