

## DID YOU KNOW?

\*Research has revealed the beneficial results of meditation on the immune system.

\*Deficiencies in vitamin D have been linked to cancer, chronic pain, diabetes and heart disease.

## INSIDE THIS ISSUE

Men's Health	2
Event Schedule	3
Positive Healing	3
Muscle Health	4
Cold and Flu Prevention	5
Delights of Vit. D	6
Bone Health	7
Who's Who at Avante	8

## SPRING'IN INTO SUMMER AND SATURDAYS

### Jason Harmon, ND

Greetings to all after a long and cold winter! We, at Avante, would like to thank the community for their support and understanding during our recent growth spurt.

With the addition of Torrey Smith, ND, Saturday hours and preparation for Christine Sagan, ANP joining



our clinic, your flexibility has been greatly appreciated during these exciting and expansive times.

To better serve you, we have added staff and opened Saturday hours. Our goal is to provide world class medical care with same day service, six days a week, by providing the best in integrative medicine for Alaskans.

Thank you and have a wonderful summer!

## TREAT YOUR ALLERGIES NATURALLY AND EFFECTIVELY

### Jennifer Lush, ND

With the sudden onset of longer daylight hours in Alaska, it seems as if seasonal allergies can also appear suddenly and intensely. Most people realize that sunshine and warmer weather causes trees, grasses and flowers to bloom and irritate our bodies' immune responses. However, we also have to deal with irritation from molds, dusts, animals, chemicals and foods all year long. It is often the extra load of the plant allergies in warmer seasons that cause the symptoms of seasonal allergies while we 'silently' battle the other components listed above. Conventional treatment of allergies typically involves suppressing the body's immune response, primarily via a well-known substance called histamine. It would be more ideal to remove the allergen or retrain the body to not over-react with large amounts of histamine or other immune markers. We need small amounts of histamine to keep us healthy so it's not ideal to just suppress this substance.

Luckily, we have a system of identifying and treating all types of allergens (plants, foods, animals, environmental) called 'Allergy Provocation and Neutralization'. This type of testing and treatment is really very simple and scientific (see research reference listed below). A trained allergist has extractions of the very things that irritate and cause allergies to occur. The allergist will match your symptoms and history from your primary care practitioner and outline which extractions are most appropriate to test. These extractions or antigens are then injected one by one just under the first layer of your skin. Your body will demonstrate an immune response locally to these antigens by creating a red raised area around the injection, or wheel. The allergist can measure the severity of your allergy by your symptoms and the size of the wheel. The treatment is then found by giving you the same substance that irritates you in a very small amount (let's say it's cat dander). You will take the minute amount of cat dander that has been put into solution and take this at home in a liquid form. Your immune system is then re-trained so it won't overreact the subsequent times it is exposed to cat dander- it is effectively neutralized to the cat dander.

## MEN'S HEALTH

### Man Food

Gary Ferguson, ND

A recent long-term Finnish study found that eating chocolate appears to help men stay healthy into old age. Researchers at the universities of Oulu and Helsinki have been tracking a group of businessmen since the 1960s, The Times of London reports. The men were born between 1919 and 1934 and are now in their 70s and 80s. The research team reported in the European Journal of Clinical Nutrition that 1,367 of the subjects with an average age of 76 responded to a recent survey. In that group, 860 reported eating chocolate, 399 other sweets and the rest no sweets at all. The chocolate eaters had slimmer waists, were less likely to have diabetes and were somewhat better educated than those who ate other types of sweets. They also said they felt healthier, reported being less depressed and lonely and were more likely to be making plans for the future. Other healthy foods for men that have recently gotten some positive press:

