

Hello,

My name is Mike Corradino and I am a Doctor of Acupuncture and Oriental Medicine. I have been practicing Traditional Chinese Medicine for over 12 years, I have my Master in Traditional Oriental Medicine and my clinical Doctorate in Acupuncture and Oriental Medicine, have been trained in China, lectured at Western Medical schools, am a clinical supervisor at Pacific College of Oriental Medicine (San Diego campus), and have been on TV answering Q&A on acupuncture and it's effects. I am writing this letter because it is my passion to help people resolve their health issues with a comprehensive, highly effective field of an all-natural medical system. In my years of practice I have helped many people with internal medical problems, chronic pain, orthopedic conditions, sport related injuries, and general well-being and overall health enhancement.

My dear friend, teacher, and training partner Steve Cotter at www.FullKontakt.com has been instrumental throughout this process since it was through the internal kung fu system of Xing Yi Quan, 15 years ago, where we met and I had first-hand observed the lifestyle of a true warrior walking through life in balance utilizing these ancient methods. I strongly encourage you to look at his website for he is highly impressive and informative.

If we take a look at history and observe the natural rhythms of human culture and the development of medicine we can predict the evolution of a hybrid medicine merging between Western medical science with Western testing and examinations with the treatment of Eastern medical philosophy and Chinese/ Eastern Herbal pharmacology in the effort to prevent and treat diseases as well as to maintain a healthy long life.

We have already seen the negative side effects from pharmaceutical medications, the continued unresolved conditions from ineffective current treatment, and the abuse from the pharmaceutical industry. This awareness is growing and leading to the education and the appreciation in other areas and modes of effective, natural medicine.

The integration of Western sciences and Traditional Chinese Medicine is my focus on two special levels. The first is the effort to educate the masses, including Western medical doctors, students of TCM, and the general public. The second is the research and development of an all-natural herbal nutraceutical product line that has been formulated utilizing the integration of the latest Western sciences and biotechnology and combining that with the time tested Traditional Chinese Herbal Medicine, that I and many other practitioners have personally experienced the positive effects of in clinical practice. I believe that these two fields do not have to be separated and feared for they work extremely well when applied appropriately together.

The art of medicine is the art of balancing and strengthening the body's internal organs and harmonizing the body's internal rhythms. As in nature we see rhythms, so does the human body. The lunar cycles, seasonal changes, animal migration, and the simplistic daylight and night time cycles.

These are visible rhythmic changes that, however highly sensitive, all affect humans in many ways. Traditional Chinese Medicine specifically attempts to provide the proper environment for our body to slip, return, or guide itself back into it's own strong, flowing, sensitive natural rhythm. When we combine the advancement of Western biochemistry and biotechnology with these time tested herbal prescriptions we have a winning combination.

Now I would like to present some simple daily routines so that you can immediately begin to implement a natural, healthy lifestyle into your daily routines to keep the doctor away. Stress is the number one cause of chronic illness in our country today. We are affected by stress through the impurities in the food we ingest, toxins in the air we breathe, daily emotional stress, work related stress, and of course any medications that we are taking-over the counter or prescription. All these factors influence our bodies and create stress on our nervous systems, which in turn stresses our internal organs, which in turn affects our entire body. So it is important to have stress

relieving and stress protecting exercises and natural remedies to help to alleviate the effects from stress from our bodies.

Some simple daily supplements that can be taken to help our bodies defend against and protect against the effects of stress are Green tea (L-Theanine), B-12 or a B Complex, St John's Wart, Taurine, 5HTP, Valerian root, Co-Q 10, and DHLA. You can pick these supplements up at your local health food store. The quality is extremely important and I do recommend that you research the source not just pick them off the shelf and start taking them. There are many nutraceuticals companies that specialize in that area. These daily supplements consist of different types of amino acids, antioxidants, herbs, and nutrients that reduce free radicals, promote a healthy nervous system, and gives your body the necessary tools to combat the effects of stress, anxiety, sleep disorders, and emotional imbalances.

Breathing is very important, as without breath we die! I will attempt to teach you a simple breathing exercise that helps to promote the drainage, and pump the lymphatic system as well as help to alleviate stress from your nervous system while calming your mind. We start with inhaling for a count of 7 seconds. Holding your breathe for a count of 9 seconds. Then exhaling for a count of 12 seconds. This is all done with diaphragmatic breathing. Which means that you breathe, inhaling through your nose while expanding your abdomen and lifting your navel outwards. Fill your body (lower abdomen) with air, chi. Visualize your breath penetrating your lower abdomen and filling like a balloon. While holding your breath, contain your balloon with air, chi. While you exhale through your mouth, visualize your breath exiting your mouth in a darker color. This simple breathing exercise can help you relax, smooth your nervous system, pump your lymphatic and blood system, promotes the exchange of impurities and gases from your blood, while calming and regulating your mind.

So, the next time that you are feeling stressed and run down, put down the pill and drink a cup of good green tea and breath!!!! I am not offering medical advice or care to

the readers, but only general info, and nothing I said is intended to cure, Tx or diagnose any disease. Thank you for your time.

For more information and any questions feel free to contact me at:

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Sincerely and wishing you Health, Wealth, Happiness, and Longevity,
Michael Corradino, DAOM,L.Ac