

## Featured New Product

### EMF Protect™

Protection from the damaging effects of electromagnetic fields



Electromagnetic fields (EMFs) are significant generators of cell-damaging oxidative stress. They may affect biological systems by increasing free radicals, which enhance lipid peroxidation (oxidative degradation of lipids), thus leading to oxidative damage. As cell phones and computers are major producers of electric fields generated by charged particles in motion, **EMF Protect™** is formulated to defend and help guard brain cells and all cells in the body against the dangerous reactive oxygen species (ROS) created by these types of energy fields.

#### Product highlights:

**Capolis™** is the first naturally derived, specially patented and standardized form of *caffeic acid phenethyl ester* (C.A.P.E.) which is a naturally-occurring constituent of **bee propolis** (a resinous substance collected by bees from the buds of trees and used as a sealant in the construction of their hives). C.A.P.E. has been shown to be a potent antioxidant and anti-inflammatory, as it selectively blocks COX-2 and inhibits NFKappaB activation, which protects the brain from inflammation.\*

**Ginkgo biloba** is a well-researched neuroprotective botanical, known for its support of brain function, cognition and memory. According to research, Ginkgo works to protect against mobile phone-induced oxidative damage by helping to preserve antioxidant enzyme activity in brain tissue.

**Ferulic acid**, a phytochemical found in the leaves and seeds of many fruits and vegetables, possesses powerful antioxidative and brain-protective properties. Research shows that ferulic acid (along with caffeic acid and six other phenolic compounds found in purple corn) has demonstrated its ability to decrease lipid peroxidation and increase the activity of the antioxidant enzymes SOD, catalase, and total peroxidase.\*

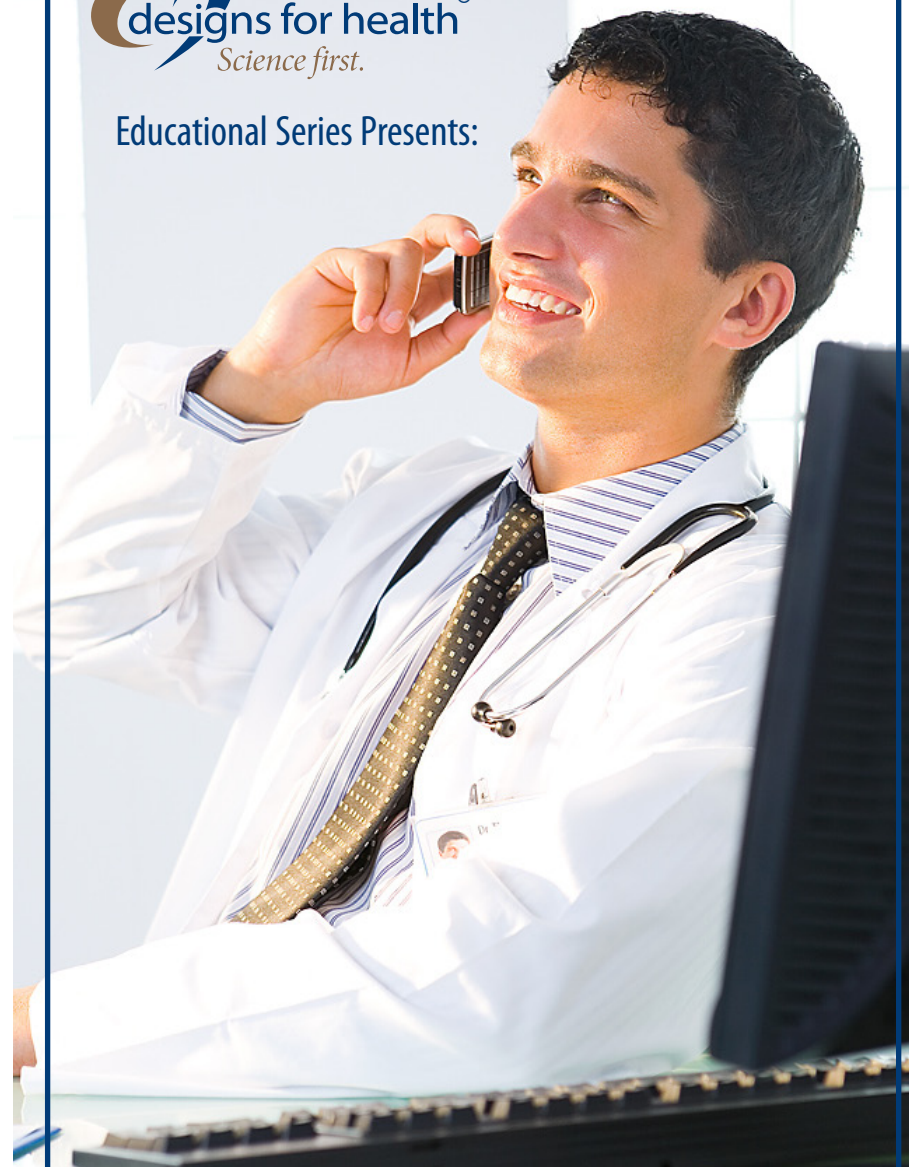
**Quercetin and Hesperidin** are neuroprotective flavonoids found in citrus fruits and have been shown to be effective radioprotectors against gamma-radiation-induced cellular damage in human peripheral blood lymphocytes.

60 capsules

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



Educational Series Presents:



## Clinical Rounds

### Discussion Schedule

January 4th, 2012 - February 29th, 2012



### Call Instructions

All Clinical Rounds calls will occur every Wednesday at 9 PM ET. The number to call is (404) 920-6664, and the pin number is 77077# (please remember to hit the # key after entering the pin). For more information, please call Designs for Health at (800) FOR-HEALTH (367-4325). You can also visit our web site at [www.designsforhealth.com](http://www.designsforhealth.com) for additional details.

### Listen At Your Convenience

Designs for Health is pleased to announce that all Clinical Rounds calls are available for a free download at our web site: [www.designsforhealth.com](http://www.designsforhealth.com). These audio downloads are the perfect option for those who either miss a call or want to listen to a previously discussed topic.

To download any call, simply log in to the professionals only area at [www.designsforhealth.com](http://www.designsforhealth.com). From there, go to the online library section and click on the Clinical Rounds link. If you do not already have an account with us, and would like to register, please call DFH at (800) FOR-HEALTH (367-4325), or send an e-mail to [info@designsforhealth.com](mailto:info@designsforhealth.com).

### Nutrient Roundtable with Dr. David Brady

Learn clinical pearls for your practice and how to incorporate new DFH products for better results with your patients.

#### Dates & Time:

Calls will take place on the following Thursday evenings from 9-10 PM ET:

- January 26, 2012
- February 16th, 2012
- March 22nd, 2012

## Educator Schedule

January 4th, 2012 - February 29th, 2012

### January 4<sup>TH</sup> • William Davis, MD

Topic: "Wheat Belly"

### January 11<sup>TH</sup> • Edward Staffel, DDS

Topic: The Perils of Dental Phobia

### January 18<sup>TH</sup> • Mark Morningstar, DC

Topic: Management Strategies for 3 types of Scoliosis

### January 25<sup>TH</sup> • Amber Brooks, CACCP

Topic: Yeast Infections in Children

### February 1<sup>ST</sup> • Andreas Papas, Ph.D.

Topic: The Vitamin E Factor-the miraculous antioxidant and treatment of heart disease, cancer, and aging

### February 8<sup>TH</sup> • David Alkalay, Ph.D., DD, ND

Topic: Post Traumatic Stress Disorder (PTSD)

### February 15<sup>TH</sup> • Jordan Hoffman, LAc

Topic: From Eczema to Narcolepsy: Mold Exposure and it's Various Clinical Presentations

### February 22<sup>ND</sup> • Jerry Tennant, MD

Topic: Using a Biomodulator for Pain and Injuries

### February 29<sup>TH</sup> • Tim Brolus

Topic: What is Your Blueprint for Success?

call in number: (404) 920-6664  
pin number: 77077#

# Meet Our Distinguished Guests Coming up Wednesday Evenings on **Clinical Rounds!**

## **WILLIAM DAVIS, MD (JANUARY 4)**

William Davis is a 1985 graduate of the St. Louis University School of Medicine and the Ohio State University Hospitals for training in Internal Medicine and Cardiovascular Diseases. He has trained in advanced cardiac catheterization techniques and coronary angioplasty in the Case-Western Reserve University system in Cleveland, Ohio. William Davis practices preventive cardiology in Milwaukee, Wisconsin, where he bases his practice, writing career, blogging and other activities.