- 1. Tomato Sauce.** Men who eat a lot of tomatoes, tomato sauce, or pizza smothered with the stuff may be giving themselves a hedge against prostate cancer, so say researchers at Harvard, who studied the eating habits of more than 47,000 male health professionals. They found that men who ate tomato sauce two to four times per week had a 35 percent lower risk of developing prostate cancer than men who ate none. A carotenoid called lycopene, which tomatoes contain in abundance, appeared to be responsible. But scientists were puzzled: tomato juice didn't seem to have a protective effect. Other research showed why. For best absorption, lycopene should be cooked with some kind of fat. So pizza may be just what the doctor ordered. Just make that crust a whole-grain one!
- 2. Oysters.** Myth has it that oysters are the food of love. Science may agree. Just two to three oysters deliver a full day's supply of zinc, a mineral critical for normal functioning of the male reproductive system. Scientists are divided over reports that sperm counts have declined over the last 50 years and that environmental factors are to blame. Nutritional deficiencies do seem to be the cause of certain cases of low testosterone. Getting adequate zinc is sometimes the answer (18 mg per day is the RDA for men). In one trial, 22 men with low testosterone levels and sperm counts were given zinc every day for 45 to 50 days. Testosterone levels and sperm counts rose.
- 3. Broccoli.** A recent Harvard study finds that cruciferous vegetables, like broccoli, may protect against bladder cancer. It's one of the most common cancers in this country, and affects two to three times as many men as women. Scientists analyzed the diets of nearly 50,000 men and discovered that those who ate five servings or more per week of cruciferous veggies were half as likely to develop bladder cancer over a ten-year period as men who rarely ate them. Broccoli and cabbage were singled out as the most protective of these foods.
- 4. Watermelon.** Until the age of 55, more men suffer from high blood pressure than do women. Research suggests that foods rich in potassium can reduce the risk of high blood pressure and stroke. The evidence is so convincing that the Food and Drug Administration recently allowed food labels to bear a health claim about the connection between potassium-rich foods and blood pressure. "There isn't a dietary requirement for potassium, but a good goal is about 2000 milligrams or more a day." Watermelon, a rich source of this mineral, has more potassium -- 664 mg -- in one large slice than the amount found in a banana or a cup of orange juice. Something to look forward to as the coming season brings us fresh watermelon!

VISIT OUR WEBSITE AT  
[WWW.AVANTEMEDICALCENTER.COM](http://WWW.AVANTEMEDICALCENTER.COM)

For best absorption, lycopene should be cooked with some kind of fat.

## CALENDAR OF EVENTS

### Fall Detox Class:

Please join Dr. Liane Erickson and Dr. Jennifer Lush as they show you ways to cleanse your body through diet, supplements and body treatments. Cost: \$200 (not including supplements)

**Dates to be announced, so check our website under “Calendar of Events” or call our front desk.**

(Pre-registration is require so please call Avante at 770-6700 to sign up)

### Valdez Clinic--May 19th and 20th

Dr. Liane Erickson will be holding clinic at Providence Medical Center to provide well child exams, women’s physicals (including Pap smears), as well as general family medicine. Please call Avante at (907) 770-6700 to book your appointment today.

### Bones for Life Postural Healing with Grant Gibbs

Bones of Life will return Fall 2007. Keep checking the website for class days and times.

### Calling All Moms

Are you a mom interested in getting together with like-minded women? Dr. Liane Erickson has gathered a group of moms to meet once a month to talk about issues such as attachment, parenting, vaccinations, food, home schooling, etc. Most appropriate for moms with children from birth to five, but all are welcome (even kids!)

Meeting Times: First Thursday of every month, 6 p.m. at Avante

### Announcements

**Jen Bersch** has moved her holistic spa services and classes to Salon Divinci. For appointments and class dates, please call 562-4247.

**Jeri Dreyer** has opened her colon hydrotherapy clinic. For an appointment or more information please call 250-0096.

For more information, class updates, additions or reschedules, please visit our website at:

**[www.avantemedicalcenter.com](http://www.avantemedicalcenter.com)**

## POSITIVE HEALING

**Lori Zitzmann, ANP**

When Western scientists first began studying the effects of meditation in the 1970’s, they noticed that heart rate, blood pressure, respiration, and other signs of stress decreased as meditators relaxed. More recently, research has revealed the beneficial results of meditation on the immune system. Increased antibody levels against viruses and bacteria have been found in blood samples of individuals practicing regular breathing, relaxation, or other meditation techniques. Many other studies support the role of the mind in the healing process.

A new area of science, called epigenetics, incorporates the influence of the mind on cellular function. Discoveries about how the biochemical effects of the brain’s functioning impact all of the cells in our bodies reveal the power of our thoughts. Bruce Lipton, PhD, renowned cellular biologist, describes in his book “The Biology of Belief” the precise molecular pathways through which this occurs. He cites research identifying the processes by which our cells receive information. Lipton points out genes and DNA do not control our biology solely. Instead, DNA and genetic expression can be controlled, at least in part, by signals outside the cell, including the energetic messages emanating from our positive and negative thoughts.

