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Lifestyle Medicine in Action

A monthly publication of the American College of Lifestyle Medicine

July 2010

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Welcome New Members

Dear ACLM Member,

Welcome to this issue of Lifestyle Medicine in Action!

Please take a few minutes to respond to our **[SURVEY 2010](#)** if you have not already done so.

A HUGE THANK YOU to our members who have already helped us plan future membership benefits by filling out our survey and sharing their ideas and opinions.

President's Desk

Is Lifestyle Medicine a stand alone specialty, or is it something that all healthcare providers should be doing? That is one of the questions those passionate about Lifestyle Medicine are frequently asked. Usually the underlying sentiment behind a question like this is a sense that when really understood, Lifestyle Medicine is fairly basic and foundational to what any good doctor should be doing - therefore there is no need for a





(In Alphabetical Order)

Sami Beg, MD, MPA, MPH
Associate Medical Director,
U.S. Preventive Medicine, Inc.
Jacksonville, Florida

**Cynthia Levick, MPH, MSN,
FNP-C**
Family Nurse Practitioner
Sebec, Maine

Laura Lewis Mantell, MD
Physician, Private Practice
New York, New York

Schubert Palmer, MD
President of Heart and Soul
International
Monrovia, California

Lisa Robbins, MD
Robbins Health Alliance
Stone Mountain, Georgia

CME Calendar



IANA 2010
July 26-27, 2010

"specialist" in Lifestyle Medicine. I'd like to go back to the original question and try to answer it by asking some more questions. Is reading EKGs something a specialist needs to do, or something any primary care provider can do? Is treating depression something a specialist needs to do, or can it be done by any frontline healthcare practitioner?

For those of us who have provided primary care for many years, the answers to these second two questions is rather obvious. Of course we can read EKGs and treat depression, but on the other hand there are certain EKGs and an occasional depressed patient where we really like the idea of having a specialist around who can bring forward a certain knowledge, experience and skill level that we don't have. For the more difficult scenarios, it's nice to have an expert who is fully devoted to addressing and solving complicated patient care issues.

Our greatest challenge in Lifestyle Medicine is helping all physicians understand and utilize the power of healthy lifestyle choices in disease prevention and treatment. This should be our first goal as a society. Not to be lost though is the challenge of clearly defining and documenting the place for specialists in Lifestyle Medicine - a group of people who are experts in bringing together knowledge, skill, experience and resources that facilitate real adoption of evidence-based healthy lifestyles by even the most difficult patients in the most demanding situations.

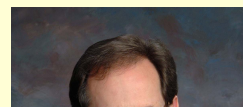
It's thrilling to recognize the increasing demand for cost-effective, root-cause treatments, and the developing understanding of a defined set of competencies around Lifestyle Medicine. ACLM does stand for clearly developing these competencies in all primary care providers, but we also recognize that there is now and will be even more so in the future a need for Lifestyle Medicine specialists. Thank you for joining us in meeting both of these challenges.

Sincerely,

Wayne Dysinger, MD, MPH
President

**Practice Spotlight: Roger Greenlaw, MD, FACP,
FACG, ABHM**

**Holistic gastroenterology: "taking care of
digestive disease in a way that improves overall
health" (Roger Greenlaw)**



Like most of his colleagues, while attending medical school in the 1960s Dr. Roger Greenlaw wanted to be a specialist.

American College of Nutrition
October 7-9, 2010

Obesity 2010
October 8-12

Active Doctors, Active Patients
November 12-14, 2010



"The growing role of science in medicine and specialization convinced me we were going to make a difference," said Greenlaw, a gastroenterologist who retired recently after 35 years of practice.

Greenlaw did make a difference, but not in the manner he expected.

"I started with a traditional practice, treating patient's symptoms with a medication," said Greenlaw, founder and president of Rockford Gastroenterology Associates, a 16-physician single specialty group serving Rockford, Ill. for more than 30 years.

"But after reading Dean Ornish's results of his lifestyle intervention trial in 1990 about the ability to reverse heart disease with lifestyle change alone, without medicine or surgery, I switched to a more holistic approach," he said.