## **EDWARD STAFFEL, DDS (JANUARY 11)**

Dr. Staffel has been serving the San Antonio area since 1959. He graduated from Baylor College of Dentistry and has kept their knowledge of dental developments and innovations current through thousands of hours of continuing education. He uses a multidisciplinary approach to total dental health. An integral part of his practice is the courteous, well-trained and qualified staff, which includes two dental hygienists. Each hygienist remains abreast of the latest technologies in the field. Dr. Edward R Staffel has trained with some of the world's most prominent cosmetic dental specialists.



## **MARK MORNINGSTAR, DC (JANUARY 18)**

Dr. Morningstar graduated in 2002 from Palmer College in Davenport. He then moved to Grand Blanc, MI and opened his first clinic, the Grand Blanc Spine Center. A year later, he opened his second clinic, the Anchor Bay Spine Center, in New Baltimore, MI. Both of these clinics have now become the Natural Wellness & Pain Relief Centers of Michigan, one of the first multidisciplinary clinics offering comprehensive chiropractic, traditional medicine, pain management, acupuncture, anti-aging medicine, and functional medicine services in Michigan. There he serves as the Director of Chiropractic Services. Dr. Morningstar provides comprehensive chiropractic rehabilitation and functional medicine strategies for complex spine and neurological disorders such as Scoliosis, ADHD, and Fibromyalgia/Chronic Fatigue Syndrome.



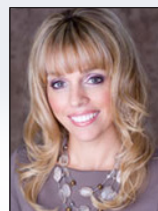
He currently serves as the Director of Research for the Pettibon Institute, the non-profit education arm of the Pettibon System, a position he has held since 2003. His goals have been to actively promote, perform, and generate funding for Pettibon research projects.

Dr. Morningstar is a founding member of the Society on Scoliosis Orthopedic and Rehabilitation Treatment (SOSORT). This group was officially founded in 2005 in Milan, Italy, and is comprised of top physicians, chiropractors, physical therapists, and orthotists from around the world.

Dr. Morningstar's unique combination of training allows him to care for difficult, chronic pain patients who have tried everything else. By combining the Pettibon System with other unique modalities, such as MUA, functional medicine, kinesiotaping, and spinal orthoses, Dr. Morningstar's patients have achieved an exceptional track record of recovery and healing.

## **AMBER BROOKS, CACCP (JANUARY 25)**

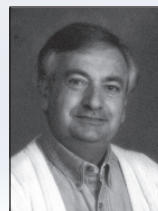
Dr. Amber Brooks founded Whole Child Wellness to bridge alternative and traditional medicine by providing individualized and comprehensive approaches to pediatric wellness. She is Board Certified in Pediatrics, specializes in CranioSacral Therapy (CST) and has a love and passion for treating children of all ages. Dr. Brooks assists her patients in achieving optimal working nervous systems to help support their growing bodies.



## **ANDREAS PAPAS, PhD (FEBRUARY 1)**

ANDREAS PAPAS, Ph.D., born in Cypress, received his Ph.D. Degree in Nutritional Biochemistry from the University of Illinois. Among his other academic honors, he was named Fulbright and Wright Scholar as a top graduate student.

Dr. Papas is the Founder and President of Yasoo Health, Inc., a Nutraceuticals Company in Johnson City, Tennessee. Yasoo Health is focused on the prevention and management of chronic disease utilizing natural compounds, based on the latest science and research. Dr. Papas is an Adjunct Professor at the James Quillen College of Medicine at East Tennessee State University, Johnson City; Senior Scientific Advisor, Cancer Prevention Group, Harvard School of Public Health, Boston, Massachusetts; and Senior Scientific Advisor, University of Athens School of Medicine in Greece.

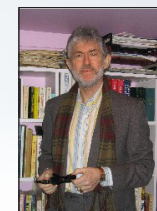


Dr. Papas has studied vitamin E, antioxidants and nutraceuticals in nutrition and health and has extensive experience in research, development and introduction of new products. He promoted the whole family of vitamin E compounds including all four tocopherols and all four tocotrienols, as it is found in our food, as the most effective way to take supplemental vitamin E. Dr. Papas was quite skeptical at first regarding the efficacy of nutritional supplements. Years of research to the contrary led him to change his beliefs. Projects in the mid 1980's to establish the difference between natural and synthetic vitamin E further confirmed his opinion that natural compounds are the most effective. It is now officially recognized by the American Academy of Science that natural vitamin E has twice the bioavailability of the synthetic version.

