

***Henry C. Sobo, M.D.***

111 High Ridge Road

Stamford, CT 06905

Phone: 203-348-8805

Fax: 203-348-6398

E-mail: [optimalhealth@optonline.net](mailto:optimalhealth@optonline.net)

Optimal Health Medical LLC's Newsletter #7

Announcing a new treatment modality available in our office:

***CRANIAL ELECTRICAL STIMULATION (CES)***

CES is a safe, non-invasive way to treat stress and a wide range of behavioral/emotional problems and pain syndromes.

CES applied by the ALPHA-STIM machine is a painless, non-invasive technology which has been studied in controlled settings. The favorable results obtained in over 125 studies have been published in a wide range of medical and scientific journals. After trying it out in the office, and receiving our instructions, the patient at home successfully applies the treatment.

Cranial Electrical Stimulation is the application of extremely low levels of electricity, which affects brain waves. The improvement in brain wave activity promotes a greater "alpha" state, a pattern recognized by psychologists as indicative of a more relaxed brain wave state. As a practical treatment, it has been shown to reduce stress, anxiety, depression and assist in a wide variety of emotional/ behavioral disorders such as ADD. Since pain is felt via nervous system impulses, this ALPHA STIM technology can also treat pain whether from headaches, fibromyalgia, or related to trauma.

This technology is very cost-effective in comparison to the ongoing cost of medication. And certainly the avoidance of the side effects of medication is a major benefit of this treatment, which in repeated studies is reported as having no long-term side effects. A survey of users of this technology reports a significant improvement by over 90% of users with a wide variety of problems. For more information, consult the information at [www.alpha-stim.com](http://www.alpha-stim.com). This is a medical device which requires a doctor's prescription and may be insurance reimbursable.

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In this issue of our newsletter, Dr. Sobo also reports on the most recent conference of The American College for Advancement in Medicine.

The conference title was -EMERGING CONCEPTS IN IMMUNOLOGY.

## *Having a Chronic Disease is the “PITTS”*

By speaker Jesse Stoff, M.D.

The letters of this acronym stand for:

**Poor Nutrition**  
**Infection**  
**Toxins**  
**Trauma**  
**Stress**

Many medical diagnoses that are broadly classified as immune system disorders are said to have no known cause. One reason that a “cause” may not have yet been found despite extensive research is that these diseases may be multi-factorial, meaning that there may be many causes. Dr. Stoff’s presentation outlined the relationship between having the **PITTS**” and the logical connection with the immune system and its dysfunction.

**Poor Nutrition:** Particularly deficiencies or imbalance of EFAs (essential fatty acids) Vitamins A, E, B6 B12, and minerals, such as zinc and selenium, have major immune system implications.

**Infection:** the role of a variety of viruses, bacteria, and others

**Toxins:** Dr. Stoff and other speakers emphasized the importance of considering mercury, arsenic and other environmental toxicities.

**Trauma:** It is well known that the personal history described by many patients with immune system problems is that the condition began some time after a traumatic incident occurred and significantly affected the person’s life.

**Stress:** Just as physical stress affects the body so does mental stress, and its role seems to be a factor- one of the reasons that the “cause” for many of these conditions has remained so elusive.

**The holistic, Integrative Medicine approach:** taking into account all of the above factors will effectively help many patients with a variety of conditions for which there is no known medical “cure.” Fixing nutritional deficiencies, avoiding and ridding ourselves of environmental toxins, uncovering hidden infections, and treating stress-related factors with safe non-medication approaches provide great benefits.

**Aristo Vodjani, PhD. Presented his lecture entitled “Laboratory Immunology for the Assessment of Complex Diseases.**

Dr. Vodjani has published over 100 scientific peer reviewed articles in his areas of expertise including chemically induced immune deficiency, detection of cancer markers, and immunotoxicology. His talk outlined some of the practical approaches to the kind of patients who suffer from “The PITTS” discussed above.

*Reversing Estrogen Dominance: Intervention with (DIM)*

**DIM (Diindolymethane) by Michael Zeligs, M.D.,**  
a physician working in the fields of anti-aging medicine and nutrition.

Estrogen dominance (ED) contributes to many common conditions, and ED is characterized by the following signs and symptoms:

**PMS**

**Monthly Breast pain**

**Mid-Life obesity**

**Uterine Fibroids**

**Endometrial hyperplasia**

**Breast Cancer**

**Excessive Periods**

**Ovarian Cysts**

Other medical conditions which research shows may also be associated with altered estrogen metabolism are Lupus (Systemic Lupus Erythematosus) and rheumatoid arthritis (RA).

**DIM re-establishes proper estrogen balance as shown by the urine testing of estrogen metabolites.**

Dr. Zelig’s talk focused on the cancer preventive aspects of the effects of DIM. Dr. Sobo is recommending to his patients who take natural, bio-identical hormone replacement that they add DIM to their regimen.

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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](mailto:optimalhealth@optonline.net) with their address to be on our e-mail newsletter mailing list.

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