As Greenlaw's treatment paradigm shifted, so did his personal lifestyle. He began to model what he wanted his patients to learn: people often have the power to heal themselves.

[Click here for complete article](#)

CME Opportunity: Nutrition and Aging

IANA 2010

5th International Academy on Nutrition and Aging
July 26-27, 2010
Santa Ana Pueblo, NM

Speakers and Topics Include:

- Robert Stewart, PhD - Relationship Between Depression and Vitamin D Levels in Older Residents
- Ronald Klatz, MD, DO - You Truly Are What You Eat: The Nutritional Component of Anti-Aging
- David M. Dunaief, MD - Glycemic and Cardiovascular Parameters Improved in Type 2 Diabetes

CME

- Physicians: Maximum of 13.5 AMA PRA Category 1 Credits™.
- Nurses: Approved for 13.5 contact hours by the University of New Mexico Office of Continuing Medical Education.

For More Information:

hsc.unm.edu/som/cme/2010/IANA/IANA.shtml

[Download PDF Brochure](#)

CME Opportunity: American College of Nutrition

51ST ANNUAL MEETING OF THE AMERICAN COLLEGE OF NUTRITION

"ADVANCES IN CLINICAL NUTRITION"

A joint meeting with its European Chapter -ECACN

October 7-9, 2010

NEW YORK ACADEMY OF MEDICINE, NEW YORK CITY

Speakers and Topics Include:

- David J.A. Jenkins, PhD, MD, FACN - "What is the Role of Nutrition in Chronic Disease in the Age of Powerful Drugs?"
- Harry G. Preuss, MD, MACN, CNS -" Dietary Means to Alleviate Manifestation of the Metabolic Syndrome"

[Link to Complete Program Listing](#)

The American College of Nutrition designates this educational activity for a maximum of 16-20 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education credit hours for Certified Nutrition Specialists and Registered Dietitians
The Certification Board for Nutrition Specialists (CBNS) authorizes up to 16-20 CNE credit hours for Certified Nutrition Specialists (CNS).

Continuing education (CE) credit hours, up-to 16-20 hours, will be authorized by the Commission on Dietetic Registration for Registered Dietitians (RD).

PLEASE NOTE: Not all sessions offer CME/CNE/CE credit hours. The maximum number of credit hours offered is subject to change until the program is finalized.

[For more information, visit the ACN website.](#)

CME Opportunity: Obesity 2010

Obesity 2010

28th Annual Scientific Meeting
San Diego, California
October 8-12

[Download Program PDF](#)

CME

Physicians: The Obesity Society designates this educational activity for a maximum 22.25 AMA PRA Category 1 Credits™.

Credit is also available for International CME, Physician Assistants, Dietitians, Pharmacists, Nurses and CA Nurses. Please see PDF Brochure for complete listing.

More Information: www.obesity.org/obesity2010/index.asp

CME Opportunity: Integrative Oncology

7th International Conference of the Society for Integrative Oncology

INTEGRATIVE ONCOLOGY: INFORMING THE DEBATE
IN PRACTICE, RESEARCH AND PUBLIC POLICY

NOVEMBER 11-13, 2010
New York Academy of Medicine, New York City

[For Information, visit the website.](#)

Research Summaries

The following presented by Medpage Today

[Mediterranean Diet Improves Heart Function \(CME/CE\)](#)

The Mediterranean diet is associated with higher heart rate variability, researchers have found.

[Weight Loss Boosts Knee Health in Obese OA Patients \(CME/CE\)](#)

Contrary to some earlier findings, obese patients with knee osteoarthritis who lost substantial weight showed signs of structural improvement in their damaged joints, according to two studies reported here.

[Content of OTC Vitamin D Low, Unpredictable \(CME/CE\)](#)

Multiple sclerosis (MS) patients taking over-the-counter vitamin D aren't getting what they're paying for, or what their neurologists recommend, according to a study presented here.

[FDA Cautions on Vitamin D Overdose in Babies](#)

WASHINGTON -- The FDA has issued a warning about the possibility of adverse effects if infants are given doses of vitamin D supplements in excess of the recommended 400 IU.

