



eNewsletter for May 19, 2014

Quick Links

[WFBMC Intranet](#)

[WFBMC Action Health](#)

[Acupuncture](#)

[Aquatic Programs](#)

[BestHealth](#)

[Calendar of Events](#)

[CareNet](#)

[Center For Integrative
Medicine](#)

[Clinical Trials: Recruiting](#)

[Cancer Clinical Trials:
Recruiting](#)

[Dietary Supplements](#)

[WFBMC Employee
Assistance Program](#)

[Healing Touch](#)

[Healing Harps](#)

Free Integrative Medicine Seminars



Upcoming Clinical Working Group Conference Call Meetings

(all meetings at 12 noon unless otherwise noted)

May 22: no meeting

June 26: Oncology

July 24: panel discussion on difficult cases with Jon Pan

August 28: Business of Integrative Medicine

September 25: Pain

October: no meeting

November: Reiki in Healthcare

NOTE: NEW LOCATION! Presentations are free and given near the Center for Integrative Medicine offices on the fifth floor of Piedmont Plaza II (corner of Miller and First Streets). **We will meet in the Compliance Office conference room in suite 500.** Questions about this series? Please contact [Mary McLendon](#) at 713-9197.

If you are not yet on the email list for the Consortium, please [request to be added](#). You will start receiving announcements from a well-respected group of peers about the field of integrative and complementary medicine.

Winners of the 2014 CIM Pilot Grants

The CIM would like to congratulate the winners of the 2014 Pilot Grants:

Weighted Vest Use to Preserve Muscle and Bone

[Integrative Medicine Clinicians](#)

[Massage Therapy](#)

[Nutrition Services](#)

[Office of Women in Medicine and Science](#)

[Pastoral Care](#)

[Patient Resources](#)

[Stress Management](#)

[Tai Chi](#)

[Visual and Performing Arts](#)

[Yoga](#)

External Links

[American Academy of Pediatrics: Section on Integrative Medicine](#)

[Collaborative on Health and Environment](#)

[Integrator Blog](#)

[Mindfulness Research](#)

[NCCAM](#)

[NCCAM Newsletter](#)

[NCI-OCCAM](#)

[Natural Medicine](#)

[Natural Triad](#)

During Obesity Treatment for Osteoarthritis

Principal Investigator

Barbara J. Nicklas, PhD

Co-Investigator

Rebecca Henderson, MD, PhD

~ ~ ~

Safety of Heated Hydrotherapy in Aged Monkeys

Principal Investigator

Kylie Kavanagh, DVM, MS, MPH

Co-Investigator

David Caudell, DVM, PhD

~ ~ ~

Characterization of Epigenetic and Gene Expression Changes and Anxiety in a Lung Cancer Population

Principal Investigators

Timothy Howard, PhD
Suzanne Danhauer, PhD

Co-Investigators

Carl Langefeld, PhD
Greg Hawkins, PhD

~ ~ ~

Dietary Intervention to Reduce Breast Cancer Risk: Monitoring Epigenetic Changes and Protein Expression

Principal Investigators

Allen Tsang, PhD
Cristina Furdui, PhD

Co-Investigator

Kathleen Arcaro, PhD

~ ~ ~

Neuro-Enteric Taste Signaling by a Naturally Occurring Bitter Food: An Integrative Approach to Appetite Regulation in Obesity

PedCAM

Samueli Institute

Insurance is Accepted

...for many integrative medical services provided by a physician or with a physician's order. Check with your insurance company for details.

CIM

The Center for Integrative Medicine

began as a Program in 2005 and was one of the first 35 academic health centers in North America to be accepted into the Consortium of Academic Health Centers for Integrative Medicine. The Center oversees a collaboration of educational, community outreach and research activities focusing on wellness and healing.

