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## **UltraWellness: A New Approach to Lifelong Health**

A summer lecture series sponsored by The Healthy Living Center at Lenox Village Integrative Pharmacy featuring Dr. Mark Hyman and his team from the UltraWellness Center

**LENOX, MA:** The Healthy Living Center at the Lenox Village Integrative Pharmacy announces another of its educational programs, a free series of lectures, entitled "UltraWellness: Your Key to Lifelong Health and Vitality." UltraWellness is a new approach pioneered by Mark Hyman, M.D., of Lenox, Massachusetts. The lectures will feature Dr. Hyman and the health care team from Hyman's UltraWellness Center.

UltraWellness is based on the leading-edge science of systems biology and functional medicine and works with the fundamental underlying biological principles by which the body operates to create optimal health. Put simply—UltraWellness works with the body as an integrated whole to achieve what conventional medicine cannot.

The lectures are focused on helping participants to achieve UltraWellness, beginning with a overview of the approach on July 11th. The process is relatively simple: first identify which of one's seven key underlying systems isn't working correctly; second, remove the causes of imbalance in each one of those systems; and third, nourish each of these systems with what it needs to function optimally. The end result: the body's natural intelligence takes over and automatically fixes remaining problems.

Lecturers in the series include Mark Hyman, M.D., Ardis Fisch, M.D. and Elizabeth Boham, M.D. as well as pioneering nutritionist Kathie Swift, M.S., R.D., and health coach Nina Silver, R.N. The series will be held in the auditorium at the Lenox Town Hall, on Walker Street in Lenox Village Center, across from the Lenox Village Integrative Pharmacy. This six-week long series starts July 11th and runs through August 16th. Each week a different topic will

be presented related to the UltraWellness approach. All of the lectures are free, open to the public and offered as a community service in support of healthy living.

***A complete schedule for the UltraWellness Summer Lecture Series is attached.***

The Healthy Living Center at the Lenox Village Integrative Pharmacy is committed to helping customers achieve optimum health, vitality and wellness by offering customized medications made on-site by registered compounding pharmacists as well as traditional medications, a full range of top quality, professional-grade nutritional supplements, homeopathic remedies, Chinese herbs, Healthy Living Pre-Packs™, a fine selection of all-natural skin, hair and beauty products, and some surprisingly fun shopping. Lenox Village Integrative Pharmacy sponsors community educational programs to promote healthy living.

### **UltraWellness Summer 2007 Lecture Series Schedule**

*Sponsored by:* The Healthy Living Center at Lenox Village Integrative Pharmacy

Location - Lenox Town Hall Auditorium, Walker Street - Lenox, MA  
July 11th - August 16th, 2007 / Time - 6:00 PM - 8:00 PM

#### **Week 1 - Wednesday, July 11, 2007**

*Introduction to UltraWellness: Your Key to Lifelong Healthy & Vitality*  
Mark Hyman, M.D.

The body has 7 key core systems that underlie all disease – these are the 7 Keys to UltraWellness. The future of your health and medicine depends on understanding how to identify imbalances in these systems and correct them.

For the first time in medicine, we can directly treat the causes of disease, not just the symptoms using an integrated system of healing that includes leading edge nutritional research, lifestyle changes, targeted nutrient therapy, herbs, traditional healing practices and drugs or surgery. It is no longer of question of either or when it comes to conventional or alternative medicine. This new model, called Functional Medicine, is inclusive of all modalities. A different way of thinking and practicing, based on revolutionary scientific discoveries is now available that can transform, reverse and often cure chronic health problems, and provide the keys to vibrant health and healthy aging.

**MARK HYMAN, MD** is the medical director and founder of The UltraWellness Center. He was medical director at Canyon Ranch for nearly 10 years. He has authored several best-selling books

including *UltraMetabolism*, *UltraPrevention*, and *The UltraSimple Diet*, and is editor-in-chief of *Alternative Therapies*. He has lectured widely around the United States and overseas. Dr. Hyman is a leading expert in Functional Medicine that he has practiced for over fifteen years.

## **Week 2 - Thursday, July 19, 2007**

*Tired of Being Tired?* ■ Ardis Fisch, M.D.

Everyday, more than half of patients seen by primary care physicians complain of lack of energy. Most never get a diagnosis that explains their symptoms. Laboratory testing is "normal," and the fatigue is blamed on lifestyle, stress and lack of sleep. While all of these can certainly contribute to feelings of exhaustion, the story is much more complex. Many medical conditions, including hypothyroidism, adrenal fatigue, insulin resistance and food allergies go undiagnosed. Diet, exercise, medication interactions and many other issues are rarely considered. In this lecture, we will use a comprehensive approach to explore fatigue's many causes as well as review some simple remedies for some of the more common reasons of tiredness.