[Low Sunlight Linked to MS Onset Age \(CME/CE\)](#)

Age of onset of multiple sclerosis was more than two years earlier in patients who lived in northern latitudes -- with reduced exposure to the sun in fall and winter -- during childhood, researchers found.

[Healthy Diet May Reduce Cataracts in Women \(CME/CE\)](#)

Women who eat foods rich in a variety of vitamins and minerals appear to have a lower risk of developing cataracts, according to a large population study.

[Diet Soft Drinks Deplete Urinary Calcium \(CME/CE\)](#)

Drinking too many diet soft drinks may result in a negative calcium balance, a marker of low bone mineral density, researchers here reported.

[Cherry Juice Seems to Bring Some Gout Relief \(CME/CE\)](#)

Researchers here say that there is some science to back up decades-old anecdotal reports that eating cherries may help combat rheumatic and inflammatory diseases such as gout.

[Diet and Lifestyle Linked to Headaches in Teens \(CME/CE\)](#)

Drinking coffee and alcohol, smoking, and lack of physical activity all appear to be associated with migraine and tension-type headaches in teenagers, researchers found.

[What Kids Eat Is Tied to Asthma Risk \(CME/CE\)](#)

Eating a Mediterranean diet -- one high in fruits, fish, and vegetables and low in saturated fat -- is associated with a reduced likelihood of asthma in children, a large observational study reaffirmed.

[HEALTHY Study Gets A for Effort, But C for Results \(CME/CE\)](#)

A National Institutes of Health sponsored school-based, healthy living intervention did not significantly reduce obesity in high risk middle-school children, researchers have found.

[New Diet Guidelines Focus on Unhealthy Population](#)

The latest set of national dietary guidelines acknowledges that many Americans are unhealthy and emphasizes efforts to battle the obesity epidemic.

[U.S. Cigarettes Pack Bigger Amounts of Cancer-Causing Chemical \(CME/CE\)](#)

Levels of tobacco-related nitrosamines -- known carcinogens produced when curing tobacco -- are higher in popular brands of American cigarettes compared with those from other countries, potentially leading to more cases of lung cancer, researchers found.

[Weight Gain in Pregnancy Affects CV Risk in Child \(CME/CE\)](#)

Excess weight gain during pregnancy can have a long legacy of cardiovascular risks for the baby, researchers found.

[Strength Training Improves Sleep Apnea \(CME/CE\)](#)

Older, cognitively impaired adults saw an improvement in symptoms of sleep apnea after participating in

a program of strength training and walking, researchers found.

[Insomnia Raises Mortality Risk Threefold \(CME/CE\)](#)

Insomnia should be considered a condition with potentially lethal consequences, not simply a bothersome fact of life that people must live with, a researcher said here.

[Shift Work Sleep Patterns May Impair Glucose Tolerance \(CME/CE\)](#)

Loss of sleep plus sleep displacement -- shifting the pattern of sleep across consecutive days -- can result in impaired glucose tolerance in individuals such as shift workers, a researcher said here.

[Brown Rice over White to Cut Diabetes Risk \(CME/CE\)](#)

Eating lots of white rice may increase a patient's risk of developing type 2 diabetes, researchers have found.

[Liver at Risk in Diabetes \(CME/CE\)](#)

Although the liver is often overlooked in diabetes, even newly-diagnosed cases carry a substantial risk of serious hepatic damage, researchers found.

[Diabetes Responsible for 10% of Vascular Deaths \(CME/CE\)](#)

More than one in 10 heart disease deaths may be attributable to diabetes, researchers say.

[Body Fat Linked to Diabetes Risk in Older People \(CME/CE\)](#)

To avoid type 2 diabetes, seniors may need to watch their weight just as closely as younger individuals do, a prospective cohort study showed.

[High BP Need Not Sideline Most Student Athletes \(CME/CE\)](#)

Competitive sports aren't off limits for most children with hypertension, according to updated guidelines from the American Academy of Pediatrics.

[Hypertension Strongest Predictor of Stroke \(CME/CE\)](#)

There are 10 factors that appear to make up the vast majority of stroke risk, and half of those are modifiable, a large population study found.

