

Varsha
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Preventive Medicine

Improving Digestive Wellness

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Doorway To Better Health



The holiday season can tempt us to stray from our thoughtful diet routines. However, we can change our mindset and view this time as an opportunity to build new and healthier traditions. As your physician, I



encourage you to make smart food choices during this season. I also encourage you to avoid over-indulging as much as possible. There are many new magazines and cookbooks, such as the Moosewood Cookbook Series, available to help you learn recipes that are healthy, fun and tasty.

Healthy Digestion:

When the digestive system is stressed, conditions such as abdominal pain, increased gas, bloating, diarrhea, constipation, reflux, and ulcers may occur. Long standing digestive problems can lead to nutritional deficiencies causing fatigue and a compromised immune system.

The saying “you are what you eat”, has some truth worth noting here. We can

learn to take a proactive approach and build a diet based on wholesome foods. These choices can promote the healing of our digestive system and prevent many common ailments before they start.

Our western diet consists of a fair amount of overly processed foods that are more difficult to digest. Choosing organic foods is my number one recommendation. I realize that this may not always be feasible, and if so, the digestive tract may still need help processing foods. To support your digestive tract I recommend using digestive enzymes. Digestive enzymes are catalysts which break down foods into absorbable nutrients and play a vital role in escorting them to cells and tissue for utilization.

After consuming a meal about 50% of our body’s energy is used for digestion. This is why you feel fatigued after over indulging. Taking 1 Digest capsule with each meal will help facilitate the complete digestion and absorption of carbohydrates, proteins, and fats. This also helps the

body free up energy for systems other than the digestive process.

A healthy digestive system executes two key functions. It breaks food down and expels waste.

Maintaining healthy bowels is an essential part of a fit digestive system. I recommend taking three Probiotic capsules per week to help stabilize and build a healthy intestinal environment.

“There is no substitute for making healthy food choices.”

I have seen many patients return to vitality by focusing on good nutritional habits and making the effort to rebuild digestive health. We have new diagnostic tools and therapies developed over the past year to help get you started.

Happy Holidays

Varsha Rathod, M.D.

“Our goal is to actively assist you in improving nutritional health and digestive wellness ”



Preventive Medicine, Varsha Rathod, M.D.

New Therapies for Allergies & Pain

I have introduced new treatment options to address two common ailments I see in my practice.

Allergy Elimination Technique:

I have been trained to perform an allergy elimination technique called NAET. Allergens come in all different forms: seasonal, environmental, chemical, food, drug, etc. This technique completely eliminates your allergy so that it no longer causes a reaction in the body. Therefore, you no longer have to avoid the allergen. NAET is based on the belief that allergies are caused by energy

blockages. We can detect these blockages using a muscle response test administered by myself or my nurse.

Low Level Laser Therapy

For a few years I have been researching treatment options for patients suffering with pain. I have finally found a light energy source that is able to repair and restore cells back to their normal function; therefore, relieving pain. Low level laser therapy assists patients with chronic pain, sports injuries, repetitive stress injuries, arthritis, etc. The number of treatments vary with each individual, while some patients only need a few, others may need up to 30 or more.

However, once the pain is relieved laser treatment is discontinued.



If you are interested in either NAET or Low Level Laser Therapy call my office to explore treatment options. They can also mail you a complimentary booklet on either of these two therapies.
Varsha Rathod, M.D.

New Website

We are excited to announce our new website! Please visit us at www.preventivemedicinestl.com, where you can learn more about NAET and Low Level Laser Therapy.

www.preventivemedicinestl.com

New Services to Be Added

I will be introducing a nutritional counseling service and a detoxification regimen in the near future. These services are designed to help you either build or maintain a vibrant lifestyle. Stay tuned this winter and spring for further details.

Coupon for

Digest & Probotic

15% Off

Offer expires January 31, 2007

Present this coupon and receive 15% off digest and/or probiotic. Not redeemable for cash. Please limit two bottles per household.