

the northshore Women's Journal

Feb/Mar 05

THE ONLY EDUCATIONAL NEWSPAPER SERVING THE WOMEN OF THE NORTH SHORE

HEALTH & MEDICINE



HEALTH TREND REPORT:

Personalized Nutrition Coaching

By: Bill Beckman, RPh

At the start of the New Year, we often make a resolution to live a healthier lifestyle. We may want to lose weight, lower our risk of disease, or simply try to feel better by eating right. With the media bombarding us with countless fad diets and mixed messages about what supplements we should or shouldn't take, most of the time we simply don't know where to begin.

Healing through Nutrition

Today, 7 out of 10 Americans will die from the complications of a chronic disease including heart disease, cancer, obesity, diabetes, arthritis, stroke, Alzheimer's disease and metabolic disorders. The National Institutes of Health now recommends lifestyle changes, including diet and exercise, as the most important and cost-effective way to reduce the risk of disease.

You may be surprised to hear that chronic conditions or diseases can often be linked to a nutritional deficiency. Diet and a lack of certain nutrients affect your immune system, organ function, hormonal balance and cellular metabolism, and ultimately your overall health. Since your body is fueled not only by what you eat, but what you actually absorb, you may not be getting the right nutrition from your diet alone.

The first step toward wellness may not be to go on a diet, but instead, try a different strategy. Nutritional Healing is an established scientific and holistic approach towards balancing the needs of the human body through the use of wholesome, nutrient rich foods and dietary supplements.

To help you adopt a Nutritional Healing approach, we offer the services of a clinical nutritionist who specializes in developing individualized nutritional and supplemental programs. Imagine working with someone who really understands how the body absorbs and uses food. Someone who can teach you what's going on in your body and coach you through a step by step process to achieve better health and wellness.

Real solutions for your individual problem

Most conventional diet plans are simply a formula for weight loss and are not designed to help you improve your overall health. Our view is different. We sit down and discuss your health history, personal objectives and work to understand your challenges and concerns. A clinical assessment, which profiles in detail your strengths and deficiencies is developed through a variety of means. Once this profile has been defined, we work with you to develop a plan you can live with. A combination of macronutrients - nutritious and delicious foods, and micronutrients - professional-grade vitamins, minerals and nutritional supplements - are the primary means

used to correct imbalances. This approach enables us to provide a comprehensive and individualized solution that is tailored to your body and your lifestyle.

Custom Medicine Pharmacenter offers nutritional coaching from Judith Mabel, RD, PhD, a leader in the field who specializes in Nutritional Healing. Dr. Mabel brings state-of-the-art nutritional advice, up-to-the-minute hard science and years of experience to every situation no matter what chronic problem or hurdles you face.

Chronic problems can benefit from Nutritional Healing:

Many people with chronic problems have found long-term relief by utilizing Dr. Mabel's advice. Her broad knowledge base, ability to analyze the entirety of the patient's profiles and keen sense of intuition have enabled her to develop treatment plans for conditions such as chronic fatigue syndrome, allergic reactions, and a variety of other diseases and conditions including:

- Headaches, migraines
- Asthma
- Arthritis
- Cholesterol management
- Stress management
- Digestive ailments, such as irritable bowel syndrome (IBS), indigestion and malabsorption
- Food sensitivities and allergies
- High Blood Pressure (hypertension)
- Diabetes and hyper/hypoglycemia
- Attention deficit disorder (ADD)
- Chronic fatigue syndrome (CFS)
- Polycystic Ovary Syndrome
- Weight management
- Fitness and lifestyle changes
- Cleansing and detoxification
- Allergies

So before you start a diet based on counting carbs and calories, think about whether that plan takes into account your entire health picture. If it doesn't, Nutritional Healing from a qualified nutrition coach may be a better place to start.

For more information or to schedule a consultation with Dr. Mabel, call or email Custom Medicine at 978-524-4800 or info@custommedicine.com. Visit us on the web at custommedicine.com

Bill Beckman, RPh is one of only 3,500 independent, community pharmacists nationwide who practices the art of pharmacy compounding that was the standard for hundreds of years. He owns Custom Medicine Pharmacenter with his wife Mary in Beverly, MA. As a registered pharmacist, he is a member of the Professional Compounding Centers of America. In addition to customizing topical pain relievers, the pharmacy specializes in pediatric medicine, discontinued product formulations, veterinary prescriptions, and bio-identical hormone replacement. Custom Medicine Pharmacenter, located at 25 Cabot Street in Beverly, is open Monday to Friday, 9:30 am - 5:30 pm and by appointment.

The pharmacy can be reached by calling 978-524-4800 or by emailing info@custommedicine.com.

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