[Sweet News: Chocolate Boosts Vascular Function \(CME/CE\)](#)

Within just hours of eating a flavonol-rich chocolate bar, patients with congestive heart failure had measurable improvements in vascular function, researchers here reported.

[Blood Pressure Drugs Linked to Cancer Risk \(CME/CE\)](#)

Some widely used anti-hypertension drugs may be associated with an increased risk of cancer, researchers said.

[Vitamin B6 May Lower Lung Cancer Risk \(CME/CE\)](#)

Vitamin B6 and the amino acid methionine appear to be associated with a decreased risk of lung cancer, a large prospective cohort study found.

The following presented by the CDC: Preventing Chronic Disease Newsletter

[Effect of a Multifaceted, Church-Based Wellness Program on Metabolic Syndrome in 41 Overweight or Obese Congregants](#)

Our objective was to determine the effect of a short-term, multifaceted wellness program carried out in a church setting on weight, metabolic syndrome, and self-reported wellness.

[Putting Physical Activity Where It Fits in the School Day: Preliminary Results of the ABC \(Activity Bursts in the Classroom\) for Fitness Program](#)

We evaluated the effects of a physical activity program in the elementary school classroom on health outcomes.

[Addressing Chronic Diseases in the Americas](#)

To reverse the trend in the Americas, a group of researchers, government health officials, doctors, and community groups are collaborating to find, test, document, and share the most effective strategies that encourage people to include enough physical activity in their weekly schedules.

The following presented by Diabetes in Control

[Vitamin K Linked to Lower Diabetes Risk](#)

Researchers found that among more than 38,000 Dutch adults they followed for a decade, those who got the most vitamin K in their diets were about 20 percent less likely to be diagnosed with Type 2 diabetes during the study period.

[Vitamin E Reduces Cardiovascular Disease in Individuals with Diabetes](#)

The study shows that individuals with both diabetes and the Haptoglobin (Hp) 2-2 genotype can benefit from using Vitamin E, increasing life expectancy by 3 years.

The following presented by Medline Plus

[Sexual, Urinary Health Boosted in Exercisers, Nonsmokers](#)

For people who need more reasons to start exercising and steer clear of smoking, new research finds that moving around and rejecting cigarettes can improve urinary health in women and sexual health in men.

[Study Shows Chamomile Capsules Ease Anxiety Symptoms](#)

NCCAM-funded researchers at the University of Pennsylvania recently conducted a randomized, double-blind, placebo-controlled trial to test the effects of chamomile extract in patients diagnosed with mild to moderate GAD.

[B vitamins linked to depression risk in older adults](#)

Older adults with relatively low intakes of vitamins B6 and B12 may have a higher risk of developing depression than those who get more of the nutrients, a new study suggests.

[Patients Could Use More Help Quitting Smoking](#)

Many U.S. health professionals fail to offer programs, plans or prescriptions to help patients quit smoking, finds a new study.

[Vitamin D Deficiency Linked to Diabetes, Metabolic Syndrome in Studies](#)

A pair of new studies has uncovered evidence that low levels of vitamin D could lead to poor blood sugar control among diabetics and increase the risk of developing metabolic syndrome among seniors.

The following presented by Web MD

[Popular Diabetes Drug Linked to Stroke, Heart Failure, Deaths](#)

A new study released today reveals a leading drug to treat type 2 diabetes is associated with increased risk for stroke, heart failure, and death.

[Blood Pressure Drugs Linked to Cancer](#)

A group of medications commonly used to treat high blood pressure, heart failure, and kidney damage caused by diabetes have been linked to a small increase in the risk of developing cancer, according to a study.

[Lack of Sleep Triggers 'Migraine' Proteins](#)

Not getting enough sleep or having poor sleep habits can trigger migraines or cause occasional migraines to become frequent. Now new research may help explain the biological links between sleep and headache pain.

[When Can Probiotics Help?](#)

Evidence on the benefits of probiotics is building, and much of it is positive.

[Exercise May Ward Off Anger](#)

If you're about to have a meeting with your boss that you just know will tick you off, go out and take a quick jog first.

The following presented by Medscape (login required)

[Lifestyle Factors Do Not Influence Genetic Risk for Breast Cancer](#)

"Genes account for only a small proportion of breast cancers and, for most women, the main risk factors remain the lifestyle factors, such as childbearing, use of HRT, obesity, and alcohol consumption.

