



THE WELLNESS CONNECTION

Winter 2010

OUR MISSION

The key principle at Alternative Health Associates is education. Whether it is individualized **family practice, phone visits, seminars** or through a **worksites wellness program**, we offer a full range of wellness assessments, personalized care, education and screenings that help you save money by staying healthier.

INTEGRATED TEAM

Gail Kopin, ND

Well Care Director

Stewart Segal, MD

Lake Zurich, IL

Tammy Leiner

Digital Thermal Scans

Therese Kienast

Corporate Wellness Coach

Jim Rosati, ND Intern

Weight Loss Director

Katie Kopin

Physician Assistant

Dave Mehner

Personal Fitness Trainer

Ron Will

Sales Director

Tracy McHugh

Marketing Director

Cheryl Armstrong

Products Director

Nancy Welsh

Office Assistant

Laura Seal & Melissa Gorn

Massage Therapists
Lake Geneva, WI

CONTACT INFO

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AlternativeHealthAssoc.com

On the Health Care Forefront



On December 8th Dr. Gail Kopin was the keynote speaker at the **World Health Care Leadership Summit** in Dallas, Texas. She presented to health industry leaders such as: Cleveland Clinic, Mayo Clinic, Scott & Company, Wal-Mart, Aetna, WellPoint, Swedish Medical Center and renowned Paul Keckley from Health Solutions. She presented her true life story and her passion towards preventative education.

During the summit, after hearing about the several medical delivery systems, a statement delivered by Paul Keckley, suggested that Dr. Kopin would be classified as a disruptive business innovator and that **Alternative Health Associates is at the leading edge to health delivery**. We know that the U.S. public will always require emergency care and seek out quick sick care, but the importance should remain with delivering more integrated practices with focus on education versus medication. In fact, more people are taking the initiative and responsibility with their own health by utilizing the internet and seeking out information and answers.

Dr. Kopin's desire is to continue to educate the public and work on providing affordable and convenient prevention health care for the people on Main Street.

New Year, New You

Most people want to lose weight after the holidays. Well this is the time to take action! We have a simple **23 Day Weight Loss Program** that provides education, homeopathic weight loss product and guidance from one of our weight loss consultants.

FACT: Weight loss reduces hypertension, diabetes, stroke, heart disease and improves the way we look and feel. Dr Kopin spent several months investigating this product and program. She also tested it on herself and other volunteers. **The results were each participant lost 10-23 pounds.**

WHY IT WORKS

The chemicals in our foods and environment mess up the body's bio chemistry and hormones, including the hypothalamus, which is the main switch to losing weight. This weight loss program restarts your system allowing for weight loss to begin. Because of its medical affiliation, this program must be monitored by a health practitioner.



Call us now at (847) 955-0800 and sign up! Ask for Jim Rosati, the Director of the Weight Loss Program. January special price is \$225 for the initial program. Offer is valid until Jan 31st. For more information email info@alternativehealthassoc.com

WHAT'S THE FUTURE? Affordable and Convenient Lab Tests

Order your tests to do at home. Whether it's bio-chemistry, hormone, cholesterol, thyroid, vitamin D, heavy metals or nutritional screenings, our goal is to save you time and money. Our laboratories are licensed and credible. You order the test through our office, send in the sample and we discuss the results by phone or in person. Taking responsibility of your health is beginning now for the future of health care.

Ask the AHA Online Team

Want a second opinion? Give us a call or send us an email to be referred to one of our wellness and prevention practitioners or coaches. **FACT:** 95% of the chronic diseases in the U.S. our preventable and reversible reported by the University of Michigan at the Chicago Health Forum in 2009. Therefore, our team will strongly focus on education. We have added to our AHA online team: chiropractic, urology, body physics (NES) and functional medicine, holistic nursing and holistic psychiatry. Cost ranges from \$45-125.

HOMEOPATHIC 24 HOUR LAB

Feeling Sick?

Call Dr. Gail at (847) 955-0800 to receive a drop shipped order Monday-Thursday within 24 hours.