Call Instructions
All Clinical Rounds calls will occur every Wednesday at 9 pm ET. The number to call is (404) 920-6664, and the pin number is 77077#. (please remember to hit the # key after entering the pin). For more information, please call Designs for Health at (800) FOR-HEALTH (367-4325). You can also visit our web site at www.designsforhealth.com for additional details.

Listen At Your Convenience
Designs for Health is pleased to announce that all Clinical Rounds calls are available for a free download at our web site: www.designsforhealth.com. These audio downloads are the perfect option for those who either miss a call or want to listen to a previously discussed topic.

Nutrient Roundtable with Dr. Michael Fuhrman
Learn clinical pearls for your practice and how to incorporate new DFH products for better results with your patients.

Dates & Time:
• September 20th, 2012
• October 18th, 2012

Educator Schedule
November 7th, 2012 - January 9th, 2013
November 7th • Michael Wald, MD, DC, CNS
Topic: Blood Nutritional Lab Interpretation
November 14th • David Dubin, MD
Topic: Brain Stimulation - Three New Approaches
November 21st • Thanksgiving Holiday - No Call
November 28th • Murray Susser, MD
Topic: Chelation Therapy and Cancer Prevention
December 5th • Akiba Green, DC
Topic: Thyroid Dysfunction
December 12th • Charles Glassman, MD, FACP
Topic: Medicine on the Cutting Edge
December 19th • Evan Hirsch, MD, ABIHM
Topic: Fatigue: A Functional Medicine Approach
Christmas and New Year's Holidays - No Calls on 12/26 and 1/2
January 9th • Derek Enlander, MD
Topic: Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia

call in number: (404) 920-6664
pin number: 77077#

Pulmonary Revive™ was formulated to address various aspects of lung health, including those factors that participate in the pathophysiology and symptomatology of inflammatory lung diseases - particularly asthma and bronchitis - including microbial, inflammatory, and immune issues. It also demonstrates antitussive (cough suppressing), immunomodulating/balancing, antimicrobial and broncho-relaxing properties.

Pulmonary Revive™ contains:
- Cordyceps sinensis – a medicinal mushroom; studies of diseases of the respiratory system have shown to display antitussive, anti-inflammatory, and expectorant effects
- Propolis – a resin collected by bees from the buds of trees; shown in research to reduce airway inflammation, reduce nocturnal asthmatic attacks and improve pulmonary function
- Ginger – a proven anti-inflammatory, as it suppresses prostaglandin synthesis through inhibition of COX-1 and COX-2
- Astragalus – herb used to strengthen the respiratory tract and fight upper respiratory infections
- Boswellia – an Ayurvedic plant that contains potent anti-inflammatory triterpenoids called boswellic acids
- Bromelain – a well known proteolytic enzyme from pineapple; possesses potent anti-inflammatory and immunoregulatory properties
- Adhatoda vasica – a classic ayurvedic herb shown to possess antitussive, expectorant, bronchodilating and antimicrobial properties
- Vinpocetine – an extract from the periwinkle plant; shown in animal models of lung inflammation to regulate the transcription factor NF-kappaB and its subsequent dependent inflammatory responses

90 capsules

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Featured New Product
Pulmonary Revive™
Respiratory support for inflammatory lung conditions

Educational Series Presents:
Pulmonary Revive™
November 7th, 2012 - January 9th, 2013
MURRAY SASSER, MD (NOVEMBER 28)

Following a five-and-half-year stint as an air force fighter pilot, Sasser decided to pursue a medical career. After completing his undergraduate work in English at the University of Pittsburgh, Dr. Sasser earned his medical degree from the University of Pittsburgh School of Medicine in 1963.

Over the next 15 years, Dr. Sasser became more involved in research as a principal investigator in New England Medical Center, the International Academy of Preventive Medicine, and the American Holistic Medical Association.

Today, Dr. Sasser maintains a lively practice and is currently interested in chronic fatigue syndrome (ME/CFS) and other neuroimmunological infections such as chronic cranial infections, on which he has published a book. When asked about his medical practice, Sasser says, “I position myself in what I call the ‘passionate middle’—there are neurologists who only think of the brain physiology. I went through a phase where I thought nothing in medical school was any good, and the paradigms purely involved in endocrinology.”

AKIBA GREEN, DC (DECEMBER 5)

Dr. Akiba Green is a chiropractic physician who concentrates his practice to the treatment of chronic neurologic and metabolic conditions. He has trained under one of the nation’s leading Chiropractic Neurologists, and author of the New York Times Bestseller ‘Brain Drain’, Dr. Michael L. Johnson. He has also trained and studied with world renowned practitioners including Dr. Michael Kopp and Dr. A. Mariano Salazar.

Dr. Green is a Board Certified Neurologist (ACNP), Clinical Neurofeedback Specialist (CCNS), Certified Chiropractic Neurologist (CCN) and Certified Chiropractic Nerve blocks Practitioner (CCNP). Dr. Green is known for his keen ability to ‘get to the root of the problem’. He is the ‘original Brain Dr. Green’—by developing a comprehensive computer technology helping to determine his patient’s individual neuromodulatory and diet needs.

Dr. Green has taught thousands of health care providers how to better manage their patients through comprehensive nutritional and laboratory assessment.

DAVID DUBIN, MD (NOVEMBER 14)

Dr. Dubin graduated from the University of Medicine and Dentistry of New Jersey and completed a residency in Emergency Medicine. He subsequently worked as an Associate Clinical Professor at Boston University and Boston Medical Center. After a career of more than ten years in Emergency Medicine, Dr. Dubin founded Cambridge Medical Consultants, providing complementary and Alternative Medicine consulting to hospitals and healthcare providers.

Dr. Dubin’s extensive background in contemplative psychotherapy and Buddhist meditation for the past 25 years has contributed to his interest in the brain-endocannabinoid system. Disenchanted with treating patients primarily with medication, he researched nonpharmacologically and found significant improvement in his own and his patients’ health.

In 1995 and his Doctorate degree in 2003 from Sherman College of Chiropractic. His clinic, Lake Norman Integrative Medicine, includes Spinal Decompression Therapy, Oxygen Therapy, Metabolic Testing and Nutritional Management for pain and Longevity and Wellness. The goal of the Center is to balance mind-body concepts with conventional medicine to deliver a comprehensive approach to wellness. Dr. Glassman has appeared on ABC News, Bloomberg Radio, National Public Radio, Sirius/XM My Heart Radio, WNYC, The Wall Street Journal Radio, and numerous other outlets around the country speaking on his unique approach to health care. Dr. Glassman offers广大 audiences with his appearances on the New York Times and other publications. His book, Brain Drain, has won in the Spiritual category at the 2009 Los Angeles Book Festival, won the 2009 People’s Choice Award for Best Self Help book, category finalist for the 2010 Eric Hoffer Book Award, and received Honorable Mention at the 2009 New England Book Fest.

Through his book, private practice, public appearances, continued weekly messages, and Coach MD (medical coaching practice), Dr. Glassman has helped thousands realize a healthier, successful, and more abundant life.

EVAN H. HIRSCH, MD, ABIHM (DECEMBER 10)

Dr. Hirsch is an integrative and functional medicine family physician. He is Board Certified in Family Medicine and was the youngest person to be Board Certified in Holistic Medicine. He has lectured locally and internationally on functional medicine and is well known and used both in medicine. He is a Co-Owner of Beyond Medicine, A Integrative Wellness Clinic (ByBeyondMed.com), President and Founding of Hirsch Holistic Family Medicine (HFMH.com) and Medical Director of the Providence Integrative Care Program in South West Woodland.

Early in this medical school training, he realized that the allopathic model was greatly enhanced when he began to understand the principles that he used to treat his patients that were not complaint-based therapies that would complement his medical training as well as improve a patient’s health. A leading researcher, he completed training in Hypnosis, Yoga, and Medical Acupuncture.

After local medical school training with his private practice, he founded a board certification in Holistic Medicine and began his Functional Medicine training. With a series of trainings under his belt he had created a comprehensive toolkit that not only helped his primary care patients, but also helped him serve as a consultant for others that were looking for help in medical or surgical emergencies. Using these tools to bring his patients into an overall greater state of balance so that they can achieve optimal health and wellness.

He believes in the partnership between patients and providers and the body’s ability to heal itself when given the proper support.

DEREK ENLANDER, MD (JANUARY 9)

Dr. Derek Enlander was born in Beverly, Northern Ireland. He graduated to Medical School in 1982 and received a fellowship and training in Nuclear Medicine at New York University Medical School and came originally to the United States for one year. The University returned the fellowship for four years. His research subject was the relationship of Estrogen Furr to cancer.

He came to New York as Assistant Professor of Medicine at Columbia University and then Associate Director of Nuclear Medicine at New York University. During a return visit to Beverly, he was asked by a childhood friend to help him in a then virtual unknown condition, Myalgic Encephalomyelitis (ME) that had caused him to curtail his lucrative real estate practice. This spawned an interest in this disease, which further developed when a patient introduced him to Katherine Aspin in Texas.

By then, Dr. Enlander had opened a private practice in Manhattan, and was Physician-in-Residence to the Royal British Family and several members of the British government during their visits to New York. Dr. Enlander is on the faculty of Mount Sinai Medical School and is an attending physician at Mount Sinai Medical Center New York. He has contributed to the treatment of ME/CFS and Fibromyalgia based on an immune system dysfunction. He has an active research program in which his patients contribute to participate. Anxieties and CpG DNA research treatment programs that are presently being explored.

Disclaimer: Although the schedule is firm, listed speakers and topics are subject to change.