



THE REDWOOD CLINIC



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BIOGRAPHICAL SKETCH OF JAY SORDEAN

Medical Background: Jay Sordean is a Licensed Acupuncturist (L.Ac.), Oriental Medical Doctor (O.M.D.), Certified Traditional Naturopath (C.T.N.), Qualified Medical Examiner (Q.M.E.), homeopath, and herbalist. Originally from Indiana, Dr. Sordean began his study of medicine at an early age; in 1971 he began his focus on Oriental Medical studies with the practice of Tai Qi Chuan, Shiatsu, and dedicated study of Japanese. His formal training in acupuncture and herbology began in 1973 during his first trip to Japan and has continued thereafter with study in Taiwan, Hong Kong, Japan, and other areas of Asia, Europe, the United States, and Canada. He was also a senior information analyst for the National Cancer Institute for five years, where he was responsible for translating documents on Western treatments of cancer from the Japanese medical literature. His training in Homeopathy began in the late 70's and includes residential clinical study in Calcutta, India and Practitioner of Classical Homeopathy status from the Dynamis School of Advanced Homeopathic Studies in England. Between July 2004 - February 2005, Dr. Sordean was the in-house acupuncturist for the Kaiser Occupational Health Department in Oakland, CA.

Consumer Advocacy: In supporting the wider acceptance of acupuncture in mainstream medicine, Dr. Sordean has served on the Board of Directors of the California Acupuncture Association. In addition, he represented the C.A.A. in legislative hearings and meetings with other leaders in the medical community. He also served as the California Regional Representative to the Oriental Medicine and Chiropractic Quality Management Committee of Landmark HealthCare, a leading acupuncture and chiropractic IPA and HMO which is working to get acupuncture integrated into all HMOs, PPOs, and other third party plans.

In addition, he was also a founding member of the Body-Mind Wellness Institute, promoting an integration of a variety of alternative approaches to health and healing. At the national level, Dr. Sordean has been active in making acupuncture practice safer and more accessible to the public. Furthermore, he is nationally certified by the National Commission for the Certification of Acupuncturists as a diplomate and a Diplomate of the National Board of Acupuncture Orthopedics. In 2005, he achieved a Medical Provider Certification in the First Line Therapy program, which puts patients on the path to optimal health and ideal body composition through a combination of balanced eating, exercise, reduction of stress, appropriate testing, and effective supplementation.

*Less than 1% of the acupuncturists in California have achieved
this level of advanced training.*

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Public Service: Dr. Jay Sordean has been a resident and active participant in Northern California affairs since his move here in 1983 from Philadelphia. He is a participating member of the Berkeley and Richmond Chambers of Commerce and has given educational lectures to Rotary, Kiwanis, Optimist, Soroptimist, Curves, YMCA, hospitals, yoga centers, senior citizens, police, and other service groups. *Should you want a special presentation for your group or workplace, please call the office.* In addition, he supports groups promoting health, peace, social justice, and meeting human needs, such as Physicians for Social Responsibility and the People's Life Fund. Having been fortunate enough to be able to travel to many countries around the world, Jay effectively uses his multicultural skills to promote health and understanding in this culturally diverse community.

Patient Satisfaction: Clients find that Dr. Sordean's warmth, sensitivity, and experience are valuable assets to help meet their individual needs, whether in treating acute illness, chronic disease, work or personal injury, infant and pediatric conditions, or for life-long health promotion and disease prevention. Clients also appreciate his ability to communicate effectively with their primary care physicians and his dedication to advocate a holistic and preventative approach treatment.

Breadth of Knowledge: As former Director of Programs for the Japanese-American Acupuncture Foundation, he was instrumental in bringing the top Japanese Acupuncture and Herbal Masters to California in the 1980s to help improve the level of acupuncture and herbal medicine practiced here. Because of his extensive studies and fluency in Japanese, he is in a unique position to treat patients by implementing the refined techniques which are taught and known to very few. Dr. Sordean represents a new type of family practitioner, as he is able to treat a diverse range of health-related issues. In addition, other acupuncturists refer patients to him because he is known to have specialty training in pediatrics, immunology, orthopedic and neurological acupuncture, homeopathy, as well as herbology.

Further information: Other questions you may have can be answered by calling Dr. Sordean at The Redwood Clinic at 510-849-1176. Comprehensive evaluation and treatment is available by appointment.

INTESTINAL HEALTH

THE REDWOOD CLINIC
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From: THE REDWOOD CLINIC
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Healthy Function

Healthful bacteria that coats and protects the intestinal wall, along with other factors obtained from food or from natural intestinal secretions, inhibit unhealthful bacteria and contribute to maintaining bacterial balance and optimal intestinal health.

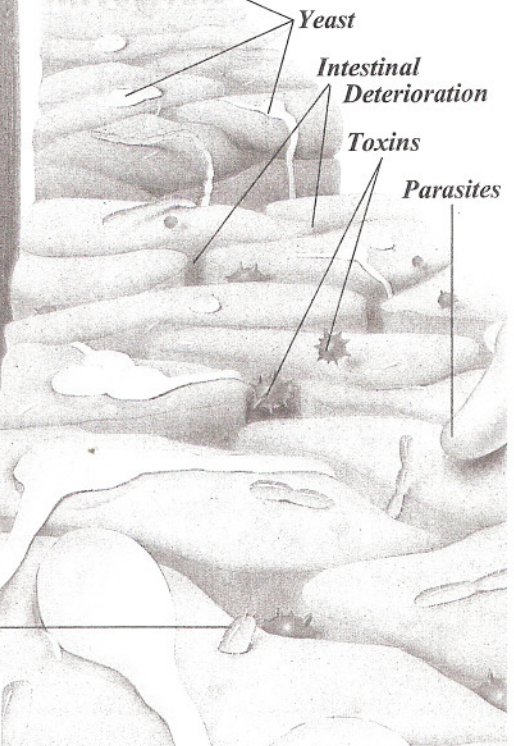
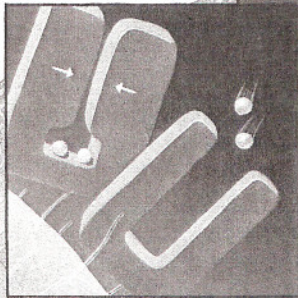
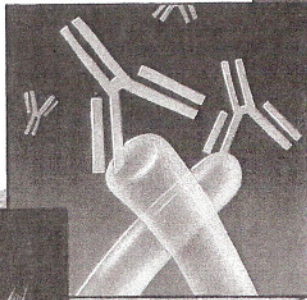
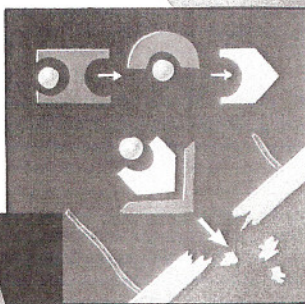
Unhealthy Function

With healthful bacteria and other protective factors missing, unhealthful bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall, producing poor intestinal health.

Lactoperoxidase:
A protein enzyme that damages unhealthful bacteria.

Globulin Proteins: Proteins that prevent unhealthful bacteria from adhering to the intestine.

Lactoferrin: A protein that traps iron and blocks its use by unhealthy bacteria, thus starving them.



Toxins being detoxified

Unhealthful Bacteria

Lactobacillus acidophilus

Bifidobacteria

Fructo-oligosaccharides

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The American Academy of Allergy & Immunology 1992 Position Statement

"In principle, *in vitro* tests for IgE constitute a technically valid method for detection of allergen-specific IgE antibody in serum. When these tests are performed and appropriately interpreted in the light of clinical history and physical examination, obtained personally by a physician properly trained in the diagnosis and treatment of allergic and immunologic diseases, *in vitro* tests for IgE can provide a satisfactory alternative to skin testing for conformation of the diagnosis of most patients with clinically significant aeroallergen disease and IgE dependent food allergy."

American Academy of Otolaryngic Allergy

At the annual AAOA meeting, scientific program, held in Minneapolis, MN September 29 - October 1, 1993, Jeffrey Powell, M.D. presented a lecture entitled "The correlation of Food Allergies with IgG RAST *in vitro* Testing". The paper, co-authored by Bonnie Dooley, R.N. presents the findings of the clinical results of 801 patients tested over a two year period for IgG mediated food sensitivities.

"Our conclusion at this point in time...is that IgG RAST Food for food allergy, was shown by us to be a valid and effective component, it is a part, it is not the main part, it is not the only part, it is one part in the workup of patients where symptoms may suggest possible interplay of food allergy sensitivity with upper respiratory allergic systems".

Jeffrey Powell, M.D.

List of Medical Conditions Provoked or Caused by or with Food Allergy

*According to lectures, citations and abstracts presented at the VIII International Food Allergy Symposium on July, 1993—
Sponsored by: The American College of Allergy and Immunology*

Acute Gastroenteritis
Allergic Enteritis
Allergic Rhinitis (non-seasonal)
Anaphylaxis
Angioedema
Angioneurotic Edema
Anxiety, Acute or Chronic
Aphthous Ulcers
Arthralgia
Arthritis
Asthma
Attention Deficit
Atopic Dermatitis
Baker's Asthma
Bedwetting
Bronchial Asthma
Bronchitis
Celiac Disease
Chronic Diarrhea
Chronic Fatigue Syndrome
Chronic Urticaria
Colic
Colitis
Croup
Eczema
Enuresis
Enterocolitis
Eosinophilic Gastroenteritis
Exercise-induced Anaphylaxis
Diabetes Mellitus, Type I Insulin Dependant
Depression
Dermatitis Herpetiformis
Diarrhea
Failure to Thrive
Food-induced Gastroenteropathies
Hay Fever
Headaches (migraine & non-migraine)
Heiner's Syndrome
Hyperactivity/Hyperkinesis
Inflammatory Bowel Disease
Insomnia
Insulin-dependent Diabetes Mellitus
Iron Deficiency Anemia (secondary to GI blood loss)
Laryngeal Edema
Learning Disorders
Malabsorption Syndrome
Movement Disorders
Migraine Headaches
Myalgia

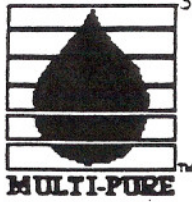
Nephritis
Occupationally-induced Rhinitis
Post-infectious Enteritis
Primary Pulmonary Hemosiderosis
Protein-losing Enteropathy Syndrome (also known as "eosinophilic gastroenteritis")
Rhinitis
Sleep Disorders
Tension-Fatigue Syndrome
Urticaria
Vasculitis

Additional Food Allergy-Related Medical Conditions

Clinically observed, anecdotally reported or published elsewhere

Acne Vulgaris
Allergic Sore Throat
Ankylosing Spondylitis
Bulimia
Candidiasis
Chronic Constipation
Crohn's Disease
Conjunctivitis
Delusions
Dyslexia, transient
Edema (with daily weight fluctuations of 3-10 pounds or more)
Epilepsy (in association with migraine headaches--all 5 common forms of epilepsy included)
Fever (up to 104 degrees Fahrenheit)
Gastric and Duodenal Ulcerations
Hallucinations
Hashimoto's Thyroiditis/Hypothyroidism
Hoarseness (or complete loss of voice altogether)
Hypochlorhydria
Irritable Bowel Syndrome
Juvenile Rheumatoid Arthritis
Loss of voice
Malnutrition, food allergy-induced
Memory Loss
Meniere's Disease
Mental Incapacitation
Multiple Sclerosis
Obesity/Overweight
Otitis Media (middle ear infections/inflammations)
Premenstrual Syndrome
Psoriasis
Rheumatoid Arthritis
Sore throat, Allergic
Tinnitus
Vertigo

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Emergency Survival Water Storage and Purification

There are many different kinds of disasters that can impact our lives. Earthquakes, tornadoes, floods, fires, hurricanes, etc. strike without warning and can be devastating to those affected. Now is the time to prepare your family by making sure that everyone knows what to do in the event of an emergency and that all supplies are ready.

Water is essential to survival. Any emergency survival plan must include water storage and purification. The below information will help you plan for meeting your needs for clean, safe drinking water should you ever experience an emergency.

WATER STORAGE

1. Store at least a three-day supply of drinking water for each family member (at least one gallon per person, per day).
2. Store at least two gallons of water in your vehicle.
3. Store additional water for hygiene & cooking.
4. Store a three-day supply of water for your pets.
5. Replace your stored water every six months.
6. Store your water in a cool, dark, and dry place, separated from your other emergency supplies.
7. Store your water on lower shelves, rather than on higher shelves from which containers could fall and burst.
8. Do not store water in plastic milk bottles. Heavy, opaque bottles with screw on lids are preferable for storing water.

ALTERNATE WATER SOURCES

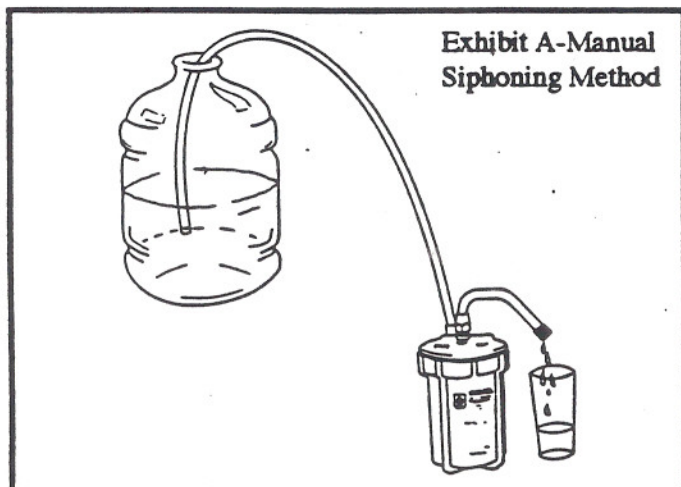
1. Water heater, if secured.
2. Toilet tanks (not the bowl) if the water hasn't been treated with chemicals to enhance color, smell, etc.
3. Canned vegetables and fruits stored in water or juice.
4. Beverages
5. Ice
6. Swimming pools (for hygiene purposes only). It is not recommended that swimming pool water be used for drinking because acids build up in the water which could be harmful to health.
7. Do not use water stored in vinyl plastic containers, such as water beds, for drinking.

DRINKING WATER TREATMENT METHODS

Multi-Pure Drinking Water Systems can be used effectively in an emergency situation to treat water at the tap, stored water, or water from alternative sources. If the water source is questionably contaminated, it should be disinfected prior to use (see below for disinfection tips) and then processed through the Multi-Pure system to remove the disinfection solution and contaminants which may be in the water which are impervious to some disinfection methods, such as Giardia Lamblia, Cryptosporidium, certain chemicals, etc.

You may use the Multi-Pure Drinking Water System installed at your kitchen sink to process stored water or water from alternate sources by siphoning the water from the source through the Multi-Pure unit. Siphoning could be accomplished manually or by using an emergency Hand Pump kit (available from Multi-Pure). This requires that you disconnect your Multi-Pure System from the plumbing (if installed below the sink) or the faucet (if installed on the countertop). Both the manual siphoning and hand pump methods are shown in Exhibits A and B.

You may want to consider purchasing the Multi-Pure Model MP400PCE to store along with your water to be used in an emergency situation. The Multi-Pure MP400PCE Drinking Water System may be used with a hand pump and is ideal for emergency use. This unit may also be used for camping. The Model Nos. MP750SB, MP750SC, and MP750SSCT also may be adapted for use in an emergency as shown in Exhibits A and B.



(cont. on next page)

(emergency Survival continued)

The following emergency supplies may be purchased directly from your local Multi-Pure Independent Distributor:

MP400PCE Multi-Pure Drinking Water System (Plastic Housing) equipped with an emergency handpump. May also be used as a countertop unit. The unit is assembled with quick-release fittings for ease of converting from countertop to emergency use. ~~\$221.95~~ plus \$5.75 shipping & handling.

D600 Emergency Hand Pump - ~~\$25.00~~

D700 Demonstration Hand Pump ~~\$35.00~~
(includes adapter for countertop use)

In preparation for a disaster, learn how to:

1. Remove the water from your hot water heater and other alternate water sources.
2. Disconnect your Multi-Pure Drinking Water System in the event you need to do so.
3. Siphon water through your Multi-Pure System using the siphoning method (Exhibit A).
4. Pump water through your Multi-Pure System using the emergency hand pump (Exhibit B).

WATER DISINFECTION TIPS

If the water source is questionably contaminated, it should be disinfected prior to use. All stored water should be disinfected prior to drinking. The American Red Cross recommends the following methods for purifying drinking water:

1. Boil for 5-10 minutes, or
2. Add 10 drops of a household bleach solution per gallon of water, mix well and let stand for 30 minutes. If the water is cloudy, double the amount of chlorine. A slight smell or taste of chlorine indicates water is adequately disinfected. Or
3. Add household tincture of iodine in the same manner as bleach above, or
4. Use commercial purification tablets such as Halazone or Globaline. Follow package instructions.

MULTI-PURE DRINKING WATER SYSTEMS - SPECIAL APPLICATIONS

Your Multi-Pure Drinking Water System provides safe, refreshing, and clean drinking water every day of the week. Sometimes, a contamination problem isn't known until the public becomes ill. With the Multi-Pure System at your kitchen sink, you are protected from the outbreak of waterborne diseases which may be caused by certain contaminants which have been known to appear in drinking water sources in different parts of the country. Microscopic cysts such as Giardia Lamblia and

Cryptosporidium are reduced (@99.99%) by the Multi-Pure System. Contaminants like asbestos and lead are reduced by your Multi-Pure, protecting your family's health. And, certain chemical contaminants are absorbed by your Multi-Pure solid carbon block filter, protecting you even before a contaminant may be known. To assure the maximum protection possible, be sure to replace the filter in your drinking water system when the first of the following occurs: (1) when the unit's rated capacity is reached; (b) at least once a year; (c) the flow rate diminishes; or (d) the filter becomes saturated with bad tastes and odors.

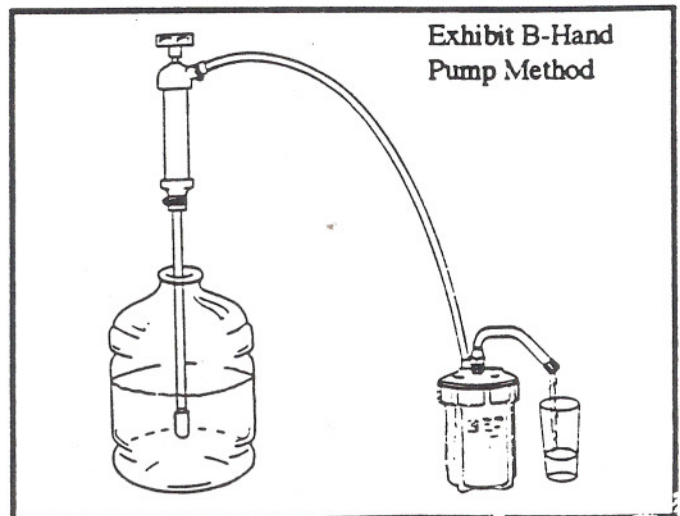
It is advisable to also use water processed through Multi-Pure Drinking Water system for brushing your teeth or any other consumption, especially if the quality of your tap water is questionable during an emergency situation.



Keep in mind that during an emergency, the public water utility may not be able to maintain the integrity and quality of your tap water due to damage to its equipment and distribution system. It may be advisable that you treat your tap water following a disaster situation. Then process your drinking water through your Multi-Pure Drinking Water System to provide the same clean, safe drinking water that you normally enjoy.

Your water supply and Multi-Pure Drinking Water System are most important components of your emergency survival plan. A supply of clean, safe water could be your most precious survival item. Multi-Pure Drinking Water Systems assure the safety of your water when following the guidelines included above. Be sure to include these important items in your Survival Plan so that you are prepared for that next disaster.

For a copy of the American Red Cross's "Family Disaster Plan and Personal Survival Guide," contact American Red Cross, 2700 Wilshire Boulevard, Los Angeles, CA 90057, (213)739-5200 or your local American Red Cross chapter.



Inside this Newsletter

- 1 Benefits of Healthy Body Composition
- 2 BIA Testing of Toxicity & Spring Detoxification

THE BENEFITS OF HEALTHY BODY COMPOSITION

As we stated in the last newsletter, the association of altered body composition with chronic health conditions is so strong that in 1995 the National Institutes of Health convened an Expert Panel to encourage programs for improving body composition.

By reducing body fat, a healthy body composition may:

- Improve insulin sensitivity and glucose tolerance.
- Improve blood circulation in all parts of the body, thereby reducing the risk of heart disease and stroke.
- Promote healthy blood pressure and cholesterol levels.
- Reduce respiratory infections and breathlessness, and improve lung function.
- Improve quality of sleep.
- Relieve some of the strain placed on your knees, hips, and

lower back--which can reduce pain.

- Increase energy and endurance.
- Reduce the risk of certain pregnancy complications.
- Improve mood and self-confidence.

Plain and simple...A healthy body composition can improve the overall quality of your life!

How Do You Measure Body Composition?

Well, it **can't** be measured by your bathroom scale. Body weight isn't an accurate measure of body composition, and therefore, it's not an accurate measure of overall health.

The following methods can be used to assess your body composition:

Waist Circumference and Waist-to-Hip ratio (WHR): Generally speaking, a waist circumference of 35 inches or more in women and 40 inches or more in men indicates increased health risk. WHR is calculated by dividing your waist circumference by your hip circumference. A WHR of 0.8 or greater in women or 1.0 or greater in men indicates unhealthy body composition.

Skin-fold Thickness: This method uses calipers to measure the amount of subcutaneous fat (fat below the skin) at the back of

the arm and/or at other specific sites on the body.

Bioelectrical Impedance

Analysis (BIA): BIA determines fat-to-lean mass ratio by utilizing modern electrical frequency science.

Over the years, we have used all of these methods in working with people to improve their body composition. Now, we have integrated the BIA technology in the office to obtain extra reproducibility, reliability, and additional information regarding detoxification status of your physiology. Come in to get a BIA done as we assess your healthy body composition.

Bring this newsletter in for \$10 off the usual \$25 price of the BIA analysis with a regular follow-up or initial visit.

**ASK ABOUT OUR
FUNCTIONAL GENETIC
TESTS AS WELL**

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“SUGAR IS THE THE MOST ADDICTIVE DRUG OF AMERICANS”

Factors that Contribute to Unhealthy Body Composition:

- A high-fat, high-sugar diet
- Lack of exercise
- Overeating
- Excess alcohol intake
- Hormonal disorders
- Certain medications, such as steroids, antidepressants, or anti-epilepsy drugs
- Other metabolic factors (e.g., Cushing's syndrome, polycystic ovary syndrome, hypothyroidism)

BIA also determines the amount of intra- and extra-cellular fluid. This calculation helps determine whether there is a toxic burden in the system that pulls water out of the cells. This is a valuable tool to assess detoxification.

SPRING AND DETOXIFICATION

Spring is a good time to deal not

only with body composition but also with detoxification. The Liver and Gall Bladder energies are particularly active at this time. They are involved heavily in detoxification of all chemicals, foreign and intrinsic to the body. Thus, a specialized program to clean and support the liver, bowels, and digestive system is appropriate now.

An important factor related to cleansing is the water you drink. Filtered water should be used as often as possible. The certified Multipure system is a highly effective for home and office use. Ask about that at the office. You need clean & pure water in your body so it can cleanse as it comes out! Multipure removes bacteria, lead, mercury, and many chemicals and fertilizers that normally remain in the water that comes out of your tap. Many other water “systems” only make a cosmetic change.

LECTURES: May 13 (First Line Therapy), June 8 (Natural Health Care for Children).
Please Call and register early.

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Stress & Digestion Survey

From: THE REDWOOD CLINIC
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PURPOSE: To determine if any health problems you may be having are due to stress.

Name _____ Age _____ Phone (Home) _____ (Work) _____

Address _____ City _____ State/Prov. _____ Zip/Postal _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

Email _____

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1 Check off any of the following symptoms you have experienced in the past 6 months:

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Acid Reflux /Heartburn | <input type="checkbox"/> Stomach Pain | <input type="checkbox"/> Hiatal Hernia | <input type="checkbox"/> Sinus Congestion |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Cramping | <input type="checkbox"/> Moodiness | <input type="checkbox"/> Weight gain loss |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Bad Breath | <input type="checkbox"/> Interrupted Sleep | <input type="checkbox"/> Pain/Numbness |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Burping | <input type="checkbox"/> Loss of Appetite | <input type="checkbox"/> Neck <input type="checkbox"/> Legs |
| <input type="checkbox"/> Gas | <input type="checkbox"/> Difficulty Swallowing | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Shoulders |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Burning Sensation | <input type="checkbox"/> Headaches | <input type="checkbox"/> Arms <input type="checkbox"/> Hands |
| | | | <input type="checkbox"/> Low Back |

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

2 Does this cause you to be:

- Moody
- Irritable
- Interrupt Sleep
- Restricted on Daily Activities

3 Does this affect your work:

- Decision Making
- Poor Attitude
- Decreased Productivity
- Exhausted at End of Day
- Unable to Work Long Hours

4 Does this affect your life:

- Lose Patience with Spouse or Children
- Restricted Household Duties
- Hinders Ability to Exercise or Participate in Sports
- Interferes with Ability to Participate in Hobbies or Other Desired Activities

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If you checked any of the above items, your organs are probably not functioning as well as they could, and your energy is probably not flowing as smoothly as it could be.

ACUPUNCTURE AND CHINESE HERBAL MEDICINE CAN HELP YOU because they gently and naturally treat the body to remove the stress and imbalance that CAUSE health problems.

WOULD YOU LIKE TO GET RID OF THE PROBLEM? YES NO

If your answer is Yes, there are several alternatives available to you. Please check the most appropriate for you:

- I would like to come to the Acupuncturist's office for an initial evaluation and consultation. There is NO CHARGE for this visit. This will allow me to find out if I can be helped by Acupuncture and Chinese Herbal Medicine without any financial barriers.

- I would like to come for further wellness classes. Email _____

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