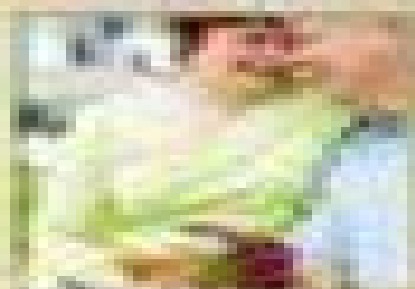
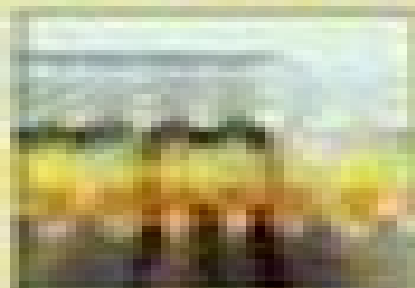


LABORATORY EVALUATIONS FOR INTEGRATIVE AND FUNCTIONAL MEDICINE



2ND EDITION

RICHARD S. SCHULZ
J. ALAN WILSON
JANUARY 2018

Laboratory Evaluations For Integrative And Functional Medicine

Leah Hechtman



Laboratory Evaluations For Integrative And Functional Medicine:

Laboratory Evaluations for Integrative and Functional Medicine Richard S. Lord, 2008 Clinical Naturopathy
Jerome Sarris, Jon Wardle, 2014-08-15 Clinical Naturopathy an evidence based guide to practice 2nd edition E book by Jerome Sarris and Jon Wardle articulates evidence based clinical practice It details the principles treatment protocols and interventions at the forefront of naturopathic practice in the 21st century Clinical Naturopathy an evidence based guide to practice 2e E book equips you to critically evaluate your patients analyse treatment protocols and provide evidence based prescriptions This second edition promotes the fundamentals of traditional naturopathy while pushing the scientific boundaries and driving the steady evolution of the profession of naturopathic medicine Perfect for Bachelor of Health Science Naturopathy Advanced diploma and Postgraduate students in Naturopathy Western Herbal Medicine Nutrition Homoeopathy Complementary health therapists General Practitioners Nursing students Pharmacy students Benefits Provides an evidence based referenced analysis of the treatment protocols underpinning the therapeutic use of CAM interventions Emphasizes the treatment of patients not diseases within the systems based structure A rigorously researched update of common clinical conditions and their naturopathic treatment according to evidence based guidelines over 5 000 references Bridges conventional medical and naturopathic paradigms to help clinicians facilitate truly integrative models of care Augmented appendices including herb drug interaction charts laboratory reference values food sources of nutrients cancer medication interactions and nutraceutical use Key Treatment Protocols throughout the text offer an evidence based referenced critique Naturopathic Treatment trees for each condition with Treatment Aims boxes that are easy to follow and understand Scientific and traditional evidence validating treatment protocols Decision trees unique figures tables and charts are a great aid to visual learners Expanded Diagnostics chapter including the emerging field of pharmacogenomics New Wellness lifestyle and preventive medicine chapter to explore in detail the core principles of naturopathic practice New Liver dysfunction and disease Headache and migraine and Pain chapters A deepening scientific focus with inclusion of new and emerging naturopathic therapeutics such as injectable nutraceuticals **Case Studies in Personalized Nutrition** Angela Walker, 2020-01-21 This edited collection gives practitioners the information they need to put their theoretical nutrition knowledge into practice to help move their patient back towards health It includes ten different case studies case histories and answers to common questions **Bariatric Surgery Patients** Betty Wedman-St Louis, 2016-12-12 Approximately 65% of our population is overweight and 12% are morbidly obese This is despite more than 25 years of attempted medical management Clearly all current efforts have failed to control this enormous problem Could it be that we have failed to recognize the cause of the disease and therefore have misdirected our efforts Alfredo Fernandez MD FASMBS Surgeon Tampa Florida Reducing obesity through bariatric surgery provides a sustainable weight loss regimen because it restricts the size of the stomach and limits food intake However the surgery limits the amount of nutrients absorbed by the stomach and