In addition, Dr. Papas has devoted years of research to the effectiveness of antioxidants, such as vitamins C, E and selenium, against chronic disease states such as cancer. His passion and focus now is teaching the world how to be healthier utilizing natural compounds. He has published widely in scientific, trade and popular journals and is the editor of the scientific book Antioxidant Status, Diet, Nutrition and Health and the author of the popular book The Vitamin E Factor.

## **DAVID ALKALAY, PhD, DD, ND (FEBRUARY 8)**

Dr. Alkalay is a board certified naturopath, an energy healer, a yoga therapist, and a spiritual intuitive, and has been in private practice since 1986. He is the Executive Director of Genesis Tree of Life Wellness, a center providing holistic, alternative, and complementary therapies by an affiliation of practitioners.



Dr. Alkalay is also an internationally recognized teacher and author. He is on the teaching staff as visiting faculty of a number of organizations and universities, and has worked specifically with cancer patients since 2001.

## **JORDAN HOFFMAN, LAc (FEBRUARY 15)**

Jordan Hoffman is a California Licensed Acupuncturist, a Diplomate in Oriental Medicine and Nationally Board Certified in Chinese Herbology, specializing in Internal Medicine, Pediatrics and Nutritional and Lifestyle Counseling. Though the foundation of his approach rests in Chinese Medicine, his continuing research and education knows few boundaries and revolves around one major goal: to offer precise and effective health care through the integration of Eastern and Western Medicine. He feels that it is through education that his patients can begin to understand their own patterns and complexities on their way to becoming their own best physicians. Jordan maintains offices in West Los Angeles and Canoga Park, CA.



For more information, please visit: [www.JordanHoffmanAcupuncture.com](http://www.JordanHoffmanAcupuncture.com)

## **JERRY TENNANT, MD (FEBRUARY 22)**

Dr. Tennant graduated from high school at age 16 by finishing his junior and senior years simultaneously in 1957. He finished college (except for three hours credit) in 2 1/2 years at Texas Tech University. He was awarded the Phi Kappa Phi and Pre-med of the Year Award.



He attended the University of Houston School of Optometry and was accepted into the University of Texas Southwestern Medical School in 1960 at age 19. He graduated in the top ten of his class in 1964 with an MD degree. Dr. Tennant interned at Methodist Hospital of Dallas and then completed a residency in ophthalmology at Parkland Hospital in Dallas and Harvard/Mass Eye and Ear in Boston. He is also a fellow of the American Society of Ophthalmic Plastic and Reconstructive Surgery and the American Academy of Ophthalmology. Dr. Tennant was director of the Ophthalmic Plastic Surgery Clinic at Parkland Hospital/Southwestern Medical School and founded the Dallas Eye Institute.

He holds patents on surgical instruments, intraocular lenses and other devices and has written books on cataract surgery, life-style management, and Integrative Medicine. With the assistance of his anesthesiologist, Monte Hellman, MD and his internist, Javier Ramirez, MD, Dr. Tennant developed and refined the techniques to allow eye surgery to be safely performed in an outpatient setting instead of a hospital.

Along with Drs. David McIntyre and Douglas Williamson, Dr. Tennant founded the Outpatient Ophthalmic Surgery Society and taught surgeons around the world to do outpatient eye surgery and was instrumental in getting Congress to pay for outpatient surgery, saving Medicare millions of dollars every year. He was chairman of the ad hoc committee that wrote the rules that govern outpatient surgicenters in Texas. Dr. Tennant is one of the few surgeons to be awarded the Corboy Award for Contributions to Ophthalmology and the Recognition Award from the American Academy of Ophthalmology. Dr. Tennant was one of the first surgeons in the U.S. to place intraocular lenses in eyes after cataract surgery, eliminating the need for thick, incapacitating glasses after cataract surgery. He redesigned the European lenses to eliminate defects and was awarded patents for his designs.

## **TIM BROLUS (FEBRUARY 29)**

A former champion bodybuilder, author and public speaker, Tim is a leading specialist in the field of practice development--for both the new and seasoned integrative health care practitioner. In the last 10 years, his ground breaking Peak Performance Profile™ has helped hundreds of practitioners save time, money and energy in the process of bringing their practice vision to reality. His book, "Cruising in Business" is his latest tool to help today's integrative professional turn their passion into a profitable and rewarding business through simple and effective business strategies and processes.



*Disclaimer: Although the schedule is firm, listed speakers and topics are subject to change.*