[Healthy Diet in Young Children Promotes Bone Mass and Lower Body Fat Over Time](#)

Young children who eat dark green and deep yellow vegetables and limit fried food intake may have healthier fat and bone mass accrual over time than those who do not.

[Brief "Motivational Interviewing" Training Enhances Pediatrics Residents' Counseling Skills](#)

"Pediatric competency requirements now recognize pediatricians' roles in supporting healthy behaviors," write Paula Lozano, MD, MPH, from the Center for Child Health Behavior and Development, Seattle Children's Research Institute, Washington, and colleagues. "Motivational interviewing...has emerged as an approach to assisting primary care patients with behavior change."

[Resistance Exercise Promotes Release of Neurotrophic Factors](#)

New research presented here at the American College of Sports Medicine 57th Annual Meeting shows that circulating levels of brain-derived neurotrophic factor (BDNF) increase after intense resistance training, which might explain why exercise is effective at protecting and improving brain function..

[New Guidelines Emphasize the Need for Cancer Patients to Exercise](#)

In contrast to past advice to cancer patients to rest and avoid activity, the message now is to avoid inactivity.

[Exercise Alone Reduces Diabetes Risk in Obese Boys](#)

Obese boys who engaged in regular aerobic or resistance exercise, without dietary changes, had significant improvements over 3 months in their total body fat, visceral adipose tissue concentrations, and insulin sensitivity than their more sluggish counterparts, according to the results of a small randomized study presented on opening day here at the American Diabetes Association 70th Scientific Sessions.

[Physically Active Avoid Hypertension, But Only if Fitness Is High](#)

A new analysis of the longitudinal Coronary Artery Risk Development in Young Adults (CARDIA) study, published online June 1, 2010 in Hypertension, shows that both physical fitness and physical activity are inversely associated with the development of hypertension over a period of 20 years.

[Anxiety Predicts Heart Disease Years Later](#)

Two new studies firmly establish anxiety as an independent predictor for subsequent coronary heart disease (CHD) years down the line [1,2]. Doctors, who often neglect to ask patients about their feelings, should pay heed to these findings, say the researchers.

["Training BIG" Improves Motor Performance in Parkinson's Disease](#)

In a comparative study, 4 weeks of supervised physiotherapy consisting of repetitive high-amplitude movements yielded greater improvements in motor performance in patients with Parkinson's disease than either Nordic walking or nonsupervised in-home exercises.

[Early Age-Related Macular Degeneration Linked to Modifiable Risk Factors](#)

Early age-related macular degeneration (AMD) is linked to modifiable risk factors, according to the results of a study reported in the June issue of Archives of Ophthalmology.

[Group Medical Clinics Improve BP, But Not Glycemic Control, in Diabetics](#)

The use of group medical clinics (GMCs)--where seven or eight patients are seen together with a doctor, pharmacist, and nurse educator--resulted in clinically meaningful improvements in blood pressure, but not in glycemic control, compared with usual care in a study in diabetics conducted at two VA medical centers.

[Smoking Linked to Increased Depression Risk](#)

Individuals who smoke cigarettes may increase their risk of developing depression, according to results from a large longitudinal study from New Zealand researchers.

[Secondhand Smoke Linked to Psychiatric Illness, Hospitalization](#)

Exposure to secondhand smoke (SHS) can lead to psychological distress and an increased risk for future psychiatric hospitalization in healthy, nonsmoking adults, according to a new longitudinal study drawn from the Scottish Health Surveys.

[Experts Targeting Smoking and Secondhand Smoke Worldwide](#)

Smoking, particularly the effects of secondhand smoke in nonsmokers, took center stage at the World Congress of Cardiology (WCC) 2010 last week, with experts calling on cardiologists to play a pivotal role in getting their patients to quit smoking and to reduce smoking in their communities.

[Violent Video Games Linked to Aggression, Diminished Cognitive Function](#)

Male players of violent video games, particularly first person shooter games (FPSG), have more feelings of aggression than nonplayers, according to a small study from German researchers presented at the American Psychiatric Association (APA) 2010 Annual Meeting.