small intestine This book provides a comprehensive practical guide on pre and post nutrition considerations in bariatric patients It describes surgeries including gastric bypass lap band and sleeve nutrition protocols for surgery patients pregnancy considerations pre and post surgery food consumption post surgery advancing healthy food intake after surgery minimizing negative side effects and recommendations to maintain healthy diet This nutritional guide provides health care practitioners descriptions and answers to the many questions bariatric surgery patients need to know and ask in support group meetings and individual counseling sessions The first chapter focuses on Selling Obesity and Food as a Cheap and Legal Drug outlining how food advertising portion size increases and food frauds have contributed to the obesity crisis New research into gut hormones microbiome influence on obesity firmicutes and histamine are included as well as pregnancy after bariatric surgery and lifestyle changes eating sleep hydration stress management needed for success after surgery Many health care practitioners will use the Post Op Discharge Diet stages of progression to explain how the patient needs to prepare for their liquid diet and overcome numerous issues like dumping syndrome hypoglycemia and alcohol and caffeine consumption Diet plans for Ketogenic Mediterranean DASH Glycemic and Low FODMAP are included within this book

Gastroparesis Henry P. Parkman, Richard W. McCallum, 2011-10-05 Gastroparesis is an increasingly recognized disorder Treatment can be difficult due to the several mechanisms for symptom production Gastroparesis Pathophysiology Presentation and Treatment serves as a concise reference on this disorder that allows clinicians to quickly access and evaluate the necessary information for treating and managing patients with gastroparesis Each chapter is written by experts in their respective area The volume will enable the reader to better understand all aspects of this disorder The book presents current concepts in a variety of areas opening with the epidemiology clinical presentation and pathophysiology of gastroparesis The natural history of patients is explored as well as evaluation of patients with suspected gastroparesis This section includes chapters on Wireless Capsule Motility Electrogastrography and Antroduodenal Manometry This important resource concludes with a full section on treatment including dietary prokinetic antiemetic sensory electric stimulation and surgical methods New developments include the use of gastric electric stimulation for treatment the use of SmartPill for diagnosis and a number of new agents in development for this disorder Gastroparesis Pathophysiology Presentation and Treatment is the ideal reference for gastroenterologists and also for surgeons endocrinologists primary care physicians and nutritionists looking to keep pace with the latest information treatment options for their patients **The Wahls Protocol**

Terry Wahls M.D., Eve Adamson, 2014-03-13 Fully expanded with new information and updated research a clear prescriptive guide about how to beat autoimmune conditions using functional medicine and nutrient rich foods from a doctor researcher and sufferer of progressive multiple sclerosis The Wahls Protocol has become a sensation transforming the lives of people with autoimmune diseases Now in this fully revised edition Dr Terry Wahls outlines the latest research that validates the program and offers new powerful tools to arm readers and help them achieve total health The Wahls Protocol comes out of

Dr Wahls own quest to treat the debilitating symptoms she experiences as a sufferer of progressive MS Informed by science she began using Paleo principles as guidelines for her unique nutrient rich plan This book shares Dr Wahls astonishing personal story of recovery and details the program with up to date research she s now conducting at the University of Iowa Split into three different levels this updated edition allows readers to choose the modified Wahls Diet if they re new to the regime the Wahls Paleo Diet if they re ready to amp up their health or the more advanced Wahls Paleo Plus Diet if they need more aggressive treatment They can also incorporate the just added Wahls Elimination Diet into their plan to pinpoint individual food sensitivities so their diet is as personal as ever With new recipes and content on intermittent fasting and how the protocol impacts the microbiome The Wahls Protocol is a key addition to the whole food revolution and a deeply moving results driven testimonial to the healing power of food

Foundations and Applications of Medical Biochemistry in Clinical Practice John Neustadt Nd, Steve Pieczenik MD PhD, 2009-06-13 The culmination of more than ten years of research by the authors this book describes for the first time ever the scientific basis and clinical applications of medical biochemistry a fundamental paradigm shift in medicine This paradigm shift is so revolutionary that it has been called the Neustadt Pieczenik Paradigm which is the fusion and clinical applications of biochemistry thermodynamics physiology fractal enzymology nutritional medicine and laboratory testing to identify and correct the underlying causes of many diseases that are considered genetic in nature eg Phenylketonuria and those that are not considered genetic eg mature onset asthma depression fatigue In this new medicine doctors must reject the failed purely symptomatic treatments they learned in medical school and focus on learning and treating the underlying biochemical causes of disease From the first documented clinical observations of biochemical individuality in the early 1900s to the development of sophisticated biochemical tests the authors provide a detailed and stunning analysis of a new medical model to help millions and cure our ailing healthcare system They uniquely contrast the conventional medical approach with the functional biochemical approach through extensive case studies on depression arthritis migraine headaches seizures rashes and more This book is a must read for physicians medical students nutritionists and anyone looking to take charge of their health

Clinical Naturopathic Medicine Leah Hechtman, 2018-09-19 New chapters Diagnostics Case taking and treatment and Nutritional medicine Dietary Rigorously researched with over 10 000 references from the latest scientific papers and historical texts Every section chapter system and condition has been expanded and updated to the latest recommendations

Food and Nutrients in Disease Management Ingrid Kohlstadt, 2016-04-19 Food and nutrients are the original medicine and the shoulders on which modern medicine stands But in recent decades food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress With contributions from highly regarded experts who work on the frontlines of di

Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of

Integrative and Functional Medical Nutrition Therapy IFMNT in the practice of medicine and the key role nutrition plays in restoring and maintaining wellness The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall including poor nutrition genomics environmental toxicant exposures fractured human interactions limited physical movement stress sleep deprivation and other lifestyle factors Ultimately this textbook serves to help practitioners healthcare systems and policy makers better understand this different and novel approach to complex chronic disorders It provides the reader with real world examples of applications of the underlying principles and practices of integrative functional nutrition therapies and presents the most up to date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies take home messages patient and practitioner handouts algorithms and suggested readings Integrative and Functional Medical Nutrition Therapy Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition lifestyle assessment and intervention for each unique individual patient

Integrative Sexual Health Barbara Bartlik, Geo Espinosa, Geovanni Espinosa, Janet Mindes, 2018 Integrative Sexual Health explores beyond the standard topics in men's and women's health drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction diverse lifespan lifestyle and environmental impacts on sexual function integrative medicine solutions to sexual problems and traditional eastern and western treatment approaches to healing sexual difficulties This comprehensive guide written by experts in the field provides clinical vignettes detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits and extensive further reading resources Integrative treatment modalities not typically consulted in mainstream medicine such as traditional Chinese medicine Ayurvedic medicine aromatherapy and botanical medicine are presented with the best evidence in a clinically relevant manner Part of the Weil Integrative Medicine Library this volume is a must read for the specialist and non specialist alike who wish to address sexual problems using an integrative medicine approach and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality Integrative medicine is defined as healing oriented medicine that takes account of the whole person body mind and spirit as well as all aspects of lifestyle it emphasizes the therapeutic relationship and makes use of appropriate therapies both conventional and alternative Series editor Andrew Weil MD is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona Dr Weil's program was the first such academic program in the U S and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically

The Autism Revolution Dr. Martha Herbert, Karen Weintraub, 2013-03-12 An in depth scientific yet hopeful and positive look at how the brain and body work together Dr Martha Herbert has developed a

new way of seeing autism Library Journal After years of treating patients and analyzing scientific data Harvard Medical School researcher and clinician Dr Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it Autism she concludes is not a hardwired impairment programmed into a child's genes and destined to remain fixed forever Instead it is the result of a cascade of events many seemingly minor And while other doctors may dismiss your child's physical symptoms the anxiety sensory overload sleeplessness frequent illnesses or seizures as coincidental or irrelevant Dr Herbert sees them as vital clues to what the underlying problems are and how to help Drawing from the newest research technologies and insights as well as inspiring case studies of both children and adults Dr Herbert guides you toward restoring health and resiliency in your loved one with autism Her specific recommendations aim to provide optimal nutrition reduce toxic exposures limit stress and open the door to learning and creativity As thousands of families who have cobbled together these solutions themselves already know this program can have dramatic benefits for your child with autism and for you your whole family and perhaps your next baby as well Invaluable a must read Dr Martha Herbert gets it She not only gets it but she puts it out there in an awesome book so the rest of us can get it too Autism Watch Herbert goes further than most autism specialists Her impressive science background merges with common sense and even intuitive sense making complex scientific and medical materials seamlessly blend with a holistic viewpoint Relieve Autism Hope and practical guidance With this easy to read book parents can gain wisdom on how to guide your child to achieve a healthy and thriving life Mom Central

