



TrueNorth Health Newsletter

Volume 4 Issue 1

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Employment opportunity at the TrueNorth Health out-patient clinic:

Our expanding operation has created an opportunity for a front office manager, 3-4 days a week, including some Saturdays.

We need a health conscious, energetic, efficient, multi-tasking people person to answer phones, meet and greet and schedule patients, perform insurance billing etc. You must be comfortable with a computer.

We offer competitive pay and flexible hours.

For information or to submit a resume, contact dracq@comcast.net.

The Pleasure Trap: Now Available in Paperback



[The Pleasure Trap](#), mastering the hidden force that undermines health and happiness, is now available in paper-back with a retail price of just \$12.95. [The Pleasure Trap](#) is the book that tells you what you really need to know: the truth about how to get and stay healthy.

[The Pleasure Trap Lectures on DVD](#). Three professionally videotaped live lectures by Dr. Douglas Lisle are now available on DVD for \$24.95.

Special:

Get your copy of [The Pleasure Trap book AND The Pleasure Trap lectures on DVD](#) at a special savings. Visit the TrueNorth online store at www.healthpromoting.com.

The Way to Health

Not all actions are equal when it comes to creating health. Find out which actions are worth your efforts when it comes to health. Read our new article, [The 10 Most Important Actions to Insure Health](#) at www.healthpromoting.com in the articles section.

Got Milk?

Are dairy products friend or foe? Find out the truth about milk by reading our new article, [No Body Needs Milk – 10 Reasons to Avoid Dairy Products](#) at www.healthpromoting.com in the articles section.

Alcohol, friend or foe?

If you believe that a glass of wine or other alcohol is good for you, think again.

The popular belief that moderate drinking reduces the risk of heart attack is based on flawed data that could be dead wrong. *See Page 2*

TrueNorth Health purchases land to build new facility:

After several years of intense negotiations, TrueNorth Health has acquired 27 of the most beautiful acres in Sonoma County. Because of the presence of a year-round creek, woodlands and hundreds of varieties of native plants, including the endangered Pitkin Marsh Lilly and the rare White Sedge, TrueNorth Health Center has worked out a plan with federal, state and county government agencies to preserve a large portion of this precious land in its natural state while developing the new, 20,000 sq foot, state of the art TrueNorth Health Center. We hope to open this new facility in September of 2007. *See Page 2*

Fasting

Fasting has been used since the beginning of recorded history. Moses, David, Elijah and Jesus were said to have fasted for as long as 40 days.

Today, fasting can be used to help compensate for the consequences of dietary excess and the resulting "diseases of Kings".

<http://www.healthpromoting.com/Articles/articles/Fastingbtf/fasting.doc>

Alcohol, friend or foe? Continued

Although virtually everyone agrees that heavy drinking compromises health, many have taken to advocating "moderate drinking" for its purported health benefits. According to an exhaustive review of the scientific literature by Kaye Fillmore of UCSF in a study that appears in the most recent edition of *Addiction Research and Theory*, this is a faulty conclusion.

Many previous studies advocating the consumption of alcohol were based on seriously flawed data. The "control groups" used in these studies included people who abstained from alcohol due to advancing age, serious illness or the use of drugs that precluded the use of alcohol. This biased the non-drinking group making it appear that drinkers were healthier than non-drinkers.

There are 7 studies that examined long-term abstainers from alcohol who did not quit for health reasons, and NONE of these 7 studies showed any benefit from consuming alcohol. There is an old saying that statistics don't lie, but liars use statistics, and nowhere is this more apparent than in the advertising of alcohol as a health promoting food. When it comes to alcohol and your health, it appears that the less alcohol, the better.

TrueNorth Health purchases land to build new facility Continued

For the past 22 years Dr. Alan Goldhamer and the doctors and staff at TrueNorth Health have endeavored to provide quality health care. Although the demand for our services has increased, we have been unable to secure permission from local authorities to expand our current operation to meet the needs of our patients. The physical limitations of our current facility made the search for a new home necessary.

Two years ago we discovered a beautiful 27 acre site located in Sebastopol, California, just a few miles west of our current facility. This land includes the year round Pitkin Marsh Creek and 15 acres of wetlands. The wooded creek area is home to an abundance of wild-life and over a hundred varieties of wild flowers. Among them is the federally endangered Pitkin Marsh Lilly as well as the previously thought to be extinct White Sedge. This remarkable setting has remained untouched due to its sensitive nature, and we are creating a permanent preserve to ensure the continued protection of this ecological treasure.

After over 2 years of effort, involving numerous government agencies and countless consultants and studies, we have finally closed escrow on this property and gained approval from federal, state and local agencies for the development of our new TrueNorth Health Center. Following a successful public hearing scheduled for June, we hope to break ground in July with the expectation of completing construction of the new, dramatically expanded, TrueNorth Health Center before the end of 2007.

Our plans include the planting of hundreds of organic fruit and nut trees and an extensive commercial organic vegetable farming operation, including commercial composting and vermiculture as well as greenhouses and a sproutery.

The new facility will include medical/chiropractic/psychology offices for Drs, Goldhamer, Marano, Sultana, Isabeau, Linzner, Alexandrakais and Lisle.

Included in our plans is a large state-of-the-art commercial production kitchen for our new TrueNorth Health Kitchen operation which will make and deliver health promoting food. The in-patient wing will include 29 private rooms, each with its own private bathroom, patio, high speed computer access, TV and sleep-number adjustable bed. Rooms will have individual thermostats to control the radiant heat underneath our bamboo floors and be soundproofed to insure a restful stay.

Our current, recently upgraded facility will operate without interruption until the new facility is completed.

You will find some images and plans by visiting www.healthpromoting.com/newfacility/newfacility.htm