

Mood Swings



Mood swings are miserable for everyone involved. They can often be a sign of hormonal imbalance.

Hi, my name is Doctor [first_name] [last_name], and I operate a functional medicine office here in [city]. I would like to talk to you today about how you can identify hormonal problems.

Honestly, no woman likes to feel cranky, and having emotional outbursts can sometimes be embarrassing.

Hormonal problems can often be identified by moodiness, fatigue, mental fog and insatiable hunger. It's the body's way of telling you that your estrogen levels are out of balance.

If you think you may be suffering with hormonal problems, I encourage you to come visit me, Doctor [last_name], here in [city].

Chronic Pain May Stem from Over Activity



Do you work in an occupation that requires you to perform repetitive activities? Overuse of certain muscles and joints may be the root of your chronic pain!

Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city], and I can truly say that I feel your pain. However, I'm not just here to sympathize with you about your agony, I want to help you find the cause of your

problem and tackle it head-on.

I invite you to come visit me, Doctor [first_name] [last_name], at my office here in [city] and let me not only help diagnose why you hurt, but put pain in the past once and for all.

Counting Sheep Not Working?



Everyone knows the old saying that if you have difficulty falling asleep, count sheep. However, for many people, such adages don't work.

Good day friends in [city]; this is Doctor [first_name] [last_name], and today I would like to talk to you today about insomnia.

Insomnia afflicts millions of people just like you, and can affect their entire life. Since they are unable to sleep sufficiently at night, they are exhausted during the day and are in a constant battle to keep up with the demands around them.

If you've been struggling just to get shut eye at night, please feel free to come and see me, Doctor [first_name] [last_name], anytime here at my office in [city].

Cancer is a Degenerative Disease



Hello friends. This is Doctor [first_name] [last_name] here to talk to you about the one word that everyone fears to hear from their doctor: cancer. Although not many like to think about it, there are a number of citizens in [city] that are stricken with this disease, and thus it must be addressed.

Cancer is a degenerative disease, meaning that it progressively gets worse if it is not attacked effectively.

There are approximately 200 types of cancer known to man, and the ailment can fairly be called an epidemic in the world today. Therefore, you must be on guard and take excellent care of your body.

If you note any type of abnormality, see me, Doctor [first_name] [last_name], right away at my office here in [city].

Be Honest



Do you need to lose a few extra pounds? Five pounds? Ten pounds?

Doctor [first_name] [last_name] here today to encourage residents of [city] to be honest about their weight problem.

Change can never happen when we don't admit that a problem exists. We must be willing to recognize the need for improvement and have the courage to ask for help. It is the first step to breaking free and reducing the risk for serious health problems.

If you would like assistance in losing those extra pounds and making effective changes to your lifestyle, I would love for you to come see me, Doctor [first_name] [last_name], here in [city].

Chronic Fatigue is More Than Just Being Tired



If you've ever known anyone who has been diagnosed with Chronic Fatigue Syndrome, you know that the disease is characterized by much more than just exhaustion.

Hi, I'm Doctor [first_name] [last_name], and today, I want to educate the residents of [city] on this painful disease.

Chronic Fatigue feels like a never ending attack of the flu in that the body continually aches all over. Combine the pain with the sense of being extremely tired no matter how much rest you obtain, and it makes for a very difficult way to spend the day.

However, there is hope! I invite you to come visit me, Doctor [first_name] [last_name], here in [city] if you've been experiencing the symptoms of this disease.

Stress is a Serial Killer



Did you know that many of the most common diseases today can be caused by stress?

Hi, I'm Doctor [first_name] [last_name], and I have a integrative medicine office here in [city], where I spend my days helping people just like you who need relief from their health problems.

Stress, especially repeated stress, can have a detrimental effect on your body. However, it's not simply the fault of the stressor in itself; it is the way you handle it. If you don't learn to keep your cool in hard times, you could find yourself fighting some very serious health conditions.

Don't let stress take a toll on your health. I encourage you to come see me, Doctor [first name][last_name], here in [city] at your earliest convenience.

What is Osteoporosis?



You've probably heard about Osteoporosis before, but today, I would like to teach you about the nature of the disease and its causes.

Hi, my name is Doctor [first_name] [last_name], and I manage a functional medicine practice in [city], where we help people fight many diseases, including Osteoporosis.

Osteoporosis is a degenerative condition that affects many elderly women today. It is one of the most common diseases among the aging, and is thus one of the main targets in anti-aging medicine. Osteoporosis occurs when the bones begin to grow weak due to a loss of calcium, Vitamin D and exercise. These weak bones are then more at risk for distortion and fracture.

At my office here in [city] we want to help those suffering with Osteoporosis and keep the problem from growing more severe. I invite you to come see me, Doctor [first_name] [last_name], and let me bring you some much-needed relief!

Fish is Good for the Heart



You may be aware that fish is one of the healthiest meats for your body; but do you know why?

Good day friends in [city]! This is Doctor [first_name] [last_name], and today I would like to share with you some information about fish and heart health.

Tuna and salmon are especially full of Omega3 fatty acids, which are necessary for the proper functioning of the heart. Fish can be consumed in a number of ways, whether as part of an appetizer as you see in the photo to your right, or as the main dish of a meal. Why not find some creative and delicious ways to incorporate more fish into your diet?

For more information about keeping your heart healthy, stop by my office in [city] and let me, Doctor [first_name][last_name], evaluate the status of your heart.

Do You Trust Your Doctor?



Trust is one of the most important factors in a doctor-patient relationship.

This is Doctor [first_name] [last_name], and I manage an integrative medicine practice here in [city].

There are a lot of aspects surrounding your time at your doctor's office that require trust, such as the diagnosis provided, the medicines proscribed and the information being given about your condition.

I want you to know that you can always trust me with all of your health care needs. I encourage you to stop by my office in [city] anytime that we can be of help.

Progression of Hormonal Imbalance



Estrogen dominance is nothing to play games with.

Hi, I'm Doctor [first_name] [last_name], your local integrative medicine expert in [city].

When a woman is suffering with hormonal imbalance, her estrogen levels are sky high and her progesterone levels are lower than need be. If the problem is not addressed, a woman could develop diabetes or even breast cancer.

The solution: See a doctor right away. I hope that you will choose me, Doctor [first_name] [last_name], at my office here in [city].

Do You Slouch at your Desk?