Krause's Food & the Nutrition Care Process - E-Book L. Kathleen Mahan, 2016-05-17 A trusted classic for over 50 years Krause's Food and the Nutrition Care Process 14th Edition presents the most cutting edge and up to date dietetics content available in this ever changing field Nicknamed the nutrition bible students and practitioners alike turn to its current comprehensive content engaging pedagogy and design and logical presentation of information This new edition includes the 2015 Dietary Guidelines for Americans more visuals and highlighted Clinical Case Studies Clinical Insights and Clinical Applications boxes that help translate scientific knowledge into practical patient care Written by nearly 50 nationally recognized writers researchers and practitioners it covers nutrition assessment and intervention the nutritional needs of individuals in different stages of the life cycle nutrition for health and fitness and medical nutrition therapy Authored by clinical specialists ensuring in depth coverage with many practical and evidence based recommendations Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms before concluding with a sample nutrition diagnosis providing both students and practitioners with real life scenarios they may encounter in practice UNIQUE Pathophysiology algorithms present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you provide optimal nutritional care Chapters on nutrition in each of the life cycle phases include Nutrition in Pregnancy and Lactation Nutrition in Infancy Nutrition in Childhood Nutrition in Adolescence Nutrition in the Adult Years Nutrition in Aging Focus On boxes provide thought

provoking information on key concepts for well rounded study and further discussion within the classroom New Directions boxes point you toward additional research on emerging areas in nutrition therapy Clinical Insight boxes expand on clinical information highlight areas that may go unnoticed and contain clinical resources for students and practitioners Chapters on the nutritional care of the low birth weight and premature infant feature information on how to support their health growth and development Useful websites direct you to online resources that relate to chapter topics Key terms are defined at the beginning of each chapter and bolded within the text where they are discussed in more detail **Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book** Janice L Raymond, Kelly Morrow, 2022-07-30 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Nutrition Provide optimal nutritional care with the latest guidelines to evidence based practice Krause and Mahan's Food the Nutrition Care Process 16th Edition provides an all in one resource for the dietetics information you need to care for patients throughout the entire life cycle With insight from clinical specialists the book guides you through the steps of assessment diagnosis and intervention monitoring and evaluation It also covers nutrition in each stage of life weight management medical nutrition therapies for conditions and disorders and the use of nutrition therapies in childhood From a team of nutrition experts led by Janice L Raymond and Kelly Morrow this classic text has been trusted by nurses nutritionists and dieticians for since 1952 UNIQUE Pathophysiology algorithms and flow charts present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms then conclude with a nutrition diagnosis providing scenarios you may encounter in practice Clinical Insight boxes expand on information in the text highlight new areas of focus and contain information on studies and clinical resources New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care Focus On boxes provide thought provoking information on key nutrition concepts Summary boxes highlight CRISPR the Indigenous food movement hearing assessment health disparities and the Health At Every Size movement and include a tribute to Dr George Blackburn a respected specialist in obesity and nutrition Key terms are listed at the beginning of each chapter and bolded within the text NEW Infectious Diseases chapter is written by a new author with specific expertise in infectious disease NEW Transgender Nutrition chapter is added from two new authors NEW COVID 19 updates are provided in multiple chapters each relating to epidemiology and patient care NEW Information on the FODMAP diet is included in the appendix covering the sugars that may cause intestinal distress NEW Emphasis on diversity equity and inclusion is included in all chapters NEW Updated International Dysphagia Diet Standardisation Initiative IDDSI information is included in the appendix NEW Updated pregnancy growth charts are added to this edition NEW Updated Healthy People 2030 information is added throughout the book **Cutting-Edge Therapies for Autism 2011-2012** Ken Siri, Tony