**ARDIS FISCH, MD** joined The UltraWellness Center in 2006. Prior to that she worked as a primary care physician in addition to maintaining a private integrative health practice. She has training in many healing modalities including functional medicine, Reiki, Therapeutic Touch, Cranio-Sacral Therapy and acupuncture.

## **Week 3 - Wednesday, July 25, 2007**

*Unlocking the Secrets to Preventing Everything from Belly Fat to Blocked Arteries*  
Elizabeth Boham, M.D.

Insulin resistance and the metabolic changes that come along with it, will overtake cigarette smoking as the number one cause of heart disease in the United States. Insulin resistance affects how we gain weight, makes it harder to lose weight, and also increases our risk for developing diabetes, strokes, dementia and cancers of the breast, colon and prostate. Come learn about the signs and symptoms of insulin resistance and what each one of us can do to prevent or reverse the process, and lose weight without hunger or deprivation.

**ELIZABETH BOHAM, MD, RD** received undergraduate and graduate degrees in nutrition at Cornell and Columbia Universities before attending medical school. Prior to joining The UltraWellnes Center, she practiced integrative and functional medicine at Canyon Ranch and lectures extensively on a variety of topics.

## **Week 4 - Thursday, August 2, 2007**

### *The UltraSimple Diet: How to Regain Your Health and Lose 10 Pounds in One Week*

Mark Hyman, M.D.

The simple “secret” to weight loss and lifelong health is fixing the two of the main causes of obesity – inflammation and toxicity. A simple 7 day experience of dietary and lifestyle change can have remarkable results. In a week on The UltraSimple Diet, you can expect an automatic weight loss of up to 10 pounds, increased energy, improved moods and sleep, increased energy, clearer skin, no more brain fog and relief from many chronic symptoms including arthritis, irritable bowel syndrome, and allergies.

Being overweight is a symptom of underlying health problems, and often the same things that make us sick make us heavy. Today’s research tells us that toxicity and inflammation cause disease and obesity. If you eliminate the sources of toxicity and inflammation and add foods that nourish and cleanse our systems, you can safely and effectively lose weight and heal. We also reduce the symptoms of common conditions that plague us—arthritis, diabetes, dementia, and heart disease. This practical one-week program can give you the experience of how good you can truly feel.

**MARK HYMAN, MD** is the medical director and founder of The UltraWellness Center. He was medical director at Canyon Ranch for nearly 10 years. He has authored several best-selling books including *UltraMetabolism*, *UltraPrevention*, and *The UltraSimple Diet*, and is editor-in-chief of *Alternative Therapies*. He has lectured widely around the United States and overseas. Dr. Hyman is a leading expert in Functional Medicine that he has practiced for over fifteen years.

## **Week 5- Wednesday, August 8, 2007**

### *From Inspiration to Motivation: Changes in Your Life and Your Health*

Nina Silver, R.N.

How many times have you thought about making changes in your life and habits but just could not do it? Using a revolutionary six-stage program for overcoming bad habits, you can create a climate where positive change can occur, maintain motivation, turn setbacks into progress and make your new positive habits a permanent part of your life. Use this program to change your eating habits, maintain a physical activity program, and even stop smoking!

**NINA SILVER, RN** nursing director of The UltraWellness Center, has worked with Dr. Hyman for 15 years, coaching and advising patients in their journey toward wellness. She has conducted many workshops on “Moving Toward Motivation” and has completed extensive training in functional medicine.

**Week 6- Thursday, August 16, 2007**

*Vitamins: What You Should Know and Are Not Hearing from  
the Media or Your Doctor*

Kathie Swift, M.S., R.D.

Join Kathie Swift, M.S., R.D., Nutritionist, for an informative discussion on common questions about vitamins and health. She will discuss vitamins in the news including the richest food sources, signs and symptoms of deficiencies, the link to chronic disease and teach you how to figure out what vitamins you really need to stay healthy and treat disease.

**KATHIE SWIFT, MS, RD** is the nutrition director of The UltraWellness Center. She has collaborated closely with Dr. Hyman in practice, education and writing since 1996. She has lectured at numerous national and international symposia. She has been recognized for her contributions in medical nutritional therapy and education.

**Please visit [www.ultrawellness.com](http://www.ultrawellness.com) for information**

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