This breakthrough concept is fundamental in all healing for it recognizes that when we change our thoughts, perceptions, or beliefs, we send totally different messages to our cells and can perhaps reprogram their genetic expression. This may help explain the phenomenon of spontaneous remissions of chronic illness or people who recover from injuries thought to be permanently disabling.

We know the energy of the mind can be used to facilitate both physical and emotional healing, but not everyone is ready for a formal meditation practice. In our busy days, agitation and distraction are often the norm. You do not need to spend an hour a day trying to “empty the mind” to receive the profound benefits of this therapy. It needn’t be esoteric or difficult. The simple practice of allocating even five to ten minutes a day toward consciously slowing our breathing, especially lengthening the exhalation, while focusing the mind on positive thoughts, can be very healing.

Since what happens in our mind is often reflected in our physical bodies, transforming the mind in a positive way can enhance healing. As human beings, we tend to focus on the bad and overlook the good. When we feel negative or disturbing thoughts creating tension or stress, we can choose to substitute positive thoughts in their place. The replaced object of our focus can be almost anything: a place, person, thing, sound, color, deity, or even our own breath. The key is to choose something that is both positive and appealing to us. I invite you to try and incorporate this powerful technique into your day and remain open to the feedback you receive on both the conscious and unconscious levels.



**AVANTE**  
Medical Center, LLC

## MUSCLE HEALTH

### Perpetuating Factors--What are they and how do they affect us?

Judy Hartford, CMTPT

There are many important factors that make the difference in the treatment of myofascial pain, between a temporary relief and a lasting, successful therapy treatment. Below is a list of some of the main factors that contribute to myofascial and muscle pain. With a better knowledge of what causes pain, you can help to prevent it before it starts.

First and most obvious is MECHANICAL STRESS. This could be from a structural cause, like a long second toe, short upper arms, short leg, level or tilted sacrum, uneven shoulders or scoliosis. Mechanical stress can also be caused by your posture while sitting, standing and sleeping. There may be a variety of reasons for poor posture such as a work station that doesn't fit, or habits such as putting weight on heels or locking knees when standing, which causes the head to move forward for balance, therefore losing the normal curve in the lumbar and neck regions.

IMMOBILITY, or lack of movement, when concentrating at the computer, reading too long in one position, or being immobile due to a fracture, may all cause muscles to be held in shortened positions that may aggravate or perpetuate myofascial trigger points (TrPs) or "knots".

OVERLOADING muscles through repetitive movements will initiate TrPs. Sports, playing musical instruments and repetitive tasks are examples. Neck and facial pain can be caused by continued emotional stress.

NUTRITIONAL INADEQUACIES or deficiencies in the water-soluble vitamins and calcium/magnesium, iron and potassium are especially important to consider and are common when one has a poor diet. Trigger points are more likely to develop when there is a deficiency in thiamine (B1) such as calf cramps, constipation, fatigue and edema. It is also important as an energy source along with the thyroid gland in producing T3 and T4. B6 and folic acid are intertwined to transport and store protein. Vitamin C can prevent post exercise soreness and interact with other vitamins important to muscles.

PSYCHOLOGICAL FACTORS. Patients who have lost hope because of failed treatments or have been told they would have to live with the pain of degenerative disc or joint disease often live in dread of aggravating their condition by moving. This results in restricted movement and avoidance of stretching, both of which would actually help their situation. Inactivity perpetuates TrPs. Depression, fear, anxiety and tension are expressed in sustained muscle constriction that overload the muscles and perpetuates myofascial TrPs.

The 'GOOD SPORT' SYNDROME is interesting. That would be the stoic individual who is determined to ignore pain, charge into their activities, overloading their muscles and aggravating the TrPs. It is not a sign of weakness to back off and give the muscles a rest or learn a new way to do an activity.

As you go out on the trails of Alaska this Summer, be aware of your equipment and the possibility of it adding "perpetuating factors" to detract from the pleasure and joy of your sport. Are your shoes/boots fitting correctly by allowing for a possible "long second toe"? Is your bike fit to you with the correct height of both the seat and handlebars? Any of these may place your body in a compromising position, causing headaches, leg and back pain. Break in slowly to your strenuous activities and take a rest from casting that fishing line to stretch your muscles.

Enjoy the season!

