



PRESS RELEASE FOR IMMEDIATE RELEASE

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Alternatives for Fighting Allergies (Without Side Effects) Lecture will describe the full arsenal of strategies for victory over allergies

CHAGRIN FALLS, OH — April 10, 2009 — Spring pollen counts often focus attention on allergies, but environmental allergies also can include many indoor substances that cause suffering year-round. Likewise, food allergies can be triggered by preservatives and artificial colors or flavors as well as by specific foods that are easier to identify. And while certain life-threatening allergic reactions definitely require pharmaceutical treatment, many prescription and over-the-counter drugs used to alleviate common allergy miseries cause side effects such as headaches, dry mouth, constipation, and grogginess.

Certified Integrative Medicine physician Dr. Barbara L. Bakus will discuss holistic avoidance tactics and natural remedies without side effects for dealing with allergies in an informal lecture Thurs., April 23, from 7:00 to 8:00 p.m. at Whole Foods, 27249 Chagrin Blvd., Woodmere, OH 44122. Topics will include the many ways the body manifests allergic reactions and various methods that increase the immune system and decrease histamine release. The lecture is free and open to the public, and will include time for questions.

This is the second in a series of lectures by Dr. Bakus at Whole Foods. Future dates and topics include:

- May 21 – Menopause and PMS
- June 25 – Prostate Health

Dr. Bakus is the lead physician at American Integrative Medicine, LLC (AIM) in Chagrin Falls, OH. She is a certified Integrative Medicine physician from Dr. Andrew Weil's Center of Integrative Medicine at the University of Arizona. She also was graduated from the UCLA/Sanford Helms Medical Acupuncture course, and practices Medical Acupuncture from AIM's office. In addition, Dr. Bakus is a Board Certified Family Practitioner. She received her training from the Ohio University College of Osteopathic Medicine, and served her Family Medicine residency through the Cleveland Clinic's South Pointe Hospital, where she is now Director of the Fleet Family Medical Clinic.

Integrative Medicine is the thoughtful combination of both traditional Western medicine and non-traditional medicine to produce the most effective treatment plan for the patient. It takes into account the whole person, including all aspects of lifestyle. It is highly personalized, and gives the patient knowledge and empowerment for his or her disease and symptoms. Patients benefit from the full range of treatment options, including traditional modalities such as physicals, screening tests, vaccinations, prescriptions, injections, and surgery as well as other proven treatments that include acupuncture, massage, guided imagery, self hypnosis, and nutritional supplements and herbal remedies that don't have side effects that frequently are associated with pharmaceutical agents.

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The Fellowship program at Dr. Andrew Weil's Center of Integrative Medicine at the University of Arizona requires two years of intensive training in areas including botanical medicine, mind-body interactions, nutrition, and physical activity. Its focus is on the practical application of approaches that have scientific evidence and/or a history of traditional use. For more information, visit: www.integrativemedicine.arizona.edu.

Dr. Bakus is the only Board Certified Family Practitioner in Northeast Ohio who is also a certified Integrative Medicine physician from Dr. Andrew Weil's Center. For more information, call: 440-543-2243.