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# Inside HEALTH

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## Synergy Integrative Health and Medical Spa Is Changing Lives



LEFT: Dr. Allan Fields, left, and George Safirstein, M.D. have made it priority in their profession to elevate the quality of life, and both have done it at this facility. RIGHT: EEC (Enhanced External Counter Pulsation) Treatment is performed to help circulation.

### Alternative & Successful Treatments Have Made A Huge Difference For So many



LEFT: Ian Gillman was so impressed by the way he looked and felt from his treatments, he joined the Synergy Integrative Health and Medical Spa team. CENTER: Healing Halotherapy in a state-of-the-art Synergy Salt Room featuring pure, therapeutic Himalayan salt. RIGHT: The spacious waiting area is loaded with informative pamphlets and magazines on different treatments and therapies.

Ian Gillman was overweight, didn't have energy and was frankly tired of being out of shape and not feeling well.

What Gillman was after - in the never ending quest to feel good and have energy - was to maintain a healthy lifestyle by eating right and not filling your body with synthetic medicines or preservatives that add to the aging.

While traditional medicine has long held a huge interest for millions and millions, there are those, like Gillman, who decided to give that alternative lifestyle a try, and the one time medical professional has been sold ever since.

So convinced was Gillman, after experiencing the lifestyle firsthand, he joined the very group that had changed his life. As a huge part of the Synergy Integrative Health and Medical Spa in Hallandale Beach, it is his responsibility to promote and recite the facts of something that has really taken off.

"What this is all about - for all of us - is to feel better and to rid ourself of the synthetic medications we have long put in our bodies," Gillman explained. "What we have created here is truly an alternative way of living, but being open to everything and anything."

With a primary focus on preventive medicine as a means of reducing the effects of premature aging, Synergy has introduced Natural (Naturapathic) Medicine, IV Fusion Therapy, Fitness, Nutrition and Weight Loss.

#### DON'T WAIT TO GET STARTED

Like anything in life, getting started is often the toughest part. Coming by to talk about a program that will change your life, only takes a few minutes for Gillman and the entire staff to explain how they can help you make that transition and make it part of your every day living.

"The one thing that is a turnoff to many potential patients is when you push what we have and not to consider what they have been going through with their medical doctors all their lives," Gillman pointed out. "We want to work with their physicians to come up with the right treatment to benefit the patient. That is the passion that everyone has that walks these great halls."

From the time you walk into the office, the patient will go through a complete Diagnostic Lab Testing. What that does is give the physicians a factual picture into your chemistry, which in turn will allow their team of experts to design a personalized wellness plan for you.

The blood testing, which is covered by most insurances, will determine everything about your body. That way they can see what supplements are depleted and have changed the way the patient feels.

"The blood testing is the most vital part of what we do," Gillman explained. "That way, we can determine

what treatments are needed. We do 40 different tests and that can assist in determining Food Intolerance and Chemical Sensitivities. It is also used as a preventative measure when looking for signs of degenerative illnesses that can cause deficiencies in the body and impact overall health."

A simple blood test may save you from the hidden early clutches of cancer, diabetes, heart disease, osteoporosis, organ dysfunction, chronic immune disorders, hormone disorders and more.

The program works. Hundreds and hundreds have found out about this wave of the future and have jumped aboard - and the ongoing results tell the story.

#### ON STAFF PHYSICIANS ARE TOPS

With a tremendous staff, it always begins with the physicians you have - and Synergy Integrative Health and Medical Spa really came up with some of the best you will find.

Whether it's men or women, physicians such as George Safirstein, M.D. and Dr. Allan Fields have made it priority in their profession to elevate the quality of life, and both have done it at this facility.

Dr. Safirstein's diverse medical background and knowledge helps men and women live healthier more vibrant lives. From Healthy Aging to Longevity and Life Extension Programs including Bio-Identical HRT, HGH and Testosterone Programs.

In addition, he has been involved with Integrative Medicine and Bio-Identical HRT Experience, Menopause and Andropause Therapy for Aging Men and Women looking to alleviate symptoms caused by Hormonal Imbalance, improve their Sexual Health and Age Well.

Well known and admired, Dr. Fields was appointed as the Chief Medical Advisor for IKF Kickboxing and ISCF MMA in May of 2007.

He has been a surgeon since 1973, and has been involved in sports medicine his entire career. His resume and list of honors is long and impressive and includes serving as team physician to the USA Olympic Team and serving as chairman of the Medical Advisory Board for the Florida State Athletic Association.

A member of the USA Olympic Boxing Committee, he was vice-president of the American Association of Professional Ringside Physicians, and was named Physician of the Year, in 2004, by the AAPRP. Currently he is on the Executive Committee, the Board of Directors and the Medical Review Board of the American Association of Professional Ringside Physicians, which is an international, non-profit organization dedicated to the health and safety of the professional and amateur boxer.

Also, IV Clinician Nancy Murcia has an amazing understanding of the entire process, watching a family member who had cancer use many of these treatments to have successful results.

Once you are a patient and a member of the Synergy Integrative Health family, there are so many options available to you. Healing Halotherapy in a state-of-the-art Synergy Salt Room featuring pure, therapeutic Himalayan salt, has been very popular as are the many complete body treatments and Aesthetic Medical Services.

One of the unique treatments available is certainly one that is vital to feeling better. The EEC (Enhanced External Counter Pulsation) Treatment is performed as a non-invasive treatment to lower the number and intensity of angina episodes. Treatment is administered through three pairs of external inflatable cuffs that are applied around the lower legs, upper legs and buttocks. These cuffs continuously inflate and deflate between the resting period of the heartbeat and increase blood returned to the heart.

"While it was developed for the heart, it also helps with the circulation," Gillman said. "I do this treatment a lot - and it is really a game changer. The full 35 treatments are an hour each and are more effective if you do them over five to six weeks."

With IV infusion Therapy, you can take your life to the next level - utilizing another innovative medical treatment that has been proven to provide patients with great health alternatives and regenerative benefits. There is also a Frozen Cell Therapy that has been quite beneficial.

#### IMMUNE ENHANCEMENT THERAPY

Immune drips are a combination of high dose of vitamin C, B Complex Vitamins, magnesium, trace minerals and Glutathione, which enhances the immune system. These could be used for:

**Flu, Respiratory infections including pneumonia, Gastrointestinal infections, Shingles, Mononucleosis, Lyme disease, Fatigue, Stress, Chronic illnesses of many kinds causing physical debility, Preoperative support, Postoperative support, Cancer and more.**

When it comes to weight loss counseling and nutrition advise, this is also the place that will help you maintain an optimal weight and healthy nutrition, which have been proven to drastically improve your appearance, energy levels and lifestyle. They also offer one of the most effective HCG Diet Plans in South Florida.

While insurance does not cover many of the treatments, they will work out a very affordable payment

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