## COLD AND FLU: PREVENTION IS THE BEST MEDICINE

**Liane Erickson, ND**

Researchers tell us it is “normal” to catch a cold four to six times a year! But, have you ever wondered why some people never seem to catch a cold, while others suffer all the time? We are all constantly exposed to viruses that cause colds, yet for most of us, it is only when our resistance is low that we develop symptoms. Getting a cold six times a year may be “normal”, but it doesn’t have to be that way. If you catch a cold more than twice a year, or if cold symptoms linger for more than a few days, it is an indication that your immune system needs some support. As with so many health conditions, it is far easier to prevent a cold than to treat one.

A healthy immune system should be able to eliminate a virus within a few days. Here are some common measures that will boost immune function and support your natural healing mechanisms to prevent your cold from developing into something more significant:

### **Get plenty of sleep and rest**

Potent immune-enhancing compounds are released during sleep and are your best defense against viral illnesses.

### **Drink plenty of liquids**

Your mom was right! Clear fluids like tea, chicken broth and diluted fruit juices will keep you well hydrated. This is important to replace fluids lost through sweating, and to keep those irritated mucous membranes lubricated.

### **Beware of sugar**

Studies have shown that consuming concentrated sugars like honey, sucrose, soda pop and even concentrated orange juice can greatly reduce the ability of white blood cells to kill bacteria.

### **Herbal teas are especially beneficial during a cold**

Here’s a recipe for “cold-killer” tea that can help your body fight back: Pour one cup of boiling water over a peppermint tea bag plus the juice of ¼ lemon, one teaspoon of grated fresh ginger and one clove of garlic. Steep tea for 10 minutes before drinking. You can drink several cups of this tea daily, but hopefully you won’t need it for more than a day or two!

### **Linus Pauling was right about vitamin C**

More than 20 studies have demonstrated that high doses of vitamin C can reduce the severity and duration of the common cold. If you are sick, 500 mg of vitamin C every two hours is an appropriate dosage.

### **Eat very lightly until you feel better**

Did you ever notice how loss of appetite often comes with a cold? Don’t fight your body’s natural wisdom by attempting to eat. By sticking to clear soups and fluids (a modified form of fasting), you can actually enhance the activity of your immune system.

## ALLERGIES (CONTINUED FROM PAGE 1)

The process outlined above can take several weeks to months to determine all of your allergies, but it is often much faster. Once you have identified the causes and are taking the neutralizing dosages, you may feel immediate relief from your allergic symptoms. By eliminating your allergic symptoms this spring you will feel more energized and able to enjoy the benefits of longer daylight hours and the Alaskan outdoors.

Otolaryngol Head Neck Surg. 1988 Sep;99(3):263-71.

Provocation-neutralization: a two-part study. Part I. The intracutaneous provocative food test: a multi-center comparison study. (King et al)

## DELIGHTS OF VITAMIN D

**Bethany Buchanan, ANP**

Vitamin D has been getting a lot of well-deserved press lately. Most of the new research on D started in 1997 thanks to a couple of key researchers. Now there is so much positive research that it is becoming more common than ever to know what your vitamin D levels are, and there is plenty of justification to keep your level optimal.

Vitamin D is a fat-soluble vitamin (really it's a steroid hormone) found naturally in fish and fish liver oils. It is also found in vitamin D fortified foods, commonly milk. However the primary source of vitamin D is synthesis by the body during sun exposure. Of course in Alaska there are only about three months a year when the sunlight is adequate to raise levels and it this isn't by much. In a self experiment, my level only rose 7 points in mid-July from a January baseline. The angle of the sun at the 66th latitude simply does not allow sufficient exposure, even though your skin meets its rays. This means that all year round, Alaskans need to get adequate D from sources besides the sun. It takes 1 qt of milk or the daily consumption of fatty fish to meet the required needs (which is 400iu/day, an RDA value quickly becoming obsolete). These options are not very realistic or even adequate, making supplementation the only way to keep levels optimal. This is important, as low levels have been linked to numerous diseases. Here are some brief synopses of research from the Vitamin D Council ([vitamindcouncil.com/research](http://vitamindcouncil.com/research)). This website links each of the following categories to the research surrounding the topic.

**Autoimmune Illness** is more prevalent in temperate latitudes. There is increasing evidence that these diseases occur more frequently in areas farther north and farther south of the equator.