If you've been suffering with chronic lower back pain, it may be due to slouching.

Hi, my name is Doctor [first_name] [last_name], and I help people every day in [city] with their health at my functional medicine practice.

Take a few moments and think about how you normally sit. Is your back straight, or is it curved and hunched? Making a simple adjustment of how you sit at work -- and leisure --

might make all the difference in the world.

If you're dealing with chronic lower back pain, I want to help. I invite you to visit me, Doctor [first_name] [last_name], at my office here in [city].

Heartburn



Everyone knows about the bottle of pink liquid that is used to fight heartburn, but what if you could do away with heartburn in the first place?

I'm Doctor [first_name] [last_name], and I manage an integrative medicine office here in [city], where I help people just like you with their digestive health.

Heartburn is often caused by eating the wrong foods, or eating too much. Fried foods, fatty foods and acidic foods are the main culprits. Cutting back on

these items can help you beat the burn.

If you've been dealing with long-term heartburn, I want to help. Visit me, Doctor [first_name] [last_name] here in [city] and let's get you feeling better!

Eat Your Veggies



If your mama always told you to eat your veggies, she was right.

I'm Doctor [first_name][last_name], and today's blog is about the importance of eating your vegetables, which can keep residents here in [city] happy and healthy.

Vegetables were created to give us life and vitality. They are full of powerful nutrients that fight disease and give us energy to carry on with our daily activities.

Ignoring your veggies only opens the door for disease, so grab a fork and get eating!

I invite you to visit me, Doctor [first_name] [last_name], at my office here in [city] for an examination of your overall health.

What Speeds Up the Aging Process



No one can make themselves a day older than the date on the calendar. However, bad choices can make us look and feel older than our ages.

I'm Doctor [first_name] [last_name], and I operate a functional medicine practice here in [city]. Today, I would like to teach you about some of the main culprits that speed up the aging process.

There are a number of factors that can contribute to aging. The most significant instigators are stress, tobacco, alcohol, poor diet and lack of exercise. Formulating good habits now can save you much trouble down the road.

If you think you might be suffering with disease, I want to help. I encourage you to make an appointment to see me, Doctor [first_name] [last_name], at my office in [city].

Relax!



I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city]. I know that many residents in our area struggle with getting a good night's rest. But much of the time, insomnia can be overcome by finding a way to relax.

Perhaps taking a peaceful walk in the evening is soothing for you, or taking a bubble bath. Maybe you like to watch the stars under the night sky. The key is to find something that helps you to let go of the stress

of the day.

If you're struggling with obtaining sufficient shut-eye, I would love to help you conquer insomnia. Why not make an appointment today to see me, Doctor [first_name] [last_name], at my office in [city]?

Don't Eat When Your are Anxious



Did you know that eating when you are anxious or upset can cause digestive problems?

Hello friends, it's Doctor [first_name] [last_name], your favorite functional medicine doctor here in [city]. I would like to talk to you today about why it is important to wait until you are calm to eat a meal.

When you are distressed about a particular matter, your body senses it all over and become tense. Eating while you are upset can cause you to experience heartburn, bloating and even nausea. Have you ever heard of the saying, "toss your cookies"? That's what stress can do to you!

If you've been experiencing digestive problems, I want to help pull you out. I encourage you to come see me, Doctor [first_name] [last_name], at my office here in [city].

Alcohol is a Toxin



While it is often glorified in the media as somehow causing one's life to be fun and joyful, alcohol actually has the exact opposite effect and is the instigator of a number of major diseases today.

I'm Doctor [first_name] [last_name], a practitioner of integrated medicine here in [city], and I would like to tell you why.

The moment alcohol enters the body it begins to cause problems. It can damage the lining of one's digestive system, cause cancer cells to form, contribute to insomnia, speed up degeneration and much more.

If you are suffering from the ramifications of the consumption of alcohol, please see me, Doctor [first_name] [last_name], right away. I invite you to come to my [city] office and obtain

professional care.

Communication is Key



How is your communication with your doctor? How about his staff? Do the nurses and others explain information thoroughly?

I'm Doctor [first_name] [last_name], and I manage a functional medicine office right here in [city].

It is vital that you be satisfied with the communication coming from your doctor's office. Your doctor and his staff should exhibit an interest in helping you to understand what is best for your health, and to be willing to answer as many questions as necessary.

If you are seeking a medical doctor, I hope that you will consider me, Doctor [first_name] [last_name]. I invite you to come to my office here in [city], where we provide optimum health care.

Maybe It's Your Bed



I'm Doctor [first_name] [last_name], and today I would like to talk to you about insomnia. I hope that many of you in the [city] area have found my regular blog posts to be helpful.

There are a number of reasons why one might be suffering with insomnia, but one of the most simple factors may be that your bed is not comfortable. If the bed is too hard or does not support your back and neck properly, it may keep you awake constantly.

If purchasing a new mattress set does not help your sleep problems, seek medical help. I invite you to come see me, Doctor [first_name] [last_name], at my office here in [city], where insomnia is one of our specialties.

Chronic Headaches



All of us have experienced headaches before, but for some, having a streaking headache is almost a daily occurrence.

I'm Doctor [first_name] [last_name], and I am a local practitioner of functional medicine here in [city]. I want to help relieve the pain and suffering that you are experiencing and make your head feel normal again. Maybe you've even shed a few tears because of the intense agony that you feel.

Many struggle with chronic pain, which can manifest in a variety of forms, whether in one's back, head, hands or neck. The pain can be the aftermath of an injury, or it can be associated with stress and pressure.

You need to find relief right away. I can help, but it's up to you to come see me, Doctor [first_name] [last_name]. I invite you to visit my office in [city] and take the first steps to freedom.

Why Progesterone is Important, Part One



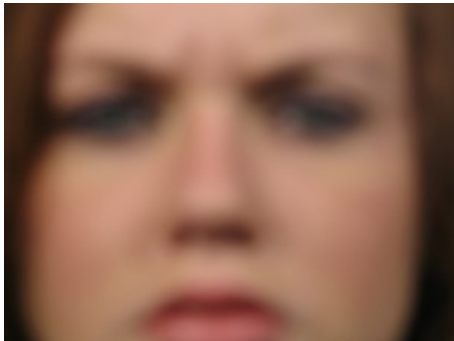
All of us have hormones. The two main hormones in women are estrogen and progesterone. When a woman's progesterone levels are too low, problems occur.

