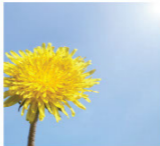




The Arche Wellness Center

Building the *IDEAL* you.



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1-877-55-ARCHE
www.archewellness.com

Cover.pdf

your ideal **STATE OF BEING** *awaits . . .*



Dear Unique Individual,

You are the most important person in your life, or at least you should be. However, so many of us allow our general wellness to be compromised as we accommodate the other aspects of our lives. Over time, these compromises build up and eventually our own expectations diminish, the amount of discomfort and discontent that we are willing to tolerate grows and our overall happiness deteriorates.

While the self sacrifice involved in this process is often substantial enough to be alarming, it is the seemingly irrelevant impact that these compromises make that is the most concerning. Many of us experience degeneration in our quality of life at such a slow pace that we barely notice the change. We often attribute increased

pains, decreased energy or slowly developing mental health symptoms to aging and environmental conditions, or we just ignore them all together. These little deficiencies in our physical and mental performance have been classified by engineers and process improvement specialists as "normalized deviations." Each of us has entered a workplace, healthcare facility or other business and questioned why an inefficient process exists when a better way seems so obvious. These little inadequacies happen everywhere in our lives and are particularly present in our bodies.

Eventually, we get old, tired, stressed or depressed enough to do something about these deviations. That is why Arche Wellness was created – to solve the normalized deviations of the body at their biochemical

root cause. When Arche Wellness started, we primarily treated drug and alcohol addiction. Substance abuse and dependence is a common side effect of many normalized deviations in our lives and bodies. Chemical coping or self medication is a quick, easy, socially acceptable and medically encouraged response to a less than ideal state of being. However, no medication can treat systemic health deterioration.

Systemic health problems caused by toxicity, infections or imbalanced nutrition are not resolved by medications, only masked by them. To address these issues, you must identify and solve them at their root cause. Toxicity must be cleansed, infections must be killed and imbalances must be brought into balance in order for the ideal physical human condition to be attained.

"We all suffer from toxicity, imbalanced nutrition and infections. The question is how much will you tolerate before you act?"

Today Arche Wellness provides natural, root cause solutions for substance abuse and overmedication as well as mental health issues, obesity and athletic performance enhancement. We have proven to be an elite provider of comprehensive wellness services in the United States, treating patients who have traveled from all over the US and as far as Europe to receive our services.

The new Arche Wellness Center was designed to expand and enhance our service offerings and bring other practitioners, dedicated to the common goal of helping every patient create a healthier, happier and more fulfilling idea of "normal," into the fold of orthomolecular human services.

Wellness is **BALANCE.**



Achieving wellness is about more than just a healthy lifestyle – it's about balance and function. The human body is a complex adaptive system, a system of systems that are interactive and interdependent. Therefore, when one system malfunctions, it can affect the functions of many others. When many systems start to malfunction, the result can be a slow decrease in overall functionality which includes mental health, energy and sleep. Arche Wellness uses a detailed process to identify and treat systemic health issues.

Current Condition Analysis

A current condition analysis involves medical, laboratory, psychological and environmental analysis and determines the elements that comprise your current state of being. It is essential that you consider all aspects of an individual's lifestyle when attempting to identify possible points of systemic ineffectiveness and disruption. Often times a series of health "nuisances" such as sleep disruptions, depression, anxiety and fatigue can be caused by a simple food allergy, overexposure to toxins or a fungal infection. A current condition represents the baseline of each human being and is an essential component to any comprehensive wellness program.

Once a current condition is complete, problem areas can more easily be identified. Each problem's relationship to body systems and symptoms can be established and a comprehensive treatment plan can be developed.

Problem Solving

Traditional medicine often treats symptoms without considering their root cause or the effect of medicinal treatment on the entire body. Often patients enter our program stating that they started with one non life threatening "nuisance" symptom which led to a medication, which caused side effects, which led to another medication and so on. By the time these patients reach us, they feel worse than they did when the initial treatment was sought. Worst of all, many state that their initial "nuisance" symptom did not improve. Our mission is to solve the root cause of symptoms by restoring biochemical balance, decreasing toxicity and dysfunctional behaviors, improving diet and exercise patterns and encouraging healthy activities and approaches.

Problem prevention

Once individuals have improved their body's systemic functionality, a maintenance plan is developed which includes a behavior plan, dietary and supplement recommendations, exercise program and any necessary medical prescriptions. This plan is customized for each individual and is intended to provide the baseline for ideal health and wellness for years to come.



laboratory testing, micronutrient infusions, individual counseling, personal training, yoga, physician evaluation, dietary guidance, supplement prescriptions, vitamin injections, fungal infection treatment, gut/retrointestinal repair, biochemical analysis, glutathione infusions, family counseling, medically supervised weight loss, chronic disease support, natural insomnia treatment, food addiction, medication titration, stress management, group exercise classes, support groups, wellness seminars

www.archewellness.com

Wellness is *Peace of Mind*

Mental Health professionals often fail to incorporate the three most fundamental principles of successful mental health care.

- 1 The human head *is attached* to the body.
- 2 When the body is undernourished and operating with insufficient resources, it sacrifices the mind in order to preserve the body.
- 3 There is a medical difference between mental illness and mental health issues and the distinction has drastic treatment implications.

When considered, these three principles speak volumes about the current state of America's mental health. The Center for Disease control (CDC) consistently reports that vitamin and mineral deficiencies are increasing and the recognized health implications of malnutrition are expanding. Meanwhile, mental health problems afflict a greater segment of our population than ever before. The CDC reports that those who are most likely to be afflicted with depression are women, ethnic minorities, those who are unable to work or are unemployed and those without health insurance. It is no coincidence that these sects of our population are also the most likely to experience obesity, poor diet and poor quality health care.

