



# The Arche Wellness Center

Building the *IDEAL* you.

Summer 2011



## What is The Arche Wellness Center?

The Arche Wellness Center provides full spectrum health and wellness services. Whether your health needs require simple adjustments to your diet, supplement and exercise program or the medical oversight of a physician and functional testing, the Arche Wellness Center can meet your needs and help you achieve your goals.

Our unique programs offer services that are rare or non-existent in traditional medical care. We provide a

truly *comprehensive holistic approach to behavioral and mental health*, a *licensed, state-of-the-art biochemical repair and recovery program for substance abuse and addiction*, a *one-of-a-kind intensive program for morbid obesity and super obesity* and our new *Athletic Program to help high performance athletes streamline their diet and supplement regimen in order to achieve maximum results*. Our expert

staff and partners include our physician, registered nurses, personal trainers, therapists and psychologist. Our new *TruBarre Studio* offers an extraordinary approach to weight loss and physical conditioning in a low-impact workout program, modifiable to any fitness level.

## Transforming *Normal*

Behavioral therapists often say that a person has to “hit bottom” before they are willing to change. However it is

the definition of the word “bottom” that differentiates the healthy from the sick. For a healthy person, bottom may be an additional 10 pounds. But for an obese person, bottom may not occur until serious or even life threatening health complications arise. For a moderate drinker, bottom may be a wild evening accompanied by a bad hangover and a sick day. For an alcoholic, bottom may be unemployment, divorce or bankruptcy.

*“We all suffer from some level of toxicity, imbalanced nutrition and infections. The question is how much will you tolerate before you act?”*

The main goal of Arche Wellness is to elevate a patient’s definition of “bottom.” We know that no one makes ideal life choices all of the time. But the maximum amount of poor life choices a person is willing to tolerate is the catalyst for change. Health nuts may still eat cheesecake and skip the gym, but they are less tolerant of how they feel when they make those choices than someone who maintains a sedentary lifestyle and poor diet.

Our goal is to give you the tools and education you need to feel substantially better. After 5 to 8 weeks of improvement, you will realize how tolerant you have become of fatigue, mood swings, poor nutrition or sleep disturbances. Basically, *we raise your bottom*. Once we have elevated your expectations, you will be less tolerant of feeling badly and therefore more inclined to engage a healthier lifestyle for years to come.



## Upcoming Events

### Health Fair

Saturday, July 16th

10:00 to 2:00

\$5 for advance tickets or \$10 at the door

Do you want to learn about micronutrients, chronic fatigue, sugar cravings, weight loss and more? Come to the Arche Wellness Orthomolecular Health Fair! We will be starting the day off with a Trubarre class and then offering educational seminars, a health smoothie sampler bar and free consults with our medical, clinical and wellness staff. So bring your questions and learn how you can achieve the ideal version of YOU!

*Call 1-877-55-Arche to register!*

### YogaKids

2011 Summer Classes

June 20 - July 28

\$10 per class, 6 classes for \$50

Age 3-5	Mon & Thurs	10:00 - 10:30
Age 6-11	Mon & Thurs	10:45 - 11:30
Age 11-14	Tues	10:00 - 11:00

For more information or to sign up in advance:

Call Leanne @ 412-576-9153

or email [usherleanne@gmail.com](mailto:usherleanne@gmail.com)

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

### The Arche Wellness Center is proud to welcome **Deborah Gilman, Ph.D.**

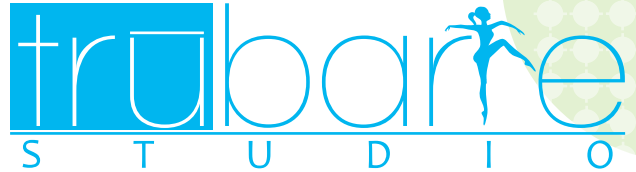
Dr. Deborah Gilman is a licensed clinical psychologist whose goal as a clinician is to promote healthy development, behavioral and emotional self-regulation and psychological adjustment despite the often extraordinary stress and demands placed on individuals and families by today's environment.

Following the completion of her Ph.D. at Tulane University in New Orleans, LA, Dr. Gilman completed a residency program at The Kennedy Krieger Institute/Johns Hopkins University Medical School in Baltimore, MD. She then completed a three year fellowship developing expertise in behavioral interventions for stress, anxiety and pain management at Nationwide Hospital in Columbus, OH. Dr. Gilman has worked in hospitals and medical centers, schools and counseling centers, as well as

outpatient clinics and private practice. Dr. Gilman has published several research-based empirical treatment articles in peer reviewed journals regarding pain and stress management, headache and behavior management related to medical adherence.

Dr. Gilman's clinical approach applies cognitive behavioral theory and methods to the assessment and treatment of learning, behavioral and psychosocial challenges associated with diagnosis, treatment and adaptation to medical and psychiatric problems. Dr. Gilman strives to help clients identify and understand the thoughts and feelings that influence their behaviors, making incremental steps towards behavior change.

