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# STUFF

MAGAZINE

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# goodstuff

## FEELING WHOLE

In wellness, as in business, it never hurts to do a quarterly report. So as the first three months of 2010 come to a close, let's examine your body of work (literally): did you leave behind those fitness resolutions by the time the New Year's Eve confetti settled? Or are you finally in peak shape, ready to realize your dream of crossing the Marathon finish line?

For a primer in comprehensive self-reporting, we turned to Jessica Molleur, founder of **OMBE Integrative Health Center** (551 Boylston Street, 4th Floor, Boston, 617.447.2222). Molleur started the center — which offers yoga classes, acupuncture, chiropractic work, and other services — to fill what she perceived as a void of local integrative health centers. The center's name (which stands for "One Mind Body Earth") and its green, organic-only practices reflect its philosophy, which holds that every facet of health is interconnected.

After the recent introduction of a naturopathic doctor to the center's staff (initial consultations run around \$225), we ran a few questions by Molleur to help us learn more about the center's integrative approach. You know, just in case we need to revise our approach for Q2. 'Cause frankly, these extra pounds aren't the earnings we had in mind.

**So what does a naturopathic doctor do?** The basic philosophy of naturopathy is to have effective medical treatment [and] preventative care and reach for optimal wellness by getting to the root of problems ... to treat the underlying cause rather than just a symptom. It integrates the best of medical science with natural therapeutics, incorporating things like botanical medicine and homeopathy with pharmacology, patient counseling, and nutrition.

**Do you have any favorite client success stories?** One patient we had was 25 years old and had been told she was basically going into early menopause. She was interested in having children, but came to us without much hope. She did a series of acupuncture treatments, saw a nutritional counselor, consulted with a naturopath, and much to everyone's surprise, she conceived. From a medical perspective, there really wasn't much hope. But we approach things from a women's health perspective — that your body is meant to do certain

things, and that with time and therapies, it's possible. Long story short, she now has a healthy baby daughter.

**Maybe not pregnancy, but we all have our own goals. The Marathon is coming up, for example. Have you worked with runners to get them ready, from an integrative perspective?** About six to eight weeks before the marathon, we get those frantic calls from runners preparing for the Boston Marathon starting to feel the extra mileage on their joints.... [Some advice is to] seek treatment at the first sign of pain or discomfort, since patients have a much better chance at recovery when they're in the acute stage, and have a sports-medicine specialist take a look at your joint biomechanics before you get too deep into your training program.... Two examples of this at OMBE include our Pilates classes and gait assessments. In both, the practitioner looks at the overall function of the joints and corrects any compensation or asymmetry before they start pounding the pavement.

**What about those of us working in heavy party industries? Late nights, lots of booze, and little sleep with lots of stress — how do we get balanced? And, ahem, any weight-loss programs or cleanses you'd recommend?** Instead of stressing out about burning the candle at both ends, we try to encourage our patients to add healthy practices or routines that replenish all their energy output, such as a local yoga class.... Everyone asks us about weight-loss programs and cleanses this time of year! [We don't simply] recommend the latest diet fad or colon cleanses. Here's a perfect example: about six months ago, a 20-something woman came in for weight loss. She had been on a diet since she was 16, flunked every well-known diet program, and was losing hope. Our nutritionist discovered that she was a candidate for PCOS, polycystic ovarian syndrome, an endocrine disorder ... linked with insulin intolerance and difficulty losing weight. All the low-fat, high-carbohydrate, point-system diets she had tried before were actually causing her to gain more weight.... The message to all patients is to start looking at the underlying issue, whether it's physical, hormonal, or emotional, rather than just cutting calories.

— Scott Kearnan

