



## The Way I See It . . . Healthcare: Make The Choice Yours



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Why invest in gold, but not in life's most precious commodity - your health?

Life is all about choices- good ones and bad ones. Just as you make thoughtful decisions about where to eat, shop or buy a home, you also need to put time and effort into your healthcare decisions. Far too often individuals leave their healthcare "options" (that is if they are offered any) to be chosen by their physician or medical provider.

Unfortunately, not all physicians are open-minded enough to offer you a choice in your health care needs. Even the phrase 'healthcare provider' refers to the insurance carriers who may not have your best interests at heart vs. cost containment and profit. Powerful pharmaceutical companies sponsor most major medical institutions, and exert considerable influence in exchange for the continued financial support that these institutions depend on to fund operations. Even the governmental medical agencies such as the AMA, NIH and the FDA are sharing beds with these corpo-

rate giants; so don't assume that they are always looking out for your best interest. It's all about shareholder profit and it is hurting healthcare in America. In fact, the United States dropped from a world ranking of 13 to 37 in healthcare over the past ten years.

Complementary and Alternative Medicine (CAM), provides a type of health care that deals with the body as a whole and addresses underlying illness to eradicate disease rather than to simply minimize or resolve symptoms, as in traditional medical practices. By working with a CAM physician you will get the necessary time and effort required to put you at



ease and deliver you health and longevity. Because CAM tries to avoid costly and often dangerous prescription medication, instead using more natural approaches, this impacts the profits of drug companies. CAM intervention 'rocks the boat' of the traditional American healthcare system and this is a major reason why so much of what we offer and provide is not recognized or "approved" and therefore uncovered by insurance carriers.

It will be because of the efforts of CAM, together with Americans who demand better healthcare, that today's current health disaster will change. Then you and your family will finally get the type of medical attention that you want, need and deserve. Take a stand and demand better healthcare. Don't allow the government and/or insurance companies take away your choices for better health, improved quality of life and longevity.

*Be Well and Be Strong.  
Yours in Health,  
Mark James Bartiss, MD*

### Total Body Balance = Optimal Health



Our bodily systems require balance to perform optimally. Some doctors try to achieve balance by addressing only what involves their area of specialty (i.e. thyroid, adrenal, sex hormones, Lyme, Depression and Mood disorders etc.). Although a patient will feel better once any of these deficiencies are evaluated and treated, it still does not address the body as a "whole" and therefore symptoms and underlying illness will prevail over time because of lack of balance. At ICAM, we feel it is essential to address not only estrogen, progesterone and testosterone, but also all the endocrine hormones including growth hormone, thyroid, adrenal and the neurotransmitters **at the same time** to ensure optimal health and functioning. It is in obtaining this "BALANCE" that puts ICAM ahead of the rest who offer only partial hormone replacement therapy. Take the analogy below as an example:

The human body is analogous to a finely tuned orchestra, with your brain functioning as the conductor, and your cells, tissues and organs representing the instruments being played. Our hormones, enzymes and other vital chemistries are the musicians. Each and every part of the orchestra (body) is essential to produce full resonance and harmony. If any player is out of tune (i.e. a "synthetic" versus a bio-identical hormone) or missing (depleted hormone levels), the orchestra is not complete and the end result is a poorly performed symphony (suboptimal functioning), with disappointing results instead of a standing ovation.

Although replenishing, optimizing and balancing hormone levels may not be the fountain of youth that will keep us forever young, thin, beautiful, and free of disease, they are the "juice" of life and youth that can slow down our biologic clocks and deliver us 10-20 more years of healthy aging.

*So if you or anyone close to you is in need of a "tune up", contact Dr. Bartiss at any one of his convenient locations. Experience the difference that Total Body Harmony brings to your health.*

## Institute For Complementary & Alternative Medicine

**Mark James Bartiss, MD**

Welcomes you to his Alternative Medical practice, specializing in the following:



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*Dr. Bartiss is a medical writer, lecturer and author and has keen interest in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.*

*For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: [www.icambartissmd.com](http://www.icambartissmd.com)*