Hello everyone. This is Doctor [first_name] [last_name] here today to give residents of [city] a little 101 on why progesterone is important.

Progesterone serves a number of functions, but one its basic functions is to turn sugar into energy. When a woman does not produce enough progesterone, she may develop distention in her belly because the sugars she consumes are turning into fat and are not being burned. This can lead to diabetes.

If you struggle with hormonal imbalance, I can help. I invite you to visit me, Doctor [first_name] [last_name], at my office here in [city].

Why Progesterone is Important, Part Two



When some women experience brain fog, they might feel as if they're developing Alzheimer's Disease. However, it may just be a hormonal imbalance problem.

I'm Doctor [first_name] [last_name], a practitioner of integrative medicine here in [city], and today, I would like to help out the ladies that follow my blog and are struggling with this condition.

Progesterone is necessary for healthy brain function and is even being studied as a possible treatment for the elderly. If the hormone's levels drop too low, a woman may find herself struggling to remember basic words, or may have trouble remembering what she was doing just moments ago.

If you're looking for a doctor to help you fight hormonal imbalance, look no further. Please feel free to stop by my office here in [city].

Eliminating White Breads and Pastas



I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city], where keeping you healthy is our priority. Today, I want to share a practical tip with those of you who are struggling with your weight.

White breads and pastas are comprised of sugars and starches that can easily turn into fat when consumed, and thus stick to the

body if not burned by activity. Therefore, it is recommended that you choose whole grain pastas and breads that have nutritional value minus all of the glucose.

If you're aiming to lose weight, you need professional support. I invite you to come and see me, Doctor [first_name] [last_name], at my office here in [city]. I can help.

Colon Cancer



Cancer is one of the most feared degenerative diseases today, and colon cancer is one of the leading causes of cancer deaths in America.

I'm Doctor [first_name] [last_name], a practitioner of integrative medicine here in [city]. I'm on a mission to help my patients proactively avoid this terrible ailment.

Having a regular colon screening is important, so that your doctor can determine if any polyps have accumulated on the walls of your colon. Polyps are not always harmful, but they can turn cancerous, and thus be deadly.

It is important to keep your colon healthy and clean. Stop by and see me, Doctor [first_name] [last_name], at my office in [city] and let's keep colon cancer at bay together!

What Burns You Up?



Let's face it. All of us have emotions, including feelings of anger sometimes. However, what makes the difference is how we handle ourselves when experiencing negative emotions.

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine here in [city]. I know how emotions can cause flare-ups of physical disorder and disease. I've seen what stress can do to people.

If there are certain situations that always cause your blood pressure to rise and your stomach to become tense, either avoid placing yourself in that situation or learn how to keep your cool in the midst of adversity. It's no joke that you can literally have a heart attack or stroke if you do not learn how to manage your emotions.

If you live in [city], please keep me, Doctor [first_name] [last_name], in mind for all your medical needs, including help avoiding stress-related diseases.

Stay Active



Just because you can't move as quickly as you used to doesn't mean that you should stop moving all together.

Good day, [city]! This is Doctor [first_name] [last_name] here to give a tip to those 65 and up about anti-aging.

One of the best things that you can do for your health as a senior citizen is to stay active. Do what you can to keep moving, even if it means going for a walk with your cane or walker through the park. Exercise helps you avoid disease, thus potentially enabling you to live longer.

My office here in [city] loves to help our precious seniors! We hope you will keep us in mind for all your health care needs.

Causes of Chronic Fatigue



Chronic Fatigue Syndrome is a bit of a mystery disease, but there are a number of theories as to its cause.

Hello friends. This is Doctor [first_name] [last_name], and I'm here today to give residents of [city] important information about this painful ailment.

Many diseases are the result of an autoimmune disorder, meaning that the immune system becomes overactive and attacks healthy cells as well as harmful bacteria. Chronic

Fatigue Syndrome can also be the result of anemia or dangerously low blood pressure.

If you suffer with the constant pain and exhaustion that comes with Chronic Fatigue Syndrome, I invite you to see me, Doctor [first_name] [last_name] at my office here in [city].

The Physical Implications of Stress



A person not only looks unpleasant on the outside when they are stressed. Their insides feel it, too.

I'm Doctor [first_name] [last_name], a practitioner of integrated medicine in [city]. Today, I would like to tell you a little about the physical implications of stress.

When you are angry or sad, you can likely feel your blood pressure rising. You may also notice a headache

coming on, and your stomach may tighten. Your whole system shifts into a different mode, where you just feel terrible all over.

Repeated negative reactions to stressors can cause disease. Why not come see me, Doctor [first_name] [last_name], here in [city] for some practical help with managing your stress before IT controls you?

Keep Your Brain Sharp



You don't need to let aging get the best of you.

This is Doctor [first_name] [last_name], a practitioner of functional medicine here in [city], and today I would like to talk to you about one way that you can work to avoid Alzheimer's Disease as a senior adult.

Keeping your brain active and sharp can help it to stay healthy. This can include playing a board game with your spouse, doing a crossword puzzle, journaling or

working on a scrapbook. Not letting your mind be idle can do a lot of good.

If you find yourself struggling with the signs of Alzheimer's Disease, come see me, Doctor [first_name] [last_name], at my office here in [city].

Losing Weight Can Be Fun



Some people think of weight loss as a dread, while others view shedding those unwanted pounds as a lot of fun. Do you need to lose weight?

I'm Doctor [first_name] [last_name] and I can help. I manage an integrative medicine office here in [city], where we specialize in helping people stay healthy and happy.

One of the best ways to lose weight is simply to stay active. Think of all the great things you can do! You can go jogging, hiking, biking, swimming, play games with your kids in the back yard and more! Doesn't sound like much of a dread to me!

I invite you to visit my office here in [city] and let me help you be slim again.

Experience is Everything



One of the most important things to look for when choosing a doctor is experience.

My name is Doctor [first_name] [last_name], and I manage an integrative medicine office here in [city], where we treat many people just like you.

When researching your choices for health care, find out how long the doctor has been in practice. What certificates does he have? How many patients does he see within a week's time?

You will be pleased to know that I have many years of experience in the medical field, and would love to have you as a patient. Why not visit me, Doctor [first_name] [last_name], at my office here in [city]?

