

What's Up with These Docs?

Four specialties are taking fresh approaches to conventional medicine.

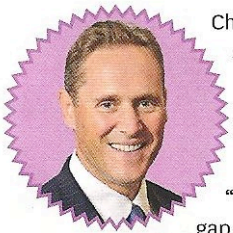


EVER HEARD of a skin shrink? Or a holistic dentist? Such doctors are part of a creative breed of specialists striving to fill holes in our fragmented healthcare system. Their focus is on the underlying causes—physical and emotional—of health problems; instead of surgery or a drug, they might prescribe hypnosis or yoga. Meet four innovative practitioners and learn what their fields can do for you. —**LESLIE GOLDMAN**

THE PHYSIATRIST

"When it comes to back pain, we believe medication is mightier than the scalpel."

—**GREGORY E. LUTZ, MD, NEW YORK CITY**



Chronic back pain sufferers tend to choose one of two options: alternative medicine (like acupuncture) or surgery, says Lutz. "Physiatrists bridge the gap between those two

extremes." Their goal is to help patients heal with minimally invasive care, using physical therapy, drugs, and biological treatments that stimulate the body's immune system to repair degenerating discs. About 95 percent of Lutz's patients are able to avoid an operation.

THE HOLISTIC DENTIST

"The mouth is a window into your overall health."

—**LINA GARCIA, DDS, DMD, SOUTH BARRINGTON, ILLINOIS**



Poor oral health isn't as simple as cavities and swollen gums. Infections in your mouth allow bacteria to reach other parts of your body, from your arteries to your lungs.

"Teeth aren't our main concern—avoiding future health issues is," explains Garcia. To that end, holistic dentists aim to treat the sources of your periodontal problems—with natural rinses, diet counseling, even meditation—in addition to the symptoms.

THE HYPNOTHERAPIST FOR IBS

"Hypnosis appears to calm the GI tract."

—**OLAFUR S. PALSSON, PSYD, CHAPEL HILL, NORTH CAROLINA**



Only about half of irritable bowel syndrome patients will find real relief after six months of treatment. This statistic led Palsson to develop a radically different therapy—a

hypnosis technique that soothes the digestive system. After seven sessions, patients see a 50 percent reduction in their symptoms, on average. More than 400 mental health professionals in the country use this method.

THE PSYCHODERMATOLOGIST

"We're often called skin shrinks because we help you heal from the inside out."

—**JOSIE HOWARD, MD, SAN FRANCISCO**



Stress, Howard says, triggers the release of inflammatory hormones in the body, which can aggravate conditions from acne to eczema, psoriasis, warts, and

rosacea. Rather than doling out creams and pills, the practitioners in Howard's field focus on addressing troubling emotions through treatments like talk therapy, yoga, antidepressants, and biofeedback.

TWO
WEEKS TO
HEALTHIER
GUMS.



Slides up to 50% more easily in tight spaces.*

Simply use Oral-B Glide Pro-Health Clinical Protection Floss as part of your complete dental routine.

Oral-B
Glide
PRO-HEALTH

*vs. regular floss.

© Procter & Gamble, Inc., 2012