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Optimal Health Medical, LLC's Newsletter #1

Announcing Our Own Website! www.drsobo.com

Our Web site is intended to be an educational tool for you to better understand our approach to Nutritional Medicine and how you can best care for yourself and your family. Take advantage of our **FREE MONTHLY E- MAIL NEWSLETTER** by subscribing on-line. You will receive:

1. Health news. We will keep you up to date on research in the field of nutritional medicine.
2. A monthly article on a selected topic.
3. Practice news

Subscribe today by supplying us with your e-mail address by accessing the Optimal Health Medical, LLC's Web site at URL address <http://drsobo.com/>, selecting the Newsletter Info navigation button located on the left side of any Web page, completing the on-line form, and selecting the Submit button.

**CANCER PREVENTION –NOT JUST EARLY DETECTION PREVENT
BREAST AND OTHER CANCERS VIA THE ESTROGEN METABOLISM
URINARY PROFILE**

Perhaps you've heard about "good" and "bad" cholesterol? Research shows that the risk of acquiring certain cancers may be related to the presence of too much "bad" (16-hydroxyestrogen) and not enough "good" (2- hydroxyestrogen) estrogen. A first morning urine sample can tell you if you've got an elevated risk of breast, cervical and other "estrogen sensitive" cancers. If the results show that you are at higher risk we can help you to change the ratio of good to bad estrogen and lower your risk. For a more detailed explanation see the lab tests section of our website <http://drsobo.com/> or visit us at the office. We particularly recommend this test for anyone taking estrogen hormone replacement, and anyone with a family history of breast, cervical and other cancers.

NATURAL HORMONES

Synthetic female hormones are among the most widely prescribed medications in our country today. Dr. Forman and Dr. Sobo are long time advocates for the use of natural hormones, which may avoid the side effects and risks of synthetic hormone therapy. Dr. Sobo is writing an article for a local health-related organization about the use

of Natural Hormones. If you would like a copy of this article, access it from the Web site for viewing or downloading as a PDF file. As long as our supply lasts, when you have an office consultation you can receive a complimentary copy of the newly released book [The Hormone Solution](#) by Erika Schwartz, M.D.

DR SOBO AND DR FORMAN ATTEND ACAM's SPRING NUTRITIONAL MEDICINE CONFERENCE

This organization consistently provides the latest information about nutritionally oriented treatments which we and our patients want. This year there was new information about current approaches to **BRAIN AGING** and nervous system disease, as well as the holistic treatment of cardiovascular disease and other problems. We will always try to stay abreast of cutting edge information to benefit our patients.

IMPROVE YOUR MEMORY, KEEP YOUR BRAIN YOUNG AND HEALTHY THROUGH MENTAL EXERCISE

The brain needs exercise just like any part of the body. Recent research by various scientists is telling us that a more active mind is less likely to undergo degeneration-senility/Alzheimer's. A series of exercises starting with simpler tasks and making them progressively more difficult is the key to improving memory. Dr. Sobo can teach you the basics in one visit and you can then practice on your own.

NON DRUG APPETITE SUPPRESSION

Glucose control guard, Satiatrol, Amino acid supplements, BIOCHEMICAL / METABOLIC TYPING: these non-stimulant aids are helping our patients stick to their diet plans and achieve their goals.

NUTRITIONAL SUPPLEMENTS EVEN HELP HEART SURGERY.

A study reported in the prestigious British Medical Journal, *LANCET* concluded that the outcomes for 50 high risk patients Undergoing heart surgery were improved if they began taking the supplement ARGININE as well as ESSENTIAL FATTY ACIDS at least 5 days prior to surgery. Nutritional Medicine is not an either/ or proposition. Even when you need to be treated with drugs or surgery, giving the body beneficial nutrients is still a plus.

LIPOIC ACID

We are increasingly recommending this antioxidant which assists the body in many ways as an antioxidant, immune enhancer, liver protector, and heavy metal detoxifier. It has been recommended in a recent book for protection of the skin against aging and it is increasingly recognized as an important nutrient in the nutritional support important in diabetes and nervous system degeneration such as memory loss, and Alzheimer's. To get the full benefit and give our patients the amount shown to be

effective in studies, the office keeps a supply of 400 mg capsules, rather than the more common 100mg commonly available in stores.

BREAST CANCER RISK FROM ESTROGEN THERAPY:

A just released study, has added evidence to confirm suspicions that menopausal women taking estrogen replacement for more than five years have an increased risk of breast cancer. Dr. Emily White, the study's author and scientist at the Freed Hutchison Cancer Research Center in Seattle Washington is quoted in the NY Times, saying that the evidence was "quite strong" that hormone replacement increased the risk of breast cancer. Also, doctors had been telling patients for some time that estrogen replacement therapy was protective against heart disease. Now we know it is not protective against heart disease and actually may create greater risk of heart disease. Given the fact that the risks are being confirmed and some benefits placed in doubt, Dr. Clifford Hudis, Chief of the breast medicine service at Sloan-Kettering Cancer Center in New York is quoted as describing hormone replacement therapy as a "disappointment overall." Further, he says the "health benefits are much more in question than they used to be, and the risks are better defined."

ATHEROSCLOROSIS AND VITAMIN C PREVENT BREAST AND OTHER CANCERS VIA THE ESTROGEN METABOLISM URINARY PROFILE

A Simple first morning urine sample can tell you if you've got an elevated risk of breast and cervical cancers. If the results are not optimal, we can change it for the better. For a more detailed explanation access our Web site at <http://drsobo.com> or call the office about the Estronex Test.

Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805.

We welcome you to pass this information on to a friend and invite anyone to e-mail us at optimalhealth@optonline.net with their address to be on our e-mail newsletter mailing list.

DISCLAIMER:

The information provided in this newsletter is for educational purposes only. It is not intended to replace the advice of your physician or health care provider. Statements made have not been reviewed by the U.S. Food and Drug Administration. You are encouraged to seek the advice of a competent health care provider before making any decisions that could affect your health. If you do not agree to these Terms and Conditions, do not use this newsletter.

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