Lyons,2011-04-01 The parents of children with autism know that research is a full time job For parents with limited time ability or resources to do this Ken Siri and Tony Lyons have compiled the latest in autism research and treatment Cutting Edge Therapies for Autism contains contributions from more than eighty experts on a variety of therapies models and multifaceted evaluation and treatment centers Each contributor provides readers with an easy to understand description of the topic including its scientific rationale development risks and benefits Siri and Lyons include the therapies of the future focusing on current clinical trials ongoing research and the researchers who are striving to better understand autism and find new treatments Revised and updated to reflect the new developments in the last year the 2011 2012 edition explains possible causes of autism including food allergies and gastrointestinal diseases in children An extensive variety of therapies is discussed from dietary interventions that reduce sugars and remove gluten to animal assisted therapies that place a dog or cat in the care of the autistic individual to help enhance social and developmental skills Filled with numerous case studies and more than seventy distinct subjects Cutting Edge Therapies for Autism is a detailed and informative guide for anyone affected by autism

The Whole-Body Approach to Osteoporosis R. McCormick,2009-05-01 In The Whole Body Approach to Osteoporosis nutrition and bone health expert Keith McCormick offers a holistic ten step approach to help readers increase bone density and bone flexibility reduce the risk of fracture and engage in more active and healthy lifestyles

The Postnatal Depletion Cure Dr. Oscar Serrallach,2018-06-05 While postpartum depression has become a recognizable condition this is the first book to treat root causes of mommy brain baby blues and other symptoms that leave mothers feeling exhausted Any woman who has read What to Expect When You re Expecting needs a copy of The Postnatal Depletion Cure Filled with trustworthy advice protocols for successful recovery and written by a compassionate expert in women s health this book is a guide to help any mother restore her energy replenish her body and reclaim her sense of self Most mothers have experienced pain forgetfulness indecision low energy levels moodiness or some form of baby brain And it s no wonder The process of growing a baby depletes a mother s body in substantial ways on average a mother s brain shrinks 5% during pregnancy and the placenta saps her of essential nutrients that she needs to be healthy and contented But with postnatal care ending after 6 weeks most women never learn how to rebuild their strength and care for their bodies after childbirth As a result they can suffer from the effects of depletion for many years without knowing what s wrong as well as getting the support and treatments that they need

Parallel Universe Sonya Davies,2012-10 Chronic Fatigue and Fibromyalgia in adolescence are insidious diseases they steal hope perspective and time sadly the medical profession has a huge divergence of opinion on the illness the causes and the cure there just seems to be no definitive answers The despair that this causes is deep and searing This book is about one woman s fight to restore her daughter to health when diagnosed with these diseases It charts the many professionals that the family saw to try to find a cure for their daughter Many of the health professionals dismissed the illness believing it to be a disease of malingerers This lack of understanding of this illness

and its origins is one of the defining reasons for writing this book. Sufferers need to understand that they are not alone and that there is hope and that this illness is serious and is a real illness. It is not psychosomatic, it is not psychiatric, it is a physical illness that has real symptoms and there is hope that you can put together some treatment options that may help them.

Claudia was 13 years old when her body just seemed to run out of energy. It had been a gradual process, but with the start of high school and all of the changes that happened at that time, the key triggers of this horrific illness were masked. It wasn't until she passed out that the extent of the problem really became very, very obvious.