**Cancer:** The active form of vitamin D acts as an effective regulator of cell growth and differential in a number of different cell types, especially cancer cells. Solar UVB radiation has been associated with reduced risk of cancer in the breast, colon, ovary, prostate as well as non-Hodgkin's lymphoma.

**Chronic pain:** Vitamin D deficiency is a major contributor to chronic low back pain in areas where Vitamin D deficiency is endemic.

**Diabetes:** Vitamin D deficiency has been associated with insulin deficiency and insulin resistance. Recently it was shown that D deficiency might be a factor in the development of type 1 diabetes in children.

**Heart Disease:** Activated vitamin D has been shown to increase survival in patients with cardiovascular disease.

**Hyperparathyroidism:** Low plasma vitamin D3 has been found to be a major risk factor for hyperparathyroidism.

**High blood pressure:** Clinical and experimental data support the view that vitamin D metabolism is involved in blood pressure regulation.

**Muscular weakness and falls:** Specific receptors for vitamin D have been identified in human muscle tissue. Cross-sectional studies show that elderly people with higher serum D levels have increased muscle strength and a lower number of falls.

**Miscellaneous:** There is also positive research with obesity, osteoarthritis, osteoporosis, chronic kidney disease, gastrointestinal diseases, pancreatitis, depression, decreased pulmonary function, psoriasis, gout, influenza and more.

A vitamin D level is easy to check by a blood test. The correct test is 25 (OH) D or 25, hydroxyvitamin D. The optimal (note optimal, not normal) range is 50-60. Though several supplemental vitamin D analogs have been shown to be effective in various studies, the effectiveness of plain vitamin D3 (cholecalciferol) continues to remain superior. Specific dosage replacement is dependant on your baseline levels and should be discussed with your primary care provider.

Vitamin D is a fat-soluble vitamin, which means it is stored in the body. For this reason, there are several concerns about people getting too much. However, it has never been known how much is too much. The recommended daily allowance is 400iu/d with current debate discussing its rise to 2000-4000iu/day. Symptoms of overdose are weakness, fatigue, headache, nausea, vomiting, diarrhea, but apparently it takes months of mega-dosing for this to happen, and I have yet to see it clinically.



## BONE HEALTH

### Choosing the Healing Gift for the Patient by Listening to the Signs and Symptoms: The Holistic method of treating Osteoporosis and Fracture risk

**Torrey Smith, ND, LLC**

Fascinating and fantastic things happen when we remember how connected the whole body, mind, and soul is when it comes to getting well. The closer we get to the origin of the imbalance, the more dominos of disease fall one after the other into their right place. The Scientific method is not just about using drugs that bully the body into the illusion of wellness. It is also about using the clues of the patient's 'complaints' and common tests to guide us to methods that produce multiple good effects rather than side effects.

A simple DEXA test, if it shows osteopenia or osteoporosis, should trigger an investigation of cause that could lead to not only stronger bones, but also more energy, better mood, normal stools, healthier joints, less kidney stones, clearer arteries, improved memory, open sinuses, smoother skin, lighter and less painful menses, sounder sleep, and possibly a greater than a 50 percent reduction in more than 17 types of cancer. And in reverse, if you have any of these symptoms, that can lead us to better treatment of the osteoporosis.

For instance, if you have heavy periods with clots, tend to get kidney stones, and/or micro calcifications on the mammogram, this shows a likelihood for a deficiency of (or a high requirement for) vitamin K. Vitamin K is involved with the bones because it is a critical part of osteoblastic building of new bone. It is also involved in both clotting and the breaking down (fibrinolysis) of clots once they are no longer needed because it is responsible for production of clot splitting proteins-C and S, in addition to fibrinogen. It works with glutamic acid to coat oxalate crystals in the kidneys, keeping them from gathering 'moss' leading to a stone. Latest research indicates that micro calcifications on the mammogram may relate to arterial and heart calcifications. Some recent rat studies show vitamin K facilitates clearing of those artery calcifications by up to 38 percent. Osteoarthritis and bone spurs are less in people with high K levels.

Another great connection is a study showing 4 percent of osteoporosis is caused by celiac disease (a type of wheat intolerance). Celiac disease is a condition where a reaction to gliadin/gluten can flatten the intestinal villi, greatly inhibiting vitamin and mineral absorption. This can be identified by blood tests or intestinal biopsy. I have noticed that those with itchy shins or forearms along with bumpy foreheads and cheeks may have celiac and/or wheat allergy. A clogged sinus is often a constant companion.