Center Leadership

Director

Jeff Feldman, PhD

Clinical Services

Rebecca Wells, MD

Community Engagement

Gary Gunderson, MDiv, DMin, DDiv

Education

Jamie Ungerleider, PhD
Jeff Feldman, PhD

Principal Investigator

Richard B. Weinberg, MD

Co-Investigator

Paul J. Laurienti, MD, PhD

~ ~ ~

**Winner of the 2014 MACHE/CIM/
Faith-Health Pilot Grant**

(Funded by the CIM, the Maya Angelou Center and the Division of Faith and Health)

mHealth and Diabetes Management: Spiritual and Relational Perspectives of African American Congregants and Faith Community Nurses

Principal Investigator

Joanne Sandberg, PhD

Co-Investigators

Thomas Arcury, PhD

Judy Iannuzzi, RN, MAEd, FCN

Julienne Kirk, PharmD

Ha T. Nguyen, PhD

Media Available Through the CIM Library

The Center for Integrative Medicine has relocated, and our library materials have been recataloged and reorganized. We invite you to come by to browse our wide selection of books, videos, and audio CDs on a variety of integrative and complementary medicine topics. Materials are available for check out for members of the medical community and the general public.



LOCATION: Our offices are located on the fifth floor of Piedmont Plaza II in Suite 513. Contact Mary McLendon at 713-9197 for more information on our library offerings.

Chair Yoga For Every Body: Spring Schedule

Research

Suzanne Danhauer,
PhD

Scientific Advisor

Daniel Kim-Shapiro, PhD

Advisory Board

Julie Milunic

* * *

(336) 713-9197
(336) 713-3849 FAX

Join Our Mailing List!

Yoga is a natural stress reliever and a great way to re-energize your body. Join us for an hour of chair yoga that will leave you refreshed and rejuvenated. No experience necessary! Free for cancer survivors, their close family members and friends.

DATES:

Tuesdays at 5:30 p.m.
May 20 and 27
June 3, 10, 17 and 24

LOCATION: WFBMC Comprehensive Cancer Center, Second Floor Meditation Room

MATERIALS: Some yoga mats are available, but the teacher can advise you if you would like to buy your own.

QUESTIONS: Contact Lynn Felder, RYT, Yoga Gallery at 336-655-7047 or [email](#).



2014 Healing Touch Training Seminars

DATES:

Level 2: June 20-21
Level 3: July 18-19
Level 1: August 22-23
Level 2: September 19-20
Level 3: October 17-18
Level 1: November 21-22
Level 2: December 12-13

LOCATION: the Shepherd's Center, 1700 Ebert Street, Winston-Salem

REGISTRATION: [Contact Ashley Fleetwood](#) at 336-777-0680.

INSTRUCTOR INFO & BIO: [Deborah Larrimore](#), RN, LMBT, CHTP/I.

ADDITIONAL INFO: Healing Touch is a biofield therapy that is an energy based approach to health and healing. The goal in Healing Touch is to restore harmony and balance in the energy system, placing the client in a position to self-heal. Learn the practice of Healing Touch from [Deborah Larrimore](#), Certified Healing Touch Instructor and Practitioner.



Warm Water Ai Chi Classes at Salemtowne Pool

Join Wake Forest University Baptist Medical Center certified Ai Chi Instructors for a new warm water pool class offered at Salemtowne Retirement Community.

This 45 minute aquatic class uses flowing, yet powerful progressions combining deep breathing with slow, broad movements of arms, legs and torso; gentle stretching and range of motion and excellent deep breathing exercise. It is like Tai Chi in the water!



These classes are designed for anyone wishing to benefit by improving cardio respiratory function; increased metabolism and blood circulation; improved range of motion and mobility as well as total relaxation and sound sleep.

DATES:

Wednesdays at 1:00 p.m.
Fridays at 1:00 p.m.

LOCATION: Salemtowne Retirement Community

COST: \$35 per month

QUESTIONS: Contact the Aquatics Program at 336-713-8082 for more information and to request an application.

Volunteer For a Research Study on Insomnia



The Department of Neurology is recruiting participants in a study examining a new therapy for moderate to severe insomnia. [High-resolution, Relational, Resonance-based, Electroencephalic Mirroring \(HIRREM\)](#), also known as Brainwave Optimization, is a noninvasive, innovative type of brain feedback that is intended to facilitate greater balance of brain frequencies which may result in improved symptoms. Participants will be compensated for each study visit as well as for sleep diary entries. For more information and eligibility screening, [download the information sheet](#) or contact study staff at (336) 716-9447 or (336) 716-9482.

