



Advanced Healthcare Solutions Spring Newsletter

April 2010

Upcoming Spring Events

Weight Loss & Detox Seminar

April 10
10:00 AM

ExFuze Tasting

April 13
6:00 PM

Healing with Acupressure: New Patient Workshop

April 14
6:30 PM

Spring Organization Workshop with Julie Seibert

April 19
6:30 PM

How to Survive in a Toxic World: Part 1

April 21
7:00 PM

Weight Loss & Detox Seminar

April 28
6:30 PM

A Letter from Marc Cutler

Dear Patients and Friends,

I hope you have enjoyed 2010 thus far and have made some smart decisions regarding your wellness. So far this year, our office has had great health and wellness successes!

We've had great wins in alleviating people's headaches and migraines, in decreasing people's depression and anxiety, as well as aiding with weight loss through our new program. We are also happy to announce that we have helped a couple women get pregnant after years of fertility trouble.

It is so amazing and gratifying to see people have their health restored and get their lives back. We are thrilled to say that we have done all this without any drugs, pharmaceuticals, or surgeries. Here at our office, we are excited to see what the following year brings – and we hope that you, your



family, and your friends will be there to see what's in store!

Warmly,

Marc S. Cutler

Tips for Cleaning Greener at Home

Do them all today or take it step by step -
- whatever works to get you cleaning greener!

- Use only what you need
- Clean with windows open
- Use gloves and other precautions
- Keep kids away
- Never mix bleach with ammonia, vinegar, or other acids
- Buy *certified* green products
- Try natural alternatives
- Dispose of your old toxics safely

From the Environmental Working Group.
For more information about green cleaning, visit www.ewg.org.

Exfuze- Extracts Fuzed together
Gac, Acai, Goji, Noni, Brown Seaweed,
Mangosteen, Seabuckthorn



A Few Common Benefits: reverse the signs of aging, improve sleep, increase mental focus, and increase energy. Who can't use that?

Join us on May 8 to learn more about this revolutionary new product with the lead research scientist behind Exfuze. Seats are limited. Fee is \$15.00. Each registrant will receive a free gift of one case of Exfuze travel packs. RSVP to Sharonahs@gmail.com Visit Exfuze.com/ SharonCutler and look under Product to learn more and read research studies.

Metro Bravo Awards

It's that time again!
Log on today to vote for
your favorites in the
triangle! Don't forget to
nominate **Marc** for **Best
Acupuncturist** and
**Advanced Healthcare
Solutions** for **Best
Wellness Center**.

It's easy! Log on to:
[http://
bravo.metronc.com/
vote/](http://bravo.metronc.com/vote/)

Vote for at least 20
different categories.

(Go to "Healthcare" to vote or us)

How to Get Your Vitamins: Eat Them!

These foods are full of vitamins you need to feel your best!

Vitamin C

Broccoli
Red bell pepper
Brussels sprouts
Papaya

Beta Carotene

Carrots or carrot juice
Canned Pumpkin
Frozen spinach
Sweet potato

B12

Clams
Rainbow trout
Sockeye salmon
Beef

Vitamin E

Almonds
Sunflower seeds
Hazelnuts
Sunflower oil
Peanut butter

Folate

Lentils
Garbanzo beans
Asparagus
Black beans
Orange Juice

B6

Potato
Banana
Garbanzo beans
Chicken

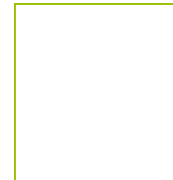
Information from *Vitamin Truth & Lies* by Christie Aschwanden for Reader's Digest .

Mother's Day 

FREE New Patient Consultation

Know a mother or someone who wants to be?
Have her bring this newsletter in for a free new patient consultation!

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Return Service Requested



From the Desk of Sharon Cutler

Dear Friends,

Thanks for tuning into our Spring newsletter. We have a lot of great things going on at AHS and want you to be a part of it. We've hired a wonderful new Massage Therapist, Hannah Mitchell. She graduated from Miller-Motte and is a native of Detroit, Michigan. She gets a big thumbs up from Marc, Chris and Ginny (I haven't had time to get a massage yet, but am looking forward to it!) I've seen many relaxed faces walking up to the front desk following a massage--you know that look, where every muscle in your body feels a little bit softer, you are walking just a little bit lighter, you don't care that your hair is sticking up a bit and for just a while you can't remember what all that tension in your neck and shoulders was about--that look. I've been seeing it a lot and it makes me smile. We should all have a little bit more of that in our lives.