[Meditation May Improve Drinking and Substance Abuse Behaviors in Active Military Personnel](#)

Meditation may help improve drinking and substance abuse behaviors in active duty service personnel undergoing treatment in a residential program, according to results from a small study reported at the American Psychiatric Association (APA) 2010 Annual Meeting.

[Tai Chi Boosts Efficacy of Antidepressant Therapy in Older Adults](#)

Adding an abbreviated version of Tai Chi to antidepressant therapy with escitalopram improved resilience, quality of life, and cognitive function in adults with major depression 60 years and older, according to new research presented here at the New Clinical Drug Evaluation Unit (NCDEU) 50th Anniversary Meeting.

[High-Dose B Vitamin Therapy May Not Be Helpful in Diabetic Nephropathy](#)

High-dose B vitamin therapy may not be helpful in diabetic nephropathy, according to the results of a multicenter, randomized, double-blind, controlled trial reported in the April 28 issue of the Journal of the American Medical Association.

[Selenium Does Not Benefit -- and May Harm -- Most Patients With NSCLC](#)

The vast majority of lung cancer patients do not benefit from selenium, according to the results of a major study presented here at the American Society of Clinical Oncology (ASCO) 2010 Annual Meeting.

[Behavioral Therapy Rivals Drug Treatment for Men With Overactive Bladder](#)

A comprehensive behavioral therapy program is as effective as antimuscarinic drug therapy for treating overactive bladder (OAB) in men without significant bladder outlet obstruction, investigators announced here at the American Urological Association (AUA) 2010 Annual Scientific Meeting.

[Links to Opinion Articles, Practice Advice and Patient Handouts](#)

The following presented by Medpage Today

[Nutrition Group May Sue Over Happy Meals](#)

A nutrition activist group is threatening to sue McDonald's if the company fails to stop serving up toys with its Happy Meals.

The following presented by Medscape

[New US Dietary Guidelines to Be Issued by Year-End](#)

The US Dietary Guidelines Advisory Committee (DGAC) has issued its recommendations for the new Dietary Guidelines for Americans 2010, which are now open for a period of public comment.

The following presented by KevinMD.com

[Back pain may be better treated with exercise instead of surgery](#)

Almost \$90 billion is spent on back pain annually, when, in reality, time is often the most effective treatment. In fact, studies show that 90 percent of back pain heal without further intervention.

[8 insomnia tips to help you fall asleep without drugs](#)

Difficulty with sleep is one of the most common patient complaints presenting to the primary care office.

[BMI should be routinely measured in pediatric patients](#)

Physicians should record body mass index (BMI) of their pediatric patients during routine offices visits, according to a sweeping new plan laid out by a White House task force on ways to shrink childhood obesity rates over the next 20 years.

[Wii Sports and Wii Fit Plus exercise equivalents](#)

Regular exercise has been shown to be helpful in the prevention and management of a variety of clinical neuroscience conditions including: Alzheimer's disease, Parkinson's disease, major depression and anxiety disorders

Resource Webpages Made Available through Department of Health and Human Services

[Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?](#)

[Interactive Quiz I](#)

[Interactive Quiz II](#)

[Menu Planner with Calorie Counter](#)

Resource Article Made Available through WebMD

[Getting to Know Stevia](#)

Stevia is a natural sugar substitute that belongs in your "diabetes reversal" bag of tricks.

Resource Articles Made Available through Berkeley Wellness Alerts

[Where's The Beef? A Guide to Meatless Meals](#)

[Sizing Up St. John's Wort](#)

[Carbs and Fat: Gender Matters](#)

[Alcohol: Different for Women](#)

[Sodium Shakedown](#)

How Do I Log in as a Member?

In the upper right-hand corner of the [ACLM website](#) is a log-in field. Enter your e-mail address. If you have never logged in, select "forgot password."

Once you have logged in, the link to view your profile will appear in the upper right-hand corner.

Members-only pages should appear in the navigation bar when you are logged in.

You may be receiving our newsletters through a different e-mail address than what is on your member

profile. If you need assistance, please write to us at admin@lifestylemedicine.org.

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