*Call 1-877-55-ARCHE to schedule today!!*



*The body of your dreams awaits.*

### Barre Classes are now running!

#### TruBarre Classes

- Use no weights
- Are modifiable to any fitness level
- Are low-impact
- Target the entire body
- Improve flexibility & endurance

*Barre workouts are becoming the fastest growing trend in fitness because they provide long, lean results.*

*TruBarre is Pittsburgh's only barre workout program.*

*Get a longer, leaner, stronger body in as little as 10 sessions!*

#### Open Classes

*(Walk-ins Welcome)*

MON Noon to 12:50

WED Noon to 12:50

FRI 3:30 pm to 4:20 pm

#### Registered Classes

*(Pre-Registration required)*

TUES 5:30 pm to 6:20 pm

THUR 5:30 pm to 6:20 pm

SAT 10:00 am to 10:50 pm

*\$5/class thru June*

*1st class is FREE!*

*Call 1-877-552-7243 to register.*  
[www.trubarre.com](http://www.trubarre.com)



# Arche Wellness Programs

## High Performance Athletic Program

Arche Wellness is now offering specialized services for athletes looking to improve performance naturally. The Arche Wellness Athletic Performance Program will provide testing and assessment to identify systemic problems and ensure ideal body functioning. We use testing data to formulate a customized diet, supplement and intravenous infusion regimen to help support the extensive nutritional needs that high performance athletes require. Only the finest quality medical grade supplements and smoothies are used to ensure complete nutrition as well as maximum absorption and bioavailability. The Arche Wellness Athletic Performance Program is physician supervised to maintain the safest, most effect performance enhancement regimen available.

## Morbid & Super Obesity

Morbid Obesity can be an insurmountable issue to overcome because it involves much more than simple weight loss. Obesity is often accompanied by physical and mental health conditions such as diabetes, fungal infections, food addiction and depression which compound the issue and make recovery without professional assistance nearly impossible.

*Annual medical costs for obese people are \$1429 higher than those of normal weight.*

At Arche Wellness, we provide a medical approach to treating morbid obesity that incorporates testing, customized and gradual dietary planning, personal training, IV micronutrient infusions and supplements. In addition, we provide a more thorough level of analysis that goes beyond diagnosing diabetes. We examine insulin levels and responses that go one step further in determining how close to becoming diabetic an obese person is. We examine liver process dysfunctions which can severely impact how someone feels throughout the weight loss process.

*In 2003, Pennsylvania spent \$75 billion on obesity. \$39 billion of these costs were paid by taxpayers.*

The Arche Wellness professional staff of medical, therapeutic and wellness professionals provide the most comprehensive approach to medically supervised weight loss available in an outpatient setting. We promise that if you follow our program, you can feel better and achieve and maintain a healthy weight.

## Addiction Recovery Program

Arche Wellness offers one of the most advanced addiction treatment program's in the United States. Follow-up statistics have shown that 100% patients of who maintain compliance with the Arche Wellness Orthomolecular Recovery Program (ORP) for 6 months or more remain clean at 12 months.

We know that substance abuse causes significant biochemical damage to the human body. The Arche Wellness ORP uses laboratory testing to diagnose the many issues that plague addicts, keeping them feeling horrible and reaching for drugs. Once these issues are identified, we develop a customized treatment regimen that meets the unique medical and nutritional needs of each patient. Our treatment program provides medical care, individual and family counseling, personal training, dietary guidance and the most comprehensive aftercare program in the industry – free of charge.

The Arche Wellness ORP was designed with the principle that getting clean is just getting started. We work to give our patients a healthy, happy lifestyle that is fulfilling without drugs and alcohol, for years to come.

## Mental Health Treatment Program

Medical and mental health professionals often disregard the fact that the human head is attached to a body. That body is what provides the vitamins, minerals and amino acids required to create neurotransmitters, hormones and many other biochemicals that affect our mental health. If the body is malfunctioning or is not properly nourished, the likelihood of mental health issues and disturbances such as depression and anxiety increase substantially.

While some patients do require medications to address these issues, statistics demonstrate that as many as 85% of depression patients can be effectively treated by addressing biochemical imbalances caused by nutrient deficiencies and malabsorption. Testing identifies these issues and provides the data necessary for the Arche Wellness medical staff to treat these issues at their root cause.

Continued individual counseling, personal training, dietary guidance and supplementation help to improve lifestyle and brain functioning and reduce the likelihood of future occurrences. Most mental health issues are rooted in physical health dysfunctions and a healthy, well functioning body contributes to a healthy well functioning brain.

*Events*

*Health & Wellness Fair - July 16  
TruBarre Workout classes offered daily  
LPC & RN Trainings - Coming in August*

*Specials*

*10% off any 5 week program  
15% off any 8 week program  
10% off Evaluation package*

*New Programs*

*High Performance Athletic Enhancement  
Morbid & Super Obesity Treatment*