Diet and Nutrition News

- [Dietary Intake of Vitamin K is Inversely Associated With Mortality Risk](#) (Journal of Nutrition)
- [The Biology and Genetics of Obesity: A Century of Inquiries](#) (NEJM)
- [Health Benefits of Pineapple: Revealed](#) (Medical News Today)
- [CSPI Estimates 400,000 Preventable Deaths from Excess Salt Since 2010](#) (Center for Science in the Public Interest)

- [Opinion: Let Science Decide What Foods to Subsidize](#) (USA Today)
- [Revealed: First Aid Items Found in Your Refrigerator](#) (ABC News)
- [First Ever Study Reveals Amounts of Food Dyes in Brand-Name Foods](#) (Center for Science in the Public Interest)

The Latest on Alternative Therapies

- [Overmedication: Problems and Solutions](#) (NCCAM)
- [U.S. Citizens are Living Longer and Consuming More Prescription Drugs Than Ever, Study Finds](#) (BMJ)
- [Bringing Patient-Centered Care to Patients With Alcohol Use Disorders](#) (JAMA)
- [Hospital Ownership of Doctors' Practices is Linked to Higher Prices and Spending](#) (BMJ)
- [Potential and Pitfalls of E-Cigarettes](#) (JAMA)
- [Annual Preventable Injuries from Pool Chemicals in the Thousands, CDC Says](#) (Medical News Today)
- [Exercising the Mind to Treat Attention Deficits](#) (New York Times)
- [Walking May Prolong Life and Improve Outcomes for CKD Patients](#) (Medical News Today)

Free NCCAM Herbal Supplement Info

The National Center for Complementary and Alternative Medicine (NCCAM) has made their extensive herbal supplement information database ([Herbs at a Glance](#)) available as [an ebook](#), in [Nook/iPad and Kindle formats](#). Specific information on each herbal supplement is also available separately to download in PDF format.



University of Michigan's Healing Foods Pyramid



University of Michigan Integrative Medicine has developed a nine-tier Healing Foods Pyramid, designed to inform and to celebrate food "in all its beauty, variety and healing benefits."

An interactive version is available on the [UMich Integrative Medicine website](#), as well as a printable version.

Recent Publications by CIM Members

Al-Dabagh A, Al-Dabagh R, Davis SA, Taheri A, Lin HC, Balkrishnan R, Feldman SR. [Systemic corticosteroids are frequently prescribed for psoriasis](#). *J Cutan Med Surg*. 2014 May-Jun;18(3):195-9. PMID: 24800708

Alley DE, Shardell MD, Peters KW, McLean RR, Dam TT, Kenny AM, Fragala MS, Harris TB, Kiel DP, Guralnik JM, Ferrucci L, Kritchevsky SB, Studenski SA, Vassileva MT, Cawthon PM. [Grip strength cutpoints for the identification of clinically relevant weakness](#). *J Gerontol A Biol Sci Med Sci*. 2014 May;69(5):559-66. doi: 10.1093/gerona/glu011. PMID: 24737558

Altizer KP, Nguyen HT, Neiberg RH, Quandt SA, Grzywacz JG, Lang W, Bell RA, Arcury TA. [Relationship between nonprescribed therapy use for illness prevention and health promotion and health-related quality of life](#). *J Appl Gerontol*. 2014 Jun;33(4):456-73. doi: 10.1177/0733464812453518. Epub 2012 Aug 1. PMID: 24781966

Arcury TA, Nguyen HT, Summers P, Talton JW, Holbrook LC, Walker FO, Chen H, Howard TD, Galván L, Quandt SA. [Lifetime and current pesticide exposure among Latino farmworkers in comparison to other Latino immigrants](#). *Am J Ind Med*. 2014 Apr 15. doi: 10.1002/ajim.22324. [Epub ahead of print] PMID:

24737498

Avis N, Legault C, Russell G, Weaver K, Danhauer S. [A pilot study of integral yoga for menopausal hot flashes](#). *J Altern Complement Med*. 2014 May;20(5):A51. doi: 10.1089/acm.2014.5133.abstract. No abstract available. PMID: 24805630

Bell R, Arnold E, Golden S, Langdon S, Anderson A, Bryant A. [Perceptions and psychosocial correlates of bullying among Lumbee Indian youth](#). *Am Indian Alsk Native Ment Health Res*. 2014;21(1):1-17. doi: 10.5820/aian.2101.2014.1. PMID: 24788918