Love Your Heart



Hello friends in [city]! Doctor [first_name] [last_name] here. I would like to talk to you today about heart health.

Heart disease is the greatest killer in the world today. So many people lose their lives due to blockage of the arteries or congestive heart failure. In most of these cases, the individual ignored the risk factors for heart disease, such as obesity, smoking, alcohol, stress and poor diet.

Don't let this happen to you! Love your heart and take good care of it! I invite you to see me, Doctor [first_name] [last_name], at my [city] office so we can assess the status of your heart.

Nuts, Seeds, and Hormonal Balance



If you struggle with hormonal imbalance, there's no time like the present to make a change.

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city]. I would like to tell you today about how nuts and seeds might be able to help.

Those that struggle with hormonal imbalance needs lots of Omega3 fatty acids to help regain their balance of estrogen and progesterone. Therefore, nuts such as walnuts and seeds like pumpkin and sunflower seeds are excellent toward this goal.

However, food alone may not be enough. I invite you to come see me, Doctor [first_name] [last_name], at my office in [city] for further medical assistance.

Straws May Cause Bloating



If you struggle with digestive problems, especially bloating, you might need not to look any further than your straw.

I'm Doctor [first_name] [last_name], a practitioner of functional medicine from [city], and I help people with their digestion nearly every day.

When you use a straw to drink, you are potentially also swallowing a lot of air. When the air gets into your stomach, you may feel bloated and uncomfortable. Therefore, avoid using straws unless absolutely necessary.

I invite you to come to my office in [city] and let me, Doctor [first_name] [last_name], help you with all of your digestive health issues, both big and small.

Stress Can Increase Risk for Cold or Flu



Did you know that high-strung people are more at risk for colds and flu?

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city]. I would like to talk to you today about stress.

Stress wears down your immune system. It keeps it suppressed, so that if a harmful germ or virus enters the body, it does not have the strength to fight it off. Thus, one is more prone to be sick.

There are many other diseases that attack people as a result of stress. No matter what condition you may be suffering with, I invite you to come see me at my office in [city] for professional treatment.

Garlic



Garlic is so good for you!

Greetings, Doctor [first_name] [last_name] here, and I would like to talk to residents of [city] about why it is important to regularly incorporate garlic into your diet.

For almost every disease that a person can be diagnosed with, garlic is an excellent healing agent. It helps fight colds, strengthens the heart, balances out the hormones, helps to slow the aging process and more.

However, garlic may not be sufficient alone. Medical treatment may also be necessary in some cases. I encourage you to make an appointment to see me, Doctor [first_name] [last_name], at my office here in [city].

Nicotine: The Common Denominator in Disease



Hello, this is Doctor [first_name] [last_name], your favorite functional medicine doctor in [city]. Did you know that many of the diseases people face today are caused by nicotine?

It's true, not only can a person develop lung cancer from smoking, but also heart disease, cancer, osteoporosis, insomnia, and many other problems, many of which can be life-threatening. Even those who breathe second hand smoke can be put at risk.

If you've been suffering from the ramifications of nicotine use, I encourage you to see me, Doctor [first_name] [last_name], at my office here in [city].

Do You Have a Digestive Disorder?



Hello, this is Doctor [first_name] [last_name] here, your local practitioner of integrated medicine from [city]. I would like to talk to you today about the symptoms of digestive problems.

The signs of digestive disorders are quite clear. If your eating experiences turn unpleasant due to bloating, flatulence, cramping, heartburn or diarrhea, and continue to do so on a regular basis, you need medical assistance.

If you are struggling with digestive problems, I encourage you to come see me, Doctor [first_name] [last_name], at my office here in [city].

Coffee Dependencies

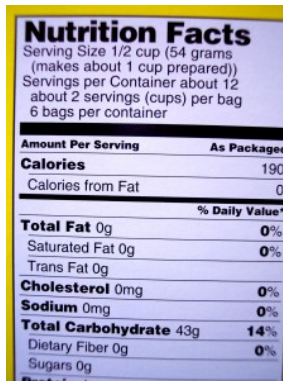


Have you become so dependent on coffee that you can't stay awake all day without it? Hi, I'm Doctor [first_name] [last_name], a integrative medicine doctor from [city], and I would like to talk to you today about this important issue.

Many people stay up into the early hours of the morning, and so when it comes time to go to work, they're ready for bed. Therefore, to keep their eyes open, they consume multiple cups of coffee to pull themselves through the day, which sends their caffeine levels sky high. Too much caffeine can be just as detrimental to one's health as a lack of sleep.

It's best to set a schedule for yourself and get to bed at the same time every night. If you still fight insomnia, come to my office here in [city] and let me help.

Read the Labels



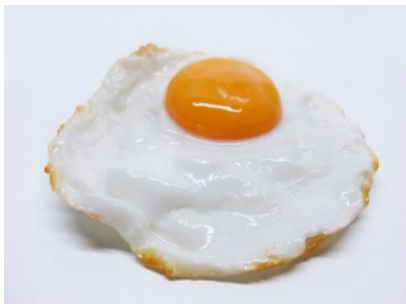
Amount Per Serving	As Packaged
Calories	190
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	

Good day; Doctor [first_name] [last_name] here, ready to talk to my friends in [city] today about weight loss and the importance of reading labels.

Most people likely don't count their calories, nor their fat, sodium and sugar intake. However, it is very important to be conscientious in this area. The more careful you are about what you eat, the better you will feel. Therefore, take some time to read the labels when you are at the grocery store, and make wise choices accordingly.

Please also pursue medical assistance with your weight loss program. I'd love for you to visit me, Doctor [first_name] [last_name], here at my office in [city] to learn more about how I can help.

Fighting Hormonal Imbalance with Eggs



Hi, I'm Doctor [first_name] [last_name], a functional medicine doctor here in the [city] area, and today, I would like to give another tip about fighting hormonal imbalance.

Consuming organic eggs can be helpful in fighting this condition as they are loaded with vitamin B12, which is great

for improved mental function. Estrogen dominance normally suppresses one's B12 levels.

Eggs are not a complete solution in themselves, so if you really want to pack a punch against hormonal imbalance, make an appointment with a doctor as soon as possible. In fact, why don't you come see me, Doctor [last_name], at my office here in [city]?

Signs of Heart Disease



Hi, I'm Doctor [first_name] [last_name], and today I would like to speak to residents of [city] about the signs of heart disease.