While mental illness typically requires medication for successful treatment, mental health issues can often be resolved by improving the overall health and balance of the body. Standard treatments for mental health issues typically utilize therapy, psychotropic medications and little else. However, in 2010 the American Psychiatric Association (APA) expanded its guidelines for the diagnosis and treatment of depression to include alternative therapies and exercise.



Arche Wellness understands that your brain and mental health represent a portion of your overall body and health. We also understand that a healthy body is most likely to yield a healthy mind. Finally, our program understands that solving any health issue to root cause is the most effective way to eliminate the problem as well as avoiding *iatrogenic* symptoms like those caused by medications. Prescribing a depression medication when the symptoms are caused by lack of vitamin B absorption in the gastrointestinal tract does not solve the deficiency. It may alleviate the depressive symptoms for a short time, but the deficiency will continue to negatively affect other body systems while side effects arise from the drug. This may be symptomatic treatment, but it is not the ideal systemic treatment.



Iatrogenic (*i-ō-īro-jen-ik*)
adj. – *inadvertent, typically
damaging adverse effects
or complications caused by
or resulting from medical
treatment or advice.*

Wellness is Continuous Improvement



1. DENIAL OR REJECTION

This state encompasses anyone who refuses to accept that poor health choices have systemic life consequences. This is the overweight person who feels her obesity has nothing to do with chest pains, arthritis, fatigue, depression or insomnia. This is the smoker who believes that smoking is not contributing to his irritable bowel syndrome or depression. This is the lethargic fast foodie who believes diet has nothing to do with her fatigue and mood swings. This is the insomniac who feels his processed food diet and alcoholism does not impact his sleep.

Moving beyond this state often requires severe disruption in mental health functioning, interpersonal or social loss, a catastrophic medical prognosis or even a professional intervention. Intervening when a friend or family member is suffering due to their own life choices is a very difficult process. But watching a loved one continue to deteriorate and approach invalidity or even death without confronting him is often not an option. While people will often become angry and lash out when confronted with their own destructive lifestyle, most will be grateful once they have gained control of their lives and improved their health.

2. ACCEPTANCE

The most difficult part of embracing a healthier lifestyle is accepting that many of your own choices have made you unhealthy. Even individuals who suffer from chronic conditions such as Crohn's disease, Celiac disease, diabetes and arthritis, can exacerbate their symptoms through poor life choices. Accepting responsibility for your life choices and owning your health is a challenging process. Once acceptance and responsibility have occurred, change can happen. Many individuals find that even the smallest changes in health and wellness choices can yield unimaginable and readily noticeable returns.

3. RECOVERY

Providing detailed data regarding the state of a person's body is the first step to any physical recovery process. Medical professionals who do not educate their patients about the activity inside their body are only promoting ignorance and denial. Through extensive laboratory testing, Arche Wellness

Now available at Arche Wellness Center.



Barre training is done with only one goal - to build the ultimate long, lean, beautiful body. Today barre training remains the most effective way to burn fat, increase strength and flexibility and develop a long, lean, toned physique. Many versions of this timeless approach are now the hottest workouts amongst celebrities & supermodels.

TruBarre is absolutely the most genuine barre workout available. Created by a classically trained ballet dancer and certified personal trainer, TruBarre provides a simple yet effective workout that is easily modified for any fitness level.

It uses the core-centered, structured approach of ballet to completely reshape your body in ways you never knew were possible.

Class size is limited. Reserve your space today!

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has found that individuals who lead maladaptive lifestyles can learn precisely how their choices have altered their bodies' composition and led to significant, systemic malfunctions. Understanding biochemical data helps individuals to associate poor life choices with poor health symptoms and make the necessary changes to feel better. Through counseling, dietary adjustment and personal training, individuals can explore many different options for their new healthy lifestyle and learn what works best for them and their unique needs.

4. MAINTENANCE

Achieving your own state of wellness is a wonderful accomplishment, but maintaining it is where many fall short. Attending regular seminars, support groups and follow-up visits with your wellness professionals is an important component to sustainable lifestyle change. Realizing that there is ALWAYS more to learn, keeping an open mind and continuing to listen to your body are the most important elements to maintaining the great results your recovery has given you. Remember that living things are always changing, and in a wellness program, you will change. Each day you are moving closer to your ideal state or farther from it. But each day provides you that choice. Attending support services and educational seminars helps to ensure forward momentum.

www.archewellness.com

Wellness is Clean & Pure.



Overmedication & Substance Abuse Recovery

Overmedication and mismanaged medication is a growing problem in America. Often times, patients have been placed on a number of medications by multiple practitioners. While these medications often have no textbook interactions, the combinations can grow increasingly more toxic over time. Most of our overmedication patients report that the combined side effects of their medications are actually more debilitating than the conditions they have been prescribed to treat. This is often due to toxic burden and the body's decreasing ability to expel medications.

Through testing, medical evaluation, biochemical restoration and wellness education, many of these issues can be addressed and necessary medications often only require slight adjustment in dosage or type. By implementing a consistent wellness program, patients can learn to keep their toxin levels below their body's threshold making their medications more effective at lower dosages and allowing them to feel healthier and happier.

Arche Wellness goes far beyond the typical rehab. It was designed for those who want to completely recover from the damage caused by years of toxicity. By testing and identifying biochemical and systemic physical damage, Arche Wellness can treat the symptoms of addiction at their root causes. Our program identifies and treats real health issues that have plagued the substance abuse population but have gone unnoticed by traditional treatments such as fungal infections, gