

A Welcome to NIHA Letter from Dr. Gant
Putting the “Health” and “Care” back into Healthcare

Welcome to NIHA, the National Integrated Health Associates. Many of the staff and practitioners here have delivered “health care” for decades, and like me, they have certain specialized ways of “caring” for your health. Below I will discuss my areas of expertise, so that you know what to expect from the Gant Team. First, let me define health, using the 70+ year old World Health Organization (WHO) definition.

**“Health is a state of complete physical, mental and social well-being
and not merely the absence of disease or infirmity.”**

You may have recently heard a lot about “healthcare” in the media, but that term is actually a misnomer. Traditional “healthcare” in the western world is actually *disease management*, which is only a part of what the WHO is referring to in the quote above. But *disease management* is nevertheless a very important facet in health delivery and in an acute emergency it can be life-saving. A vastly larger percentage of Americans, perhaps like you, don’t suffer from acute problems, but instead endure ***chronic*** medical and psychiatric disorders, the area of “care” we specialize in here at NIHA. Chronic problems can take months to address effectively, but if you suffer from acute healthcare problems and are looking for immediate, quick-fixes, NIHA may not be the only treatment center you need. Please contact your emergency room or primary care doctor for acute healthcare problems. I do recommend that you maintain contact with a conventional doctor who has hospital admission privileges and can be instrumental in marshalling acute care should you suddenly need it.

I have practiced holistic and integrative medicine for most of 4 decades and I have provided “healthcare” for several 10s of thousands of patients according

to the WHO definition above. If I truly “care” about my patient’s ***state of complete physical, mental and social well-being*** (and the term ***spiritual*** could be added here too), then I must deeply understand and totally accept who and what you are, as a mind-body-spirit entity. I have been called a healer, but I deny the relevance of this label, because I believe that “caring” facilitates a release of your innate potential for self-healing. In my opinion, any practitioner who defines themselves as a “healer” is being disrespectful of our human, innate capacity to heal, and they will limit their capacity to love and facilitate the self-healing of their patients.

Like with so many difficulties in life, our main enemy is ignorance, and by not “caring” to understand the well-known and reversible biochemical risk factors which amassed scientific research suggests are the root causes of most chronic medical and psychiatric disorders, the primary approach of our *disease management* system is to only cover up symptoms with drugs. While drug therapies are important, and I prescribe them for most of my patients (e.g., chelating drugs for heavy metals, anti-yeast and anti-parasitic drugs), “caring” about my patients compels me to look much more deeply into their root causes of suffering, at the level of mind, body and spirit. If I truly “care” about you, I must educate and empower you with knowledge and demystify the ignorance all around you, and be true to my facilitator role of defining your innate capacity to heal yourself. Then, I must find a way to empower you to get beyond the fear of success and put that knowledge into action (see: ***Support for All of Dr. Gant’s Past or Present Clinical Contacts*** and ***Introduction to the Weekly Patient Support Webinar***, documents you should have which discusses the support webinars).

Let’s start at the body or physical level. Engineers would never describe a breakdown of transportation infrastructure in terms of certain “bridge diseases” or a “road disorders.” Instead, they would describe that breakdown in terms of

the infrastructure's composition, such as the wear and tear on its constitutional steel, concrete and asphalt. Furthermore, they would describe certain factors which are “toxic” to the longevity of our roads and bridges, such as salt and extreme weather conditions, and suggest methods for limiting their effects. To “care” about your “health” first of all entails examining the very infrastructure of your body, like a good engineer.

Essentially, the infrastructure of your body is made of certain classes of molecules: 20+ amino acids (from protein), several essential fatty acids (e.g., omega 3's from fish oil), essential vitamins, essential minerals, oxygen, fiber, water, sunlight (photons are particles too) and enzymes (from raw foods like uncooked fruit). Note that many of these are classified as essential, which implies that if any of these are deficient enough, symptoms, maladies, illnesses, disorders and diseases must occur. I “care” about my patients and I must not let this happen, so I routinely order ***functional medicine testing***¹ to define precisely what is deficient in each and every patient, and then replenish that missing, essential item. I often ask my colleagues this question; If you care about your patient, of the several hundred laboratory tests you can order, exactly which nutritional deficiency, or toxicity, or hormonal, neurotransmitter or metabolic imbalance, or food allergy or genetic quirk which is contributing to their suffering ***do you not want to know about?***

The combined effects of toxins (AKA – “Toxic Load”) is another important factor in causing the appearance of “diseases” and causing aging and premature death. Since most medications are also interfering toxins, mostly only covering up symptoms, I am interested in detoxifying those as well whenever possible, so that your innate, self-healing mechanisms can be

¹See: <http://www.academyoffunctionalmedicine.com> . For a definition of functional medicine see: http://www.functionalmedicine.org/content_management/files/What_is_FM_and_Working_with_a_FM_Practitioner_2pg.pdf

restored. Some of the classes of toxins which I routinely test for and address are:

- 1) All drugs, especially addictive, brain-injurious psychotropic chemicals (alcohol, tobacco, illicit or prescribed chemicals).
- 2) Heavy metals, especially mercury, cadmium, arsenic and lead.
- 3) Mycotoxins (myco = mold or fungus toxins, derived from chronic intestinal, sinus infections, toxic living environments).
- 4) Toxic, allergy-causing foods.
- 5) Environmental toxins, especially petrochemicals (toxins from solvents, cleaners and petroleum products) and halogens (chlorine, fluorine and bromine).
- 6) Toxins derived from chronic infections such as Lyme, gastrointestinal organisms (unfriendly bacteria and parasites), dental toxins (abscessed root canals and implants).
- 7) Junk-food toxins, especially trans fats and all processed carbohydrates (also addictive).
- 8) Polluted air and water (requires air and water purifiers).
- 9) EM pollution (EM = ElectroMagnetic - microwaves, fluorescent lighting, generators).

My “care” for your “health” does not stop there. A third important class of molecules which makes up our body’s and brain’s infrastructure are the cell-to-cell communicators called neurotransmitters and hormones, which are synthesized from nutrients. If these are imbalanced or deficient, especially during certain hormonally stressful periods of life, like menopause or when

patients abuse drugs and alcohol, I routinely replenish these natural (bio-identical), "feel good" molecules to help stabilize your mood, clear thinking, attentiveness and function. How could I let my patients struggle through life with easily correctable depression, anxiety and AD/HD and continue to call myself a competent, "caring" doctor? Why would I prescribe bizarre chemicals with potentially lethal side effects without first determining if natural interventions work, interventions which are almost always safer, usually less expensive, more sustainable and often more effective?

Other tests which I routine order provide information about metabolic defects often within the cells, such as the ability to burn fat, carbohydrates and amino acids for energy and ATP production (the fuel that runs life). Fatigue is often mistaken for depression, and altogether, these types of "burnout" symptoms suggest a metabolic defect in energy production, which is completely reversible once we know its specific cause.

Finally, some of my patients suffer from another infrastructure problem - genetic quirks (called polymorphisms) - which interferes with their proper utilization of nutrients listed above, with their detoxification abilities, with their metabolism and with their optimal synthesis of hormones and neurotransmitters. Genetic testing is especially useful when nutritional repletion, detoxification, metabolic corrections and neurotransmitter/hormonal balancing is unsuccessful, which is a rare exception. To "care" about you also means to fully understand you, and genetic testing can be an integral part of that "care" in some people.

TV and Hollywood crime shows have popularized **functional medicine testing²** to catch criminals. Strangely, these powerful technologies are not taught to healthcare practitioners to "catch" the culprits causing chronic medical and psychiatric problems. At the physical or body level (of mind, **body**

² See footnote above.

and spirit), these are some of the diagnostic tools: amino acid analysis, nutrient and toxic mineral testing, food allergy testing, antibody levels for chronic infections. These test panels are now largely covered by most insurance plans. I use these diagnostic tools to understand you and help you to eventually “care” for yourself and awaken your innate healing mechanisms.

To get to the root causes of your “health care” problems, many other resources are available to you at NIHA. You can expect to get help not only from me, but also from members of my team which consists of:

- 1) Laurie Pantezzi (clinical coordinator) - Will manage the practical aspects of your “care,” including insurance issues, paperwork, getting answers to your questions, and connecting you to other team members including me.
- 2) Cathy Scoblionco (nurse practitioner) - Will often handle the intake for most patients, provide a comprehensive history and physical, and be available for appointments to handle any acute issues as you go along.
- 3) NuPathways. See: (www.NuPathways.com) - Part of “caring” for my patients is to be certain that only good quality supplements are consumed. Many supplements in the marketplace are very suspect as they are not manufactured according to industry standards of quality controls, absorbability and proven lack of contamination. NuPathways will take orders and try to get you information about different products. Incidentally, I own no stock and make no money on nutritional supplements, but NuPathways has sponsored lectures which I have given at trade shows around the country. Many quality supplements can also be purchased at NIHA.
- 4) Additional appointments with Dr. Gant - Generally, I will spend an hour or so to evaluate your history and physical and other intake data on the

first visit, and make sure that the right lab testing is ordered to get to the root causes of your “health” issues, starting at the physical level. In 2 to 4 weeks, I will spend another hour with you reviewing those in-depth lab tests, to determine your unique biochemical risk factors which cause symptoms. Nutritional interventions will be recommended and a treatment plan established. I recommend a minimum of 3 more, brief (15 minutes ideally), follow up visits at 2 to 3 month intervals, as we have shown that if you can enjoy a life relatively symptom free by 12 to 18 months, you will know how to remain so for your life.

- 5) Other resources at NIHA – As part of your plan, many other kinds of care which is available at NIHA could be recommended.

The main focus is on the physical (body) level of healing, since we have the diagnostic technologies now to define the causes of chronic medical and psychological symptoms and make targeted interventions to correct them. However, many patients should also work on psychological factors (as in mind, body and spirit), taking a look at the way we think, feel and act (cognition, emotion and behavior), and engage in reconstructive psychotherapy. Likewise, stress reduction and mindfulness training can help you release (let go of) the stress-causing and disease-worsening factors that prevent you from finding inner serenity. I am available for that kind of “care” also.

Weekly webinars are available to round out your knowledge base and to get support for lifestyle changes, and to help you work through the obstacles to finding harmony in your mind, body and spirit continuum, and releasing your innate, healing potential. Currently and for the foreseeable future I am providing webinar groups every Monday and Thursday nights at 8 PM on various topics and Laurie can provide you with more information. You should receive automatic invitations to the seminars simply by being my patient.

A final point about “caring” is needed. We understand that feeling miserable due to chronic, metabolic problems can cause anyone to be grumpy and be unreasonably demanding at times. Please understand that gratitude is healing, and that enjoying an experience with professionals and support staff who provide authentic healing interventions is a rare opportunity. Work on gratitude as part of your psychospiritual growth and we will certainly maintain our gratitude to have been called to do this important work for you.

Welcome to the National Integrated Health Associates,

Charles Gant MD, PhD