Heart disease kills more people than any other disease. Therefore, it must be guarded against vigilantly. Some of the most significant warning signals include dizziness, pain in the chest, neck and arms, shortness of breath and swelling of the legs and ankles.

DO NOT risk cardiac arrest. If you are dealing with any of these symptoms, come see me, Doctor [first_name] [last_name], at my office here in [city].

Is It Chronic Fatigue or Fibromyalgia?



Do you ache all over? Has the ache lasted for so long that you're sure it's not the flu, but still uncertain of what's happening in your body?

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine here in [city]. You may have Chronic Fatigue Syndrome or Fibromyalgia.

It can be difficult for the average person to distinguish Chronic Fatigue Syndrome from Fibromyalgia, since the symptoms are so similar. Both of them are characterized by intense pain that seems to incapacitate a person for days on end.

I invite you to come to my office here in [city] and let me diagnose and effectively treat your problem.

Take Some Spa Time



Do the pressures and stresses of life often weigh heavily upon you? Are you worried that it may negatively affect your health?

I'm Doctor [first_name] [last_name], an integrated medicine doctor in [city], and I would like to encourage you to escape the stress with a little spa time.

Who doesn't like the spa? It is everything relaxing and beautiful. However, you don't need to spend hundreds of dollars visiting a posh spa, when you can turn your own bathroom into a haven with some nice soaps, soaks and lotions.

Stress really can cause disease. Therefore, you must learn to control it now before it sends you to the hospital. If you sense any sickness as a result of stress, please see me, Doctor [first_name] [last_name] at my office here in [city].

The Health Value of Berries



If you're looking for a great snack while working to lose weight, which also helps fight disease, berries are a great choice.

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city], and I would like to teach you today about the health value of berries.

Berries are full of antioxidants, which are known to fight the cancer-causing agents known as free radicals. They are also great sources of fiber, which is important for weight loss, and most of all, they are very low in calories, so you don't have to feel guilty about having a handful.

If you're aiming to lose weight, come visit me, Doctor [first_name] [last_name], at my office in [city].

Financial Problems?



Hello, this is Doctor [first_name] [last_name], your favorite functional medicine doctor in [city]. Today, I would like to talk to you today about stress.

So many people experience stress due to mounting financial problems. Debt is likely the leading stressor in the world and the cause of a lot of sleepless nights and spousal arguments. Sadly, the worry and anxiety are sending many to an early grave. Cancer, congestive heart failure, insomnia and more can be due to stress.

Don't let this happen to you. I invite you to visit my office in [city], where we specialize in stress management. We can help.

GERD



I'm Doctor [first_name] [last_name], and today I would like to speak to the many residents of [city] who suffer from Gastro Esophageal Reflux Disease, also known as GERD.

GERD occurs when the food being digested in the stomach backs up into one's esophagus along with the acids present in the stomach. This often causes burning in one's chest and/or throat, and may physically also cause scarring.

It is important to get this chronic condition under control, before it results in serious problems. I invite you to visit me, Doctor [first_name] [last_name], at my office here in [city].

1 in 3 Americans



Greetings! Doctor [first_name] [last_name] here to talk to my friends in [city] about insomnia, which is a commonly problem among many today.

In fact, isomnia affects an estimated 1 in 3 Americans, which places it at an epidemic rate. Why is this? Is it because of stress? Is it due to prescription medications? How about nicotine of alcohol consumption?

While these are all common answers, the underlying causes vary. If you suffer with insomnia, I invite you to come see me, Doctor [first_name] [last name], at my office in [city].

Milk Really DOES Do a Body Good



Hello, this is Doctor [first_name] [last_name] with you today to explain to my friends in [city] about why milk is a great way to help fight Osteoporosis.

Osteoporosis is often caused by a lack of calcium in the bones, as well as a lack of adequate Vitamin D. Consuming even one glass of milk each day can help to defend your body against this common degenerative disease.

If you are noticing that your bones are becoming weaker with age, I encourage you to visit me, Doctor [first_name] [last_name] at my office here in [city]. I can help.

Read a Book



Some people toss and turn all night because they are unable to obtain adequate sleep.

Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city], where we help people with insomnia on a regular basis.

Sometimes reading a book at nighttime can help one fall asleep faster. While many go right to sleep after a few pages, some may hang on longer and read several chapters before they finally doze off. Nonetheless, reading is often helpful to give one the much-needed rest to be refreshed for another day.

If you still struggle with insomnia after trying this tip, I encourage you to come see me at my [city] office, so that I can help you be free once and for all.

Get a [offer] by calling [phone] or clicking the link below

Read Reviews



Greetings! This is Doctor [first_name] [last_name]. I manage a functional medicine practice right here in [city], where we help people just like you get well using natural means.

When looking for the functional medicine doctor that is right for you, it is important to read what other patients have to say about the quality of care provided by the doctors in your area. Perusing the

internet for reviews is often helpful to make a well-informed decision.

For those of you in the [city] area, I hope that you will consider me for all of your health care needs. Our clients have written a number of great reviews about how much they appreciate our expertise and friendly demeanor.

What Does The Liver Do?



Many people each year are afflicted by liver disease.

Hi, I'm Doctor [first_name] [last_name], an integrative medicine doctor in [city]. I would like to talk to you today about the function of the liver.

The liver is so vital to the proper functioning of the body that no one can live without it. It performs several duties, from cleaning the blood, to creating bile which is used in the excretion of waste, to storing important nutrients for

use including vitamins A and D, and much more.

If you suspect that you have been feeling ill due to liver problems, I want to invite you to come to my office here in [city]. I can help.

Weight Loss Tip: Lean Meats



Losing weight is all about making wise choices.

Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city], and today, I would like to talk to you about the importance of choosing lean meats for your meals.

Heavy consumption of red meat can often cause health problems, but choosing lean meats such as skinless chicken and turkey can be very good sources of protein

and Vitamin B. However, make sure to practice portion control as you can also have too much of a good thing.

If you're working hard to lose those extra pounds this year, I'd love to help. I invite you to come to my office here in [city], where we specialize in successful weight loss methods.

Insomnia and Alzheimer's Disease



Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine here in [city]. I would like to talk to my senior citizen friends today about the correlation between insomnia and Alzheimer's Disease.

