

## Lisa Marie Samaha, DDS, FAGD, PC



Dr. Lisa Marie Samaha graduated from the Medical College of Virginia School of Dentistry, Virginia Commonwealth University, and has been in the private practice of General Dentistry in Newport News since 1982. Her practice philosophy centers on comprehensive Cosmetic, Reconstructive and Periodontal care, including the treatment of Sleep Apnea and Snoring, as well as the treatment of Migraines and TMJ therapy. In addition to her well-established private practice, Dr Samaha has a widespread reputation as the Founder and

Director of the Perio Arts Institute, an institute devoted to teaching and research. With periodontal disease regarded as the most common inflammatory disease known to man, the Institute's mission is focused on sharing, developing, and disseminating scientific research and protocol which enhances the total health and well-being of all patients.

The depth and breadth of knowledge Dr. Samaha freely shares enables her to be highly regarded for her enthusiastic presentations at medical and dental conferences on local and national levels. She is especially known for engaging and instructing fellow healthcare professionals in the oral - systemic link and in her leading-edge protocol for treating periodontal disease. Dr. Samaha is also frequently sought-after by the media for her professional expertise. She embraces all aspects of Integrative Medicine as she explores ways to help support her patients in living healthier lives.

"Dentistry - and its Life-Saving Role" will include intriguing information about what you should know about the field of leading-edge dental care. The focus of her presentation will be the relationship between periodontal disease and your general health. Additionally, she will share the latest information on snoring and sleep apnea and how a specially trained dental professional can help give you a quieter, healthier, more comfortable and more refreshing night's sleep. Both areas of dental medicine will help you live a longer, richer life.



Center for Dental Medicine and Cosmetic Dentistry

Lisa Marie Samaha, DDS, FAGD, PC  
Fellow, Academy of General Dentistry

(757) 223-9270

www.PWDentalArts.com



## Integrative Medical Arts Symposium

sponsored by



Saturday, October 2, 2010

- 9:00 am Lisa Marie Samaha, DDS, FAGD  
Welcome
- 9:10 - 9:40 Julie Elizabeth Hunter, VCU Pre-Med  
Introduction - Lifestyle Medicine, Food Intolerances
- 9:40 - 10:10 Brian Cole, CPT  
Exercise, Health, and Stress
- 10:10 - 11:10 Bronwyn Lewis, MS, FNP  
Bio-Identical Hormones, Gut Health
- 11:10 - 12 pm Marilyn MacClellan, LAc, CCT  
Breast Thermography, Acupuncture
- 12pm - 12:50 Lunch with music by Lisa Sharpe
- 1:00 - 2:00 Gary Hayes, MD  
Integrative Medicine, Thyroid Health
- 2:00 - 2:30 Travis Wilson, DC  
Sleep Apnea and Migraines
- 2:30 - 3:30 Lisa Marie Samaha, DDS  
The Mouth Body Connection  
Sleep Apnea, Migraines and Periodontal Disease
- 3:30 - 4pm Q&A  
Closing Remarks



## Julie Elizabeth Hunter

Lifestyle Medicine and Food Intolerances

Julie is a 23-year-old college student currently pursuing a Biology degree at Virginia Commonwealth University. She is an avid cyclist both on and off the road. She has always been passionate about health and nutrition and is preparing for a career as a Doctor of Naturopathic Medicine. Her interest in this field was sparked in 2008, when she became the Buyer of Nutritional Supplements for Whole Foods Market, the nation's largest retailer of natural and organic foods, in Glen Allen, Virginia. After suffering for years with a number of misdiagnosed health problems, she quickly learned that conventional medicine might not have the answers for her. She began to explore and find benefit in the use of certain nutritional supplements on top of making some major dietary changes—eliminating gluten, soy, and dairy. Julie believes that the most important aspect of achieving and maintaining health is to listen to and nurture one's body, as it truly has the ability to heal itself.

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There have probably been times when you wished you could just take a pill and all your problems would go away. While medications and even nutritional supplements can be very quick and effective in treating a variety of ailments, making long-lasting lifestyle changes are your best option. Taking time to understand and listen to your body may truly save your life.

It is just as important for us, as patients, to be educated as it is for our clinicians. As health care becomes more regulated, we will see this become more critical.

Julie can be reached at [julieelizabeth@hotmail.com](mailto:julieelizabeth@hotmail.com).



## Travis Wilson, DC

Sleep Apnea and Migraines

Dr. Travis Wilson graduated from Life Chiropractic University on June 6th, 1996. He specializes in correcting subluxations of the upper neck and full spine adjustment.

After practicing in Georgia and then Idaho for the last 13 years Dr. Wilson has returned to the East Coast where he grew up playing football in Annapolis. He is an international speaker on topics ranging from sports induced asthma to planar fasciitis (Foot Pain). He is also an extremity adjusting expert and therefore loves to help patients who suffer with shoulder, elbow, knee and foot pain.

Dr. Wilson was himself a chiropractic patient who received great and immediate relief from pain after a life threatening car accident when he received his first adjustments at 20 years old after all medical attempts to stop the pain failed. He now resides in the Chesapeake area and enjoys playing guitar, golf and sailing.

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The body is a self healing, self regulating organism that is run by the Central Nervous System (the brain and spinal cord). There can be blockages to the normal flow of nerve impulses when the bones of the spine get bumped, knocked and wrenched out of place. This is particularly true of the top two bones that protect the Brain Stem. When the second vertebra, or Axis, is misaligned there are neurological and anatomical consequences. Chiropractic medicine can help with prevention and treatment.

You can reach Dr. Travis Wilson at 757-223-8000 or email him at [VirginiaHealthSolutions@gmail.com](mailto:VirginiaHealthSolutions@gmail.com).

## Lisa Sharpe

Lisa Sharpe is a native to Hampton Roads and a motivated entrepreneur. She is a licensed and experienced real estate agent for EZ-Vest Realty as well as a Class A contractor and property manager for On-Time Contracting. Music has always been passion for Lisa Marie. She is a talented acoustic guitarist and singer. She is also member of Slick Trick Band. Soul, classic rock and blues truly awaken her spirit.



Contact her at: [lsharpe6@cox.net](mailto:lsharpe6@cox.net) or 757-816-6917



## Gary L Hayes, MD

Integrative Medicine, Thyroid Health

Gary L. Hayes, MD is an Orthopedic Surgeon who left the active practice of western medicine when he retired after 30 years' service in the U.S. Army. Dr. Hayes received his Doctor of Medicine degree from the Georgetown University School of Medicine. It was during his last military assignment as Chief of Orthopedic Surgery at Fort Eustis, Virginia that he was introduced to unconventional hyperbaric oxygen therapy (HBO). This was when and where Dr. Hayes was introduced to nontraditional, medical modalities that began his search for an optimal blend of traditional western and energetic Eastern medical practices. Since then he has regularly attended varied medical courses/classes on subjects covering both alternative/holistic practices, as well as traditional western medical topics. In his life before medicine, Dr. Hayes earned BA and MS degrees in Economics from Kenyon College and South Dakota State University. He subsequently worked as an economist and cost analyst. He has also been a regular speaker and commentator at local seminars, conferences, and small discussion groups. Currently, Dr. Hayes also teaches multiple medical subjects (e.g., Anatomy, Physiology, Pharmacology, Pathophysiology, Musculoskeletal Anatomy) at Medical Careers Institute, a corporate, medically allied proprietary school.

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Thyroid Imbalances: There is a rising concern over the increasing incidence of thyroid disease, including cancer. The proper functioning of the thyroid gland is intimately involved in total body health. Symptoms of thyroid imbalances will be discussed, as well as how to test for the presence of abnormalities.

Contact Dr. Gary L Hayes at 757-873-2423.



## Brian Cole, CPT

Exercise, Health and Stress

My father was a Physical Therapist for 42 years. I grew up in a home where helping others came naturally and where discussions of how the body functions, moves, and heals were just a part of everyday conversation. I'm very Thankful to be working in the field that has been my lifelong hobby. I hope it always shows through our clients.

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The only way to reduce your health care costs is to reduce your health care needs. Improve your health. It works and it isn't complicated. Sure, we all should eat better, but study after study shows that the most important factor is to be more active every day. Add an hour or so every day—walking, dancing, biking, gardening, tennis, exercise class, swimming—every day. You have to make it your priority.

Then add regular, safe strength-training workouts at any age, you can raise your resting metabolic rate (you'll burn more calories) for approximately 72 hours following your workout. This is due to the muscle repair and remodeling process which demands energy/calories.

Am I saying that strength-training workouts two or three times a week keep your metabolism up all day every day? Absolutely. Dieting alone includes loss of lean muscle tissue and therefore your metabolism decreases (you burn fewer calories). Strength training adds lean muscle tissue so your calorie burning metabolism increases.

If you really want to be enjoying your life even more, to be feeling better, moving better and having more energy, the way there is very clear. Once you start, the benefits are so obvious you'll have no problem continuing. Ask anyone who's made it a priority.

Brian Cole is owner of Personal Training Associates with studios in Newport News (Port Warwick and Hilton Village), and Virginia Beach. He can be reached at 757-599-5999.



## Bronwyn Lewis, MS, FNP Bio-Identical Hormones, Guf Health

Bronwyn Lewis is a Board Certified Family Nurse Practitioner. She practices Preventive and Energy Medicine with a special emphasis on health and wellness.

Ms. Lewis earned her Bachelor of Science Degree in nursing from Virginia Commonwealth University/ Medical College of Virginia in 1998, furthering her education at that august institution with a Master's

in Nursing with a special concentration in family practice in 2001.

In 2008, Ms. Lewis completed a fellowship in Anti-Aging and Regenerative & Functional Medicine from the American Academy of Anti-Aging Medicine in conjunction with the Institute of Functional Medicine. That same year she also obtained her certification in Quantum Touch/Healing, and in 2010 she became certified in Sign Language of the Soul. Energy healing/ Medicine is an essential aspect of her work with clients and, as such, has become a staple of her practice.

Bronwyn works with her clients to help them move forward in life by recognizing what needs to change, then helping them make informed, smart choices. "The first smart choice is visiting Spry Inside!"

Americans spend more than \$30 billion of their own money on complementary and alternative therapies each year, according to a 1997 study published in the Journal of the American Medical Association. They also made 628 million visits to alternative health-care practitioners, 243 million more than visits to all primary-care physicians. Nearly half of those visits were to chiropractors and massage therapists. We are seeing the fattening of America, adult diseases in children and adolescents, and diseases that are increasingly difficult to treat. People are tired and they are not finding relief at their Primary Care Physician. Modern medicine cannot "cure" the problems. So what do we do? Bronwyn Lewis, MS, FNP will discuss the blending of Traditional and Alternative Care for the best quality care for the client.

Hormone Replacement Therapy: Do you need it? Are you tired, wired, or heating up at inappropriate times? Wish you could sleep through the night? Bronwyn Lewis, MS, FNP will discuss some history of hormone replacement therapy as well as when and why to use it.

Contact Bronwyn Lewis at Spry Inside: 804-288-1152.

[www.SpryInside.com](http://www.SpryInside.com)



## Marilyn MacClellan, LAc, CCT Breast Thermography, Acupuncture

Marilyn's background is rich and varied. She began her career with a Bachelor of Nuclear Science & Engineering from the University of Maryland, College Park. Next she earned a Bachelor of Professional Health Sciences and a Master of Oriental Medicine from East West College of Natural Medicine. Marilyn interned at Beijing's largest hospital facility. Soon thereafter, she received certification as an Advanced Clinical Thermographer from Duke University Medical Center, and later became

a Thermography Technician Instructor and Board member at the Institute for the Advancement of Medical Thermography. Marilyn is also certified in Acupuncture & Oriental Medicine.

All told, Marilyn has spent 18 yrs in Nuclear Power Production & Distribution, 4 yrs in Industrial Thermography and 6 years Medical Thermography.

She is also the Founder of Image of Health and provides Breast Thermography in Virginia, Washington DC, Maryland & Delaware.

Inflammation is the earliest stage of almost all major health challenges. Medical Thermal Imaging easily detects conditions in the inflammatory stage. This is when you can still prevent vs. treating a disease in it's latest & most critical stage. **No harmful radiation; it's painless and easy.** Prevention before disease management.

Active Cancer cells can double in number every 90 days.

Most cancers are detected when the tumor is about 1 cm in size, which is approximately 1 billion cells.

### **Why use Thermography for breast screening?**

Representative of an average growth pattern of the typical slow growing breast tumor, most doctors agree and even tell their breast cancer patients that they have had the growth for 8 or 10 years.

This is why:

- Mammograms are a good tool for determining the exact location of a developed tumor, but it is not an early warning system.
- The real danger of breast cancer is whether or not it has spread to a vital organ. Women deserve earlier detection, and thermography is it.
- Thermography can see the blood supply that feeds a tumor in its infancy.
- A thermographic baseline and monitoring every year is the way to detect precancerous cells through cellular physiology to establish real early signs!
- Thermography offers the opportunity to change a person's health history and future risk assessment.

### **Why wait until it's too late?**

[ImageOfHealth@msn.com](mailto:ImageOfHealth@msn.com)

804-748-7401

[www.FightBC.com](http://www.FightBC.com)