Vitamin D is possibly the biggest shining star of 'healing gift by correct diagnoses'. The best test for this is a 25 hydroxy vitamin D blood level (see article on page 6). Vitamin D and K use the buddy method to pull calcium out of the back alleys and put it in the bone where it belongs. Without K though, D is only a bone building wanna be!

Homocysteine is an amino acid byproduct that can interfere with bone strengthening collagen cross-linking. High blood levels can signify functionally low B12 or folate even before the deficiencies cause anemia. Correcting these vitamin levels can often improve sleep, memory, and oxygen carrying potential of the blood while decreasing osteoporosis risk.

An examination and modification of diet is always a large part of a treatment and prevention plan. A study conducted on 9th and 10th grade girls who drank two or more cans of soda a day showed that they had a 3 to 5 times greater risk of fracture. Besides stronger bones, the gifts of stopping this habit also include: less carbohydrate cravings, decreased diabetes risk, and less of the skin aging induced by artificial flavors and colors (which block natural pigmented antioxidants). The liver becomes healthier by avoiding the benzene (that forms when the soda preservative benzoic acid combines with the citric acid and vitamin C), formaldehyde (from the methanol bonded nutra sweet), and corn syrup (implicated in fatty liver disease). Balancing blood sugar naturally is helpful considering recent studies show the diabetes drug Actos is associated with increased fracture risk.

When you properly treat THE condition, many other imbalances should get better. The side effects are beneficial effects. Beneficial effects!

# WHO'S WHO AT AVANTE MEDICAL CENTER

**Jason Harmon, ND**—Co-founder of Avante, Dr. Harmon is a Naturopathic Doctor specializing in cancer care. Dr. Harmon currently sits on the national board of the Oncology Association of Naturopathic Physicians. He continues to provide Alaska with primary as well as cancer care, committed to advancing education and world class medical care in the state of Alaska.

**Bethany Buchanan, FNP**—Co-founder of Avante, Bethany is a Family Nurse Practitioner practicing family medicine and women's health.

**Lori Zitzmann, ANP**—Lori is an Adult Nurse Practitioner specializing in hormone balancing, thyroid, gastro-intestinal disorders and personalized nutritional counseling.

**Liane Erickson, ND**—Dr. Erickson is a Naturopathic Doctor, specializing in pediatrics and family medicine. She works with fertility, nutritional counseling and practices Bowen therapy, a gentle form of body work.

**Jennifer Lush, ND**—Dr. Lush is a Naturopathic Doctor joining us from her successful clinic in Seattle. Dr. Lush provides comprehensive primary care, specializing in women's health, detoxification and weight management programs.

**Chris Kallander, ANP**—Chris is an Adult Nurse Practitioner focusing on urgent care, primary care, women's health and hormonal issues. She evaluates the healthcare needs of men, women and adolescents.

**Torrey Smith, ND**—February welcomes Dr. Smith to Avante Medical Center. Dr. Smith does practices full family healthcare utilizing natural medicine and Chinese herbs.

**Gary Ferguson, ND**—May brings the long awaited arrival of Dr. Gary Ferguson to Avante Medical Center. Dr. Ferguson has a special focus on men's health, diabetes and metabolic syndrome with a specialty in Chinese medicine and acupuncture.

**Judy Hartford, CMTPT**—Judy is a board certified Myofascial Triggerpoint Therapist, in practice for 21 years. She treats all musculoskeletal and neuromuscular issues, including pain and injuries.

**Grant Gibbs, CMTPT**—Grant is also a board certified Myofascial Triggerpoint Therapist dealing with all musculoskeletal and neuromuscular issues. Grant also teaches Bones for Life.

**Cathy Floyd**—Cathy works in our allergy department using provocation/neutralization for comprehensive allergy treatment elimination.

**Pat Ketz**—Pat specializes in allergy elimination using a technique known as NAETs.

**Corey Harmon**—Corey is the Director of Communications, responsible for developing/designing/editing/publishing all of Avante's media including: Avante Times, the website, brochures and other publications.

915 W. Northern Lights, Anchorage, AK 99503  
Phone: 907.770.6700 Fax: 907.770.6707

a center for progressive medicine