Losing sleep night after night have a detrimental affect on the brain. It can wear down the cells until eventually one begins to notice that their cognitive function is not as sharp as it used to be. If the issue is not addressed by a medical professional, the individual could likely develop Alzheimer's Disease, one of the most feared degenerative diseases today.

Don't let this happen to you and those you love. I invite you to come to my office here in [city] and allow me, Doctor [first_name] [last_name], to help you conquer insomnia.

Organic Food May Help Eliminate Hormonal Imbalance



Did you know that hormonal imbalance problems can often be caused by the chemicals in your food?

I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city], and I would like to talk to you today about this important issue.

Much of the food that we consume is filled with chemicals and hormones, such as pesticides and antibiotics. These chemicals can often throw our hormones out of whack and make us feel miserable. Choosing organic products -- food without chemicals or hormones -- as much as possible may help to eliminate the symptoms of hormonal imbalance.

However, for some, food alone may not be the answer. It's important to seek professional help. I invite you to come see me, Doctor [first_name] [last_name], at my office in [city], where we specialize in treating hormonal imbalance.

Nerve Damage



Greetings, this is Doctor [first_name] [last_name]. I'm an integrated medicine doctor in [city], and I would like to talk to you today about chronic pain and nerve damage .

Many individuals that suffer with chronic pain are experiencing the agony that they feel due to nerve damage. The damage could be the result of an accident on the job, a traffic mishap, or another existing medical condition that has

adversely affected their nerves.

If you deal with chronic pain, you don't have to keep suffering like this. I invite you to come to my office here in [city] so that we can help.

Your Body Will Thank You



Hello, this is Doctor [first_name] [last_name], your favorite functional medicine doctor in [city]. Today's post is about the importance of choosing healthy foods for proper bodily function.

It is very important to ensure that your body has the nutrients that it needs to carry you through the day. Burgers, fries and shakes just won't cut it. You need fresh fruits and vegetables, of which there is such a wonderful variety of choose from.

Making healthy choices is like a big sigh of relief to your body. I invite you to come to my office here in [city] and let me help you create an aggressive plan to maintain excellent health.

Having Trouble Concentrating?



Good day; Doctor [first_name] [last_name] here. I would like to talk to residents of [city] today about the condition called Chronic Fatigue Syndrome.

So many people have trouble concentrating on their work. They feel as if they may have developed adult ADD as they just can't seem to function correctly. If the lack of concentration is coupled by ongoing muscle pain, headaches and exhaustion, it very well may be that the individual is suffering with Chronic Fatigue Syndrome.

We deal with Chronic Fatigue here at our office in [city], and I want you to know that there is hope. If you struggle with this condition, I encourage you to come to our office to talk.

Sunlight: The Champion Against Osteoporosis



Hi, my name is Doctor [first_name] [last_name], a practitioner of functional medicine in [city], and today I would like to talk to you about avoiding Osteoporosis.

One of the best things that you can do for yourself to prevent Osteoporosis is to get lots of sunshine each day. Even if it's just for 15 minutes, take a walk outside just to enjoy your

surroundings. Smell the flowers. Play with the kids or grandkids. Have a heartfelt discussion with your spouse. It's all good for the body and may help you live longer.

If you believe that you are suffering with Osteoporosis due to weakness in your bones, it is important to see a doctor for help right away. I invite you to come to my office here in [city] and let me examine the problem.

Causes of Constipation, Part One



Hi, I'm Doctor [first_name] [last_name], the functional medicine doctor of choice here in [city]. Today, I would like to present part one of a three-part series on the causes of constipation.

Constipation is one of those taboo subjects because it is so embarrassing, yet most people suffer with this condition at one time or another in their life. While each individual varies in their elimination of waste, if a person has not used the bathroom in several days, then there is a definite problem.

One of the most common causes of constipation is the lack of fluid. It is vital to drink at least eight glasses of water each day to keep your body hydrated and the food you consume smoothly moving through the digestive tract.

If you suffer with chronic constipation, I invite you to come to my office here in [city]. I can help.

Causes of Constipation, Part Two



This is Doctor [first_name] [last_name], a practitioner of integrative medicine in [city]. In today's blog, we are examining another common cause of constipation: the lack of sufficient fiber.

Perhaps you run from eating green leafy vegetables and make jokes about such items being "rabbit food." While it may seem humorous at the time, neglecting foods full of fiber can put you in a real bind (*pun intended*). It is

vital to add some sort of fiber to your meals, whether it be through a salad, a side of vegetables with a lean steak, or even a bowl of fruit salad.

If you continue to experience constipation after incorporating more fiber into your diet, please see me, Doctor [first_name] [last_name], at my office here in [city]. I can help.

Causes of Constipation, Part Three



Hi, this is Doctor [first_name] [last_name], your friendly functional medicine doctor from [city]. Today, I want to conclude our three-part series on the common causes of constipation.

Interestingly enough, many medications that people take may increase their risk for constipation. Among the greatest culprits are aspirins and anti-depressants. Even antacid tablets may make you more constipated, although they may be great for relieving heartburn. However, it is important to seek medical attention if your constipation lingers, and NEVER to stop taking any medications that your doctor has proscribed for you.

If you struggle with constipation, come see me, Dr. [first_name] [last_name], at my office here in [city]. I can help.

A Merry Heart Does Good Like a Medicine



Stress is a killer, but laughter is good medicine.

I'm Doctor [first_name] [last_name], and today I would like to speak to my friends in [city] about the importance of having a good laugh.

It has been said that laughter is like internal jogging. It gives your muscles and organs some good exercise. When you laugh, you are sending healthy signals throughout your body as opposed to the negative signals from stress that often cause disease.

If you suffer from disorders caused by stress, I invite you to visit my office here in [city], where we specialize in preventing and treating stress-related diseases.

Are The Neighbors Keeping You Awake?



Do you toss and turn at night because of noisy neighbors?

Hi, I'm Doctor [first_name][last_name], your hometown practitioner of functional medicine in [city], and today I would like to talk again on the subject of insomnia.

There are many reasons why people fail to obtain adequate sleep. Some are just night owls. Others stay awake because of stress or depression. Then, there are others who stay awake because their neighbors kept them up. If you deal with dogs that bark at all hours of

the night or loud music at 2 a.m., try turning on a fan to help cancel out the noise in your bedroom.

Insomnia can develop into serious disease, so it is important to get your rest. If you've been struggling with this condition, I invite you to come see me, Doctor [first_name] [last_name], here at my office in [city] where we can help you get a good night's sleep.