Sonya Davies is the author and she lives in Melbourne, Victoria, with her husband of 20 years, Mark, and her 4 children. A professional woman who has worked in Marketing for 35 years, she had a varied and interesting career full of travel and many diverse and interesting experiences. She always felt that she was very fortunate. She was not prepared when her 13-year-old daughter, Claudia, passed out in her walk-in wardrobe and started to suffer seizures. Claudia spiralled very quickly over a period of 5 months into being seriously unwell, being unable to walk, wheel chair bound, using a toilet and shower stool, and needing to be carried everywhere. She was 5 foot 5 and weighed 40 kilos. Sonya was beside herself, her life as she had known it stopped; she could not work, she could not leave her daughter alone. She was desperate to get help. She thought she could get some answers from doctors or a specialist and they would tell her what to do. Imagine her shock when every test that they did came back normal while her daughter kept getting more and more unwell. That was when the family entered the parallel universe. This universe operates next to but separate from the real universe; this universe is inhabited by the chronically ill looking for treatments for health issues for which medical professionals have no answers. She had never felt such despair or realised that such despair was possible for her. She is a positive can-do woman; every adversity has an answer; you just have to connect the dots. Her daughter was sick, she could not believe that she could not find a person to fix her. But every corner I turned, every doctor or health professional I took her to, could not help. I got nowhere, I hit brick wall after brick wall. My daughter was spiralling into very poor physical condition and suffering deep despair as she was constantly being told that she was hysterical and that this condition was psychosomatic. She is a very intelligent girl and does not have a hysterical bone in her body. So telling her it was all in her head, her body had turned on pain signals and would not turn them off, just made her feel more and more inadequate. Obviously, she had done something to make this happen. The family saw over 50 health professionals, all offering other similarly unhelpful suggestions. Well, not suggestions, pronouncements; they all pronounced something and sent them home in agony with no help and no idea where to get help. Their daughter was unable to sleep, had muscles that got harder and tighter in her arms, and

Advancing Medicine with Food and Nutrients Ingrid Kohlstadt, 2012-12-10. Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of disease management, the

bestselling first edition of *Advancing Medicine with Food and Nutrients* Food and Nutrients in Disease Management effectively brought food back into the clinical arena helping physicians put food and nutrients back on the prescription pad Board certified in General Preventive Medicine Ingrid Kohlstadt MD MPH has been elected a Fellow of the American College of Nutrition and a Fellow of the American College of Preventive Medicine Guided by Dr Kohlstadt this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine in their practice New in the Second Edition Toxic exposures such as molds microbial infections xenoestrogens heavy metals and inert nanoparticles Food safety issues precautions for patients with preexisting medical conditions adequate labeling of food allergens such as gluten potential adverse effects of artificial sweeteners consequences of applying ionizing radiation to food food borne mycotoxins critical food restrictions following bariatric surgery precautions for preparing food in the home Consumer advocacy issues on navigating claims of medical foods and dietary supplements Physical forces on nutritional needs such as ultraviolet light initiating vitamin D synthesis non ionizing radiation s effects on brain glucose metabolism and excess body fat s effects on inflammation and hydration Preventive medicine and how to preserve resiliency at the individual and public health levels Written by doctors for doctors *Advancing Medicine with Food and Nutrients* Second Edition reunites food and medicine Buttressed with new evidence leading physicians on the frontlines of disease management apply the latest scientific advances to the clinical practice of medicine Each chapter offers adjuncts to standard care fewer side effects improved risk reduction or added quality of life An article by Ingrid Kohlstadt on education and nutrition appeared in *TIME Magazine* online on November 12 2014

A Revolution in Health Part 2 John Neustadt, Steve Pieczenik, 2009-03-03 This book is the second book in the *Revolution in Health* series The first book *A Revolution in Health Through Nutritional Biochemistry* was written by the authors in 2007 They now follow up that work with this groundbreaking book *A Revolution in Health Part 2 How to Take Charge of Your Health* In these books they describe how they have put into practice more than 100 years of research and how you can use this information to revolutionize your life The MetaCT 400 test and MetaCT Program provided me with improvement in my condition that I was told was not possible For about a tenth of the cost of conventional treatments Dr Neustadt s treatments have reduced my IBS symptoms by over 90% Steve Spokane Wash Three days after starting the program I felt like a new person Most of the chronic muscle bone and joint aches I have been having for over 10 years went away I felt stronger lighter on my feet and for the first time I tired out my children while playing with them outside The restless leg condition I have been having at night stopped too The slight depression I felt was lifted as well I now sleep better deeper and wake up more refreshed I have been to sleep studies and have seen many doctors and nothing has helped as immediately John Trussville Ala

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