Another very exciting event....drum roll please....We have hired a new Acupuncture Associate. He will be flying out from California the first week in April. His name is Jake Robinson, he grew up on the west coast and is very excited to explore and learn more about the east coast. One of our pre-interview steps is to send a series of questions to the candidate. Jake's responses were so thorough and so passionate about his love of acupuncture and his desire to help people get well naturally. I was honestly a little misty-eyed when reading it--it was so sincere and genuine. He flew out for a few days in March and got high marks from everyone. He met many of our patients and attended Marc's Weight Loss/Cleanse workshops where about 40 people attended. He got to talk with a lot of people at the workshop and commented on how very friendly and nice everyone is. He mentioned before leaving that what he has heard about the south is true and he was so touched by the warmth and kindness of everyone he met here--from the hotel to the office everyone was so warm and welcoming. It's always nice to hear that about where you live, I think I take it for granted that we are all good to each other. So, give yourself a big hug and know that you are friendly, kind and that you made someone feel welcome. We can never have too much of that.

Personally we've had some exciting events as well. Christin, our Practice Manager, bought a cute house in Mt. Pleasant South Carolina with her high school sweetheart. She will be driving back and forth and staying with us during the week. (Personal request--please don't say anything about this being a 'tough' or 'long' drive. Talk about how pleasant it is to have some quiet time to reflect or catch up on conversations with friends. She's still young and has the energy for this drive.) Our other new homebuyer is Ginny. She bought a great house in Raleigh and we are so excited for her. She's been looking for just the right place for a little while now. I think what amazes me about both Ginny and Chris is how mature and responsible they both are. They definitely have my admiration. It is such a pleasure and gift to work with such intelligent, hard-working and fun-loving young women. Both will clearly be leaders in our community and continue to make differences in the lives of those around them.

Marc, Noah and I are doing very well. Noah is 5 now. I still can't believe it. I had to run out to Target last night to get him pajamas for 'pajama day' at TaeKwonDo camp and realized that I had to shop in the boys section and not the toddler section anymore. Time passes so differently when measured with a child! We took a little break in January and went to Disney World. This was quite an adventure! We had a great time, enjoyed some wonderful relaxation on the lazy river at Discovery Cove and really experienced the wonder of it by seeing it all through the eyes of a 5 year old!



Marc is doing great and looking forward to having a colleague in the practice. He has been taking ongoing continuing education classes and has been studying with one of the Master's of pulse diagnosis. He will be going to California for a long weekend in September to complete his ongoing training.

I am really enjoying my work at the practice. I am working with Marc and Chris in our 'Weight Loss and Cleanse Program'. I honestly didn't know how much fun this would be but I tremendously enjoy the wins and 'losses' people are having on this program. It is so satisfying to see people getting results with their weight loss goals and regaining their health and vitality.

However, the most exciting thing I'm working with is a new product called Exfuze. This is a liquid nutritional supplement made from the extracts of 7 plus different super foods. Because it's made with extracts it is much stronger than a single fruit concentrate and there are no yucky additives. As you can imagine, we are approached frequently with new products, however, Marc is very careful about what we carry in the office and we've never seen anything that we felt completely comfortable with, until now. We've both done the research on this product and are so impressed with the ingredients and what's in it and even more impressed with what is not in it. Marc and I have been using it for a couple of months and feel great, Noah practically demands it every morning and we've even given it to our dog Cassidy. Plus, we've seen great benefits for other people that are using it. It's one of those things I just want to shout about and tell everyone because it is just so good for you, no matter who you are! Take a look at the information inside or email me to learn more.

OK-I think that sums it up for now. Thank you for your time and for letting us get caught up. As always, we are interested in what is going on in your life as well. Please drop an email, give a call or stop by and see us. We want to hear about you. For those of you we see regularly, it is always a pleasure, for those of you we haven't seen in a while, we miss you and would love to catch up. Our doors are always open and you will always be welcome.

All the best to you and your family as we head into this beautiful warm weather. Enjoy the rest of the newsletter and come and see us soon.

In Good Health,

Sharon

PS: If some of you are still stuck on the second paragraph about the associate rest assured that the answer is 'yes,' Marc will still be treating you. We may give him a day off here and there, but otherwise he will still be your acupuncturist. However, don't be surprised if you find yourself asking to get a treatment with Jake...he is already highly skilled and is now being mentored by Marc.

"It's hard to believe in December I was taking 2100mg of Relasen and 8 Tramadols a day and my inflammation and pain was still at a 10. With 2 ounces of Exfuze a day I feel like I have a new lease on life." Diane Norman, ABR Broker, Linda Craft and Team