Do The Lotions and Creams Really Work?



Do you often read about products that help you to fight aging?

Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city].

Most of the advertisements that you read about lotions and creams that can help eradicate wrinkles and make you look like a 30-year-old in your eighties are really a distraction from the main battlefield against aging. Many elderly individuals are often struck with memory loss, fragility of the bones and heart problems. Anti-aging practitioners focus on reducing one's risk of these problems to help them live longer.

If you suffer from any of the symptoms of aging, I invite you to come to my office here in [city] and let me take a look.

Talk to Family and Friends



Are you searching for a family doctor?

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine in [city], and today, I want to give you a tip on finding the right doctor for you.

It may be helpful to talk to family and friends about who they are currently utilizing for general health care. Ask them questions about the doctor's experience and treatment of patients, and if they would recommend their practice or not. This may give you a few ideas of the choices that are available.

In the midst of your search, I encourage you to consider me, Doctor [first_name] [last name], at my office here in [city]. My patients give strong recommendations of our practice.

Hormonal Problems and Thyroid Malfunction



If you've been experiencing hormonal problems, it may be due to your thyroid gland.

Hi, I'm Doctor [first_name] [last_name], and today's post is for residents in [city] who suffer with this condition.

The thyroid is a small, yet important gland in the neck that works to provide proper bodily function. When the thyroid is suppressed, it may manifest in a variety of ways, including weight gain, exhaustion, moodiness, bloating and more.

However, it takes a professional exam to determine if one is suffering from an under-active thyroid. Therefore, I encourage you to come to my office here in [city] and let us take a look.

Conquering Lupus



Are you fighting Lupus? There is hope!

Hi, I'm Doctor [first_name] [last_name], a practitioner of functional medicine from [city], and today's blog is about this difficult, yet not impossible disease.

Lupus occurs when the body's immune system malfunctions in that instead of fighting off only bad bacteria, it seeks to destroy healthy tissues as well. It may attack one's heart, kidneys and other vital organs and make an individual very sick.

However, many people have fought Lupus and WON. If you are suffering from this condition, I encourage you to come see me, Doctor [first_name] [last_name], at my office here in [city].

What is Cancer?



I hate cancer, and I'm here to fight it diligently.

Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city], and today I would like to talk to you about the characteristics of cancer.

Cancer is the formation and growth of abnormal cells with distorted DNA. When these cells begin to grow, they usually like to multiply quite quickly. They may spread to healthy tissues and organs and attack lymph nodes. This makes an individual feel very sick, and can often cost them their life.

If you sense a lump in your body, or just have been feeling generally ill, stop by my office here in [city] right away.

Choosing Better Snacks



Are you a junk food junkie?

Doctor [first_name] [last_name] here. Today, I would like to teach my friends in [city] who are hooked on junk food about making better choices that can help them to lose weight.

See the bowl of fruit to your right? This is one of the healthiest snacks that you can enjoy, which can also help you to lose weight. Apples, grapes, kiwi and

pineapple are all loaded with powerful nutrients that give life and vitality to the body. Potato chips and soda just can't do that.

If you're seeking to lose weight, I invite you to come to my office here in [city] and let us help.

Don't Go To Bed Angry



Do you suffer with stress? Do you also suffer with insomnia? Well then, today's blog is for you.

This is Doctor [first_name] [last_name], your friendly integrated medicine doctor in [city], and today I want to explain why these two types of conditions don't mix.

If you go to bed angry, you surely will not sleep well. Don't be amazed if you find yourself tossing and turning all hours of the night, and feeling ill an exhausted the next morning. Instead of ending the day

that way, either take some time to resolve the problem, or find a good friend that you can talk to who will be understanding and help you calm down.

Whether you suffer with stress or insomnia or both, I invite you to allow me, Doctor [first_name] [last_name], to help you keep them under control.

Obesity and Heart Disease



Did you know that those who are overweight drastically increase their risk of heart disease?

Hi, I'm Doctor [first_name] [last_name], and today, I would like to speak my fellow residents of [city] about the connection between these two conditions.

When the body has more weight to carry around, especially if the individual has a serious case of distention in that they have a very protruded abdomen, it forces the heart to work harder. Those who are obese usually also have high blood pressure, which is nicknamed "the silent killer" as the heart cannot long withstand dangerously high levels.

I want to help you lose weight and fight heart disease. Come visit me, Doctor [first_name] [last_name], at my office here in [city].

What is Dementia?



As one ages, it is important to be on guard against common diseases such as dementia.

This is Doctor [first_name] [last_name], your favorite integrative medicine doctor in [city], and today, I want to tell you about this challenging condition.

Dementia can literally be translated from its original Latin as meaning "without mind." Dementia is sort of an umbrella for the many diseases that can affect the brain, such as Alzheimer's Disease. When it takes its toll on a person, the individual's brain function becomes severely impaired in that they may have difficulty with memory and speech.

If you suffer from dementia, please seek medical help promptly. I invite you to see me, Doctor [first_name] [last_name], at my office in [city].

Arthritis



It goes without saying that arthritis is a painful condition.

Hi, I'm Doctor [first_name][last_name], a practitioner of functional medicine in [city], and today's blog is about chronic pain due to arthritis.

It's not just the elderly that suffer with this condition. Nerve damage or other existing medical conditions can

cause an individual of any age to experience pain in their joints. Simple activities such as signing a check or planting a flower garden can often be agonizing if there is no intervention to bring relief.

Thankfully, this is where I come in. I encourage you to come see me at my office here in [city] and let me help you find a solution to your chronic pain.

Procrastination is Your Enemy



Putting off obtaining medical attention is one of the worst things that you can do.

I'm Doctor [first_name] [last_name], and today, I would like to tell my fellow residents of [city] about why procrastination is your enemy.

Many people think that if they wait long enough, a problem may just go away. Or, they may delay seeing a doctor due to financial considerations. However, it is unwise to take risks with diseases of any kind. Many ailments are aggressive, progressive and degenerative, and can send a person to an early grave if the condition is not attacked right away.

No matter what the disorder or infirmity, I invite you to see me, Doctor [first_name] [last_name], at my office here in [city].

Exercise and Hormonal Imbalance



Hormonal imbalance is a condition that should be taken very seriously.

Greetings; this is Doctor [first_name] [last_name], an integrative medicine doctor in [city], and today I would like to talk to you about conquering hormonal imbalance with exercise.

Many women like you encounter estrogen dominance problems because they are inactive. It is important to spend time each day engaging in some sort of physical exercise, whether it be aerobics, jogging, tennis, or even just playing with the kids on the trampoline in the backyard.

If you've been struggling with the effects of hormonal imbalance, do something about it today.

What Does the Large Intestine Do?



Our bodies are an amazing creation, and the large intestine is no exception.

Hi, I'm Doctor [first_name] [last_name], and I'm a local functional medicine doctor here in [city].

The large intestine is an important part of the digestive process. It is said that once digested food enters the large intestine, it may take up to 32 hours for the organ to complete its work. The large intestine has several

functions, including the processing of unused fiber and digested matter, reabsorbing fluid, and storing waste until it is time to exit the body.

If you're struggling with your digestive system in any way, I encourage you to see me at my office here in [city], so we can talk about how we can get you back on track.

Could Your Food be Making Your Tired?



If you suffer from fatigue, including Chronic Fatigue, you may wish to examine your diet.

I'm Doctor [first_name] [last_name], a functional medicine doctor here in [city], and I would like to tell you why.

Fatty foods, and foods full of sugar and starch, can have an adverse effect on the body. Therefore, if you tend to gravitate toward fast food, or often choose red meat, fries,

white bread, potato chips and sodas over fresh fruits and vegetables, it is no wonder that you are run down. You are not obtaining the nutrition that you need to give your body energy.

If adjustments to your diet do not completely eradicate your fatigue, please see me at my office here in [city], so that I can help! You may have a more serious underlying condition.

Is Chronic Pain Stealing Your Family Time?



Chronic pain is a thief.

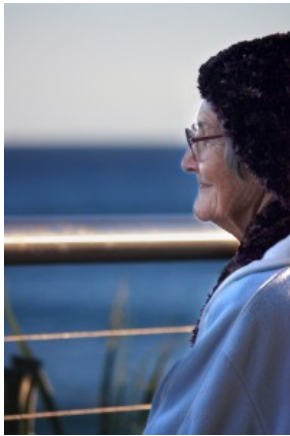
Hi, I'm Doctor [first_name] [last_name], a practitioner of integrative medicine in [city], and today, I would like to talk to you about breaking free from chronic pain.

There are many different types of pain that can afflict our bodies, from back pain to headaches to arthritis to carpal tunnel, and more. Pain can often be the reason why we

don't engage in the activities that we would like to participate in, from biking to jogging to swimming, and cause us to miss out on making memories with our family.

If you've been struggling with chronic pain, I encourage you to visit me, Doctor [first_name] [last_name], at my office here in [city].

Strokes



Strokes are one of the most common afflictions of the aged today.

Hello, I'm Doctor [first_name] [last_name], a functional medicine practitioner in [city], and today, I would like to talk to you about stroke prevention.

Strokes can often leave their victims in a partially paralyzed state. They may lose feeling on one side of their body, lose the ability to walk or have difficulty speaking. Some even lose their lives when an attack strikes.

It's important to guard yourself and your spouse from the risk of stroke. I'd love for you to come visit me in my [city] office so that we can discuss how you can create a plan to fight aging and the diseases that so often accompany it.

Deadlines Stressing You Out?



One of the most stressful aspects on the job can be the pressure to meet a deadline.

Hi, I'm Doctor [first_name] [last_name], an integrative medicine practitioner in [city], and today I want to talk to you about handling stress surrounding deadlines.

When facing a deadline, it is important to pace yourself. Make a work schedule and organize as much as possible. If you find that time is getting down to the wire, and you are tempted to allow your blood pressure to skyrocket in

the face of your fears, remain calm. Work as fast as you can and do the best that you can. Besides, there's no use in making yourself ill over the matter, and you can't excel on the job when in a mentally frazzled state.

If you've been feeling under the weather due to stress-related matters, I invite you to come to my office here in [city] for compassionate advice and treatment.

Fill Up On Fluids



Do you struggle with your weight? One way to help beat the bulge is to fill up on fluids.

Hi, I'm Doctor [first_name] [last_name], and today, I would like to share an easy weight loss tip with my friends in [city].

Drinking an ample amount of fluids helps us to feel fuller quicker and to stay full longer. Therefore, if you have the tendency to overeat, try pouring yourself a tall glass of orange juice, vegetable juice or cranberry juice. It not only helps you to lose weight, but it's good for you, too!

If you are battling obesity, I encourage you to come see me, Doctor [first_name] [last_name], at my office here in [city].

Freedom From Fibromyalgia



Doctor [last_name] [first_name] here; your favorite functional medicine doctor in [city]. Do you suffer with the aches and pains of Fibromyalgia?

Although Fibromyalgia is still being researched by health professionals, it doesn't have to take you captive and steal your life. There are a number of wonderful treatments available that can help you put pain in its place.

I encourage you to come see me, Doctor [first_name] [last_name], at my office here in [city] and let me help you find freedom from Fibromyalgia.

Secondhand Smoke Can Cause Degenerative Disease



Doctor [first_name] [last_name] here; your favorite integrated medicine doctor in [city]. If you live or work with a smoker, don't be fooled into thinking that you are not at risk for disease.

In fact, studies show that second hand smoke is one of the leading causes of lung cancer and other degenerative diseases. One can develop heart disease, asthma, cancer and even Osteoporosis from continually breathing in someone else's smoke fumes.

If you think you might have contracted any one of these ailments, please come see me, Doctor [first_name] [last_name], at my office here in [city].

Inflammatory Bowel Disease



Many people have heard of Irritable Bowel Syndrome, but not many are as familiar with Inflammatory Bowel Disease.

What is it? I'll tell you. I'm Doctor [first_name] [last_name], a practitioner of integrative medicine here in the [city] area.

Inflammatory Bowel Disease is the umbrella term for the two known digestive disorders that involve the inflammation of the intestines due to a hyperactive immune system: Ulcerative Colitis and Chron's Disease. Both diseases can be very painful and can cause you to require surgery if not dealt with promptly by a physician.

Surgery is a last resort at my office here in [city]. But, if need be, we are prepared to perform them with excellence. If you deal with Inflammatory Bowel Disease, let me help you stop the condition before it progresses any further.