Bild DE, McClelland R, Kaufman JD, Blumenthal R, Burke GL, Carr JJ, Post WS, Register TC, Shea S, Szklo M. [Ten-Year Trends in Coronary Calcification in Individuals without Clinical Atherosclerosis](#). *PLoS One*. 2014 Apr 17;9(4):e94916. doi: 10.1371/journal.pone.0094916. eCollection 2014. PMID: 24743658

Cawthon PM, Peters KW, Shardell MD, McLean RR, Dam TT, Kenny AM, Fragala MS, Harris TB, Kiel DP, Guralnik JM, Ferrucci L, Kritchevsky SB, Vassileva MT, Studenski SA, Alley DE. [Cutpoints for low appendicular lean mass that identify older adults with clinically significant weakness](#). *J Gerontol A Biol Sci Med Sci*. 2014 May;69(5):567-75. doi: 10.1093/gerona/glu023. PMID: 24737559

Dabelea D, Mayer-Davis EJ, Saydah S, Imperatore G, Linder B, Divers J, Bell R, Badaru A, Talton JW, Crume T, Liese AD, Merchant AT, Lawrence JM, Reynolds K, Dolan L, Liu LL, Hamman RF; SEARCH for Diabetes in Youth Study. [Prevalence of type 1 and type 2 diabetes among children and adolescents from 2001 to 2009](#). *JAMA*. 2014 May 7;311(17):1778-86. doi: 10.1001/jama.2014.3201. PMID: 24794371

Danhauer S, Levine B, Adam E, Russell G, Avis N. [Effects of integral yoga & wellness education on salivary cortisol parameters in women with menopausal hot flashes](#). *J Altern Complement Med*. 2014 May;20(5):A54. doi: 10.1089/acm.2014.5140.abstract. No abstract available. PMID: 24805638

Davenport EM, Whitlow CT, Urban JE, Espeland MA, Jung Y, Rosenbaum DA, Gioia G, Powers AK, Stitzel JD, Maldjian JA. [Abnormal White Matter Integrity Related to Head Impact](#)

[Exposure in a Season of High School Varsity Football.](#) *J Neurotrauma*. 2014 May 2. [Epub ahead of print] PMID: 24786802

Work Group, Eichenfield LF, Tom WL, Berger TG, Krol A, Paller AS, Schwarzenberger K, Bergman JN, Chamlin SL, Cohen DE, Cooper KD, Cordoro KM, Davis DM, Feldman SR, Hanifin JM, Margolis DJ, Silverman RA, Simpson EL, Williams HC, Elmets CA, Block J, Harrod CG, Begolka WS, Sidbury R. [Guidelines of care for the management of atopic dermatitis: Section 2. Management and treatment of atopic dermatitis with topical therapies.](#) *J Am Acad Dermatol*. 2014 May 7. pii: S0190-9622(14)01257-2. doi: 10.1016/j.jaad.2014.03.023. [Epub ahead of print] PMID: 24813302

Feldman SR. [Improving patients' satisfaction with care.](#) *Clin Dermatol*. 2014 May-Jun;32(3):444-7. doi: 10.1016/j.clindermatol.2013.10.004. Epub 2013 Oct 11. No abstract available. PMID: 24767194

Flight RM, Harrison BJ, Mohammad F, Bunge MB, Moon LD, Petruska JC, Rouchka EC. [categoryCompare, an analytical tool based on feature annotations.](#) *Front Genet*. 2014 Apr 29;5:98. doi: 10.3389/fgene.2014.00098. eCollection 2014. PMID: 24808906

Freedman BI, Divers J, High KP. [The authors reply.](#) *Kidney Int*. 2014 May;85(5):1242-3. doi: 10.1038/ki.2014.40. No abstract available. PMID: 24786886

Hood KK, Beavers DP, Yi-Frazier J, Bell R, Dabelea D, McKeown RE, Lawrence JM. [Psychosocial Burden and Glycemic Control During the First 6 Years of Diabetes: Results From the SEARCH for Diabetes in Youth Study.](#) *J Adolesc Health*. 2014 May 9. pii: S1054-139X(14)00149-9. doi: 10.1016/j.jadohealth.2014.03.011. [Epub ahead of print] PMID: 24815959

Kimes CM, Golden SL, Maynor RF, Spangler JG, Bell RA. [Lessons learned in community research through the Native Proverbs 31 Health Project.](#) *Prev Chronic Dis*. 2014 Apr 17;11:E59. doi: 10.5888/pcd11.130256. PMID: 24742392

