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Now Available:

Genetic Screening For Optimal Health

Advances recently made in the study of genetics allows us to customize advice on lifestyle and nutritional supplementation to suit the genetic profile of an individual as revealed through a GENE SNP analysis.

A gene is a segment of DNA which controls the production of proteins, which influence functioning of the body in a variety of ways. 19 segments of DNA which are screened for in the GENE SNP test are called "polymorphisms."

Polymorphisms are variations in segments of DNA which are known to be present in a significant number of people and influence many of the most crucial health problems. Our GENE SNP analysis gives us information about 5 important areas:

- Heart health
- Bone health
- Inflammation
- Anti-oxidant/ detoxification
- Insulin sensitivity

It is important to understand that this screening genetic analysis does not test for diseases that are the result of a defect of a specific gene, such as cystic fibrosis, or Huntington's disease, or for genes associated with certain forms of breast cancer that run in families.

Our DNA analysis testing is performed to provide information on areas for which dietary, lifestyle, and supplementation recommendations can be made.

How the test works: A DNA sample is obtained by swabbing the inside of the cheek. A lifestyle questionnaire is completed and sent in with the DNA sample. Three weeks after receiving the sample a personalized report is sent outlining the nutrient and lifestyle changes necessary for optimal health.

Please call our office for more information.

Dr. Sobo reports from the 64th International Educational Conference on Complementary and Integrative Medicine.

This conference by ACAM- The American College for Advancement in Medicine, was held in Anaheim, Ca November 9-13th.

Speakers' topics included:

1. Metabolic Cardiology, presented by Stephen Sinatra, MD.

Dr. Sinatra presented his new "triad of bioenergetic energy" Coenzyme Q10, D-Ribose and L-Carnitine as discussed in his new book ,The Sinatra Solution.

2. Natural Strontium: A Highly Effective Treatment for Osteoporosis

Michael Uzick, ND presented evidence supporting the use of this neglected element in the treatment of osteoporosis. This is an element not found in the bone "formulas" widely available containing the minerals such as Calcium, magnesium, Vitamin D, etc.

3. Vitamin C: Past, Present and Future Applications.

Thomas Levy, MD author of the book Vitamin C, Infectious Diseases and Toxins, reviewed the amazing results he has seen utilizing high dose Intravenous Vitamin C. His book provides extensive references to scientific papers and research that have been presented on this topic over many years.

4. Iodine, Why You Need It, Why You Can't Live Without It.

David Brownstein, M.D. presented information regarding iodine deficiency and cancers of the breast, uterus, ovaries and prostate. He also discussed other conditions treated with iodine, such as fibrocystic, breast disease, and ADD

5. Genes and Nutritional Medicine.

Two speakers presented talks on gene nutrient interactions and their impact on health: Amy Yasko, ND, PhD., and Jack Challem, writer and publisher of The Nutrition Reporter.

NOTE: Our office utilizes the newest information available, as presented by these speakers and other sources as well. Dr. Sobo always strives to use the most beneficial, non-toxic means by which he helps his patients to overcome their health challenges.

Try Nutrametrix supplements for superior absorption and effectiveness

We are now utilizing Nutrametrix -- a vitamin supplementation line -- which offers supplements in a powder form. These supplements are prepared so that they are "isotonic" to the body. This means that the degree of concentration of the supplement placed in water will be the same as the concentration of fluids in the human body. This facilitates quick and easy absorption through the intestines and into the bloodstream.

If you feel you are taking too many capsules or pills, you may find this a great alternative. Also, they are a superior alternative for anyone who has gastrointestinal tract problems and, therefore, has trouble digesting supplements.

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.

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