Landis ET, Davis SA, Taheri A, Feldman SR. [Top dermatologic diagnoses by age.](#) *Dermatol Online J*. 2014 Apr 16;20(4):22368. PMID: 24746305

Llanos AA, Krok JL, Peng J, Pennell ML, Olivo-Marston S, Vitolins MZ, Degraffinreid CR, Paskett ED. [Favorable effects of low-fat](#)

[and low-carbohydrate dietary patterns on serum leptin, but not adiponectin, among overweight and obese premenopausal women: a randomized trial.](#) *Springerplus*. 2014 Apr 4;3:175. doi: 10.1186/2193-1801-3-175. eCollection 2014. PMID: 24790820

McLean RR, Shardell MD, Alley DE, Cawthon PM, Fragala MS, Harris TB, Kenny AM, Peters KW, Ferrucci L, Guralnik JM, Kritchevsky SB, Kiel DP, Vassileva MT, Xue QL, Perera S, Studenski SA, Dam TT. [Criteria for Clinically Relevant Weakness and Low Lean Mass and Their Longitudinal Association With Incident Mobility Impairment and Mortality: The Foundation for the National Institutes of Health \(FNIH\) Sarcopenia Project.](#) *J Gerontol A Biol Sci Med Sci*. 2014 May;69(5):576-83. doi: 10.1093/gerona/glu012. PMID: 24737560

Oblak AL, Hagen MC, Sweadner KJ, Haq I, Whitlow CT, Maldjian JA, Epperson F, Cook JF, Stacy M, Murrell JR, Ozelius LJ, Brashear A, Ghetti B. [Rapid-onset dystonia-parkinsonism associated with the I758S mutation of the ATP1A3 gene: a neuropathologic and neuroanatomical study of four siblings.](#) *Acta Neuropathol*. 2014 May 7. [Epub ahead of print] PMID: 24803225

Paolini B, Rejeski J, Laurienti P. [The role of meal replacements in regulating the hedonic brain network of appetite.](#) *J Altern Complement Med*. 2014 May;20(5):A31. doi: 10.1089/acm.2014.5076.abstract. No abstract available. PMID: 24805571

Paolini BM, Laurienti PJ, Norris J, Rejeski WJ. [Meal replacement: calming the hot-state brain network of appetite.](#) *Front Psychol*. 2014 Mar 25;5:249. doi: 10.3389/fpsyg.2014.00249. eCollection 2014. PMID: 24723901

Park J, Pauley C, Oh EY, Lim PF, Molsberger A, Maixner W. [Patient centered outcomes after receiving acupuncture for temporomandibular joint disorders.](#) *J Altern Complement Med*. 2014 May;20(5):A46. doi: 10.1089/acm.2014.5119.abstract. No abstract available. PMID: 24805616

Park SU, Cho SY, Park JM, Ko CN, Park HJ, Cotter AC, Park JJ. [Integrative treatment modalities for stroke victims in Korea.](#) *J Altern Complement Med*. 2014 May;20(5):A103. doi: 10.1089/acm.2014.5272.abstract. No abstract available. PMID: 24805389

Phillips KA, Bales KL, Capitanio JP, Conley A, Czoty PW, 't Hart BA, Hopkins WD, Hu SL, Miller LA, Nader MA, Nathanielsz PW, Rogers J, Shively CA, Voytko ML. [Why primate models matter.](#) *Am J Primatol.* 2014 Apr 10. doi: 10.1002/ajp.22281. [Epub ahead of print] PMID: 24723482

Rosenquist PB, Miller B, Pillai A. [The Antipsychotic Effects of ECT: A Review of Possible Mechanisms.](#) *J ECT.* 2014 May 7. [Epub ahead of print] PMID: 24810776

Sidbury R, Davis DM, Cohen DE, Cordoro KM, Berger TG, Bergman JN, Chamlin SL, Cooper KD, Feldman SR, Hanifin JM, Krol A, Margolis DJ, Paller AS, Schwarzenberger K, Silverman RA, Simpson EL, Tom WL, Williams HC, Elmets CA, Block J, Harrod CG, Begolka WS, Eichenfield LF. [Guidelines of care for the management of atopic dermatitis: Section 3. Management and treatment with phototherapy and systemic agents.](#) *J Am Acad Dermatol.* 2014 May 7. pii: S0190-9622(14)01264-X. doi: 10.1016/j.jaad.2014.03.030. [Epub ahead of print] PMID: 24813298

Sohl SJ, Avis NE, Stanbery K, Tooze JA, Stephenson K, Danhauer SC. [Feasibility of yoga skills training for improving outcomes of gynecologic surgery.](#) *J Altern Complement Med.* 2014 May;20(5):A53-4. doi: 10.1089/acm.2014.5139.abstract. No abstract available. PMID: 24805637

Strowd RE, Wabnitz A, Balakrishnan N, Craig J, Tegeler CH. [Clinical Reasoning: Acute-onset homonymous hemianopia with hyperglycemia: Seeing is believing.](#) *Neurology.* 2014 Apr 15;82(15):e129-33. doi: 10.1212/WNL.0000000000000308. PMID: 24733863

Studenski SA, Peters KW, Alley DE, Cawthon PM, McLean RR, Harris TB, Ferrucci L, Guralnik JM, Fragala MS, Kenny AM, Kiel DP, Kritchevsky SB, Shardell MD, Dam TT, Vassileva MT. [The FNIH Sarcopenia Project: Rationale, Study Description, Conference Recommendations, and Final Estimates.](#) *J Gerontol A Biol Sci Med Sci.* 2014 May;69(5):547-58. doi: 10.1093/gerona/glu010. PMID: 24737557

Sugai DY, Gustafson CJ, De Luca JF, Davis SA, Jorizzo JL, O'Rourke KS, Feldman SR. [Trends in the outpatient medication management of lupus erythematosus in the United States.](#) *J Drugs Dermatol.* 2014 May 1;13(5):545-52. PMID: 24809877

Washburn LK, Brosnihan KB, Chappell MC, Diz DI, Gwathmey TM, Nixon PA, Russell GB, Snively BM, O'Shea TM. [The renin-](#)

[angiotensin-aldosterone system in adolescent offspring born prematurely to mothers with preeclampsia](#). *J Renin Angiotensin Aldosterone Syst.* 2014 Apr 15. [Epub ahead of print] PMID: 24737639

Wells RE, Smitherman TA, Seng EK, Houle TT, Loder EW. [Behavioral and Mind/Body Interventions in Headache: Unanswered Questions and Future Research Directions](#). *Headache.* 2014 Apr 15. doi: 10.1111/head.12362. [Epub ahead of print] PMID: 24735261

White D, Neogi T, King WC, Lavalley M, Kritchevsky SB, Nevitt MC, Harris TB, Ferrucci L, Simonsick EM, Satterfield S, Strotmeyer ES, Zhang YQ; for the Health ABC study. [Can Change in Prolonged Walking Be Inferred From a Short Test of Gait Speed Among Older Adults Who Are Initially Well-Functioning?](#) *Phys Ther.* 2014 May 1. [Epub ahead of print] PMID: 24786943

Zambon JP, de Sá Barretto LS, Nakamura AN, Duailibi S, Leite K, Orlando G, Ross CL, Peloso A, Almeida FG. [Histological changes induced by Polyglycolic-Acid \(PGA\) scaffolds seeded with autologous adipose or muscle-derived stem cells when implanted on rabbit bladder](#). *Organogenesis.* 2014 Apr 1;10(2). [Epub ahead of print] PMID: 24810568

Calendar of Events

Our online calendar of events has been updated, and features an up-to-date listing of local happenings, regional and national workshops and conferences, and international symposiums. Bookmark the following links for ongoing event news related to integrative medicine:

[Local/Regional Events](#)

[National/International Events](#)

Join the CIM eNewsletter List

Join our free mailing list and stay up-to-date on valuable integrative medicine information.

YES! I want to JOIN the CIM eNewsletter list!

Please [unsubscribe](#) me from the WFBH CIM eNewsletter list.

In Closing...

If you would like us to help promote non-profit integrative medicine related information or events, contact CIM at CIM@wakehealth.edu. All Center members are encouraged to submit information on services, awards, and publications.

Disclaimer: The information on this email is for general informational purposes



only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

[Forward email](#)



Try it FREE today.

This email was sent to cim@wakehealth.edu by cim@wakehealth.edu | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
WFUBMC-Center for Integrative Medicine | Medical Center Boulevard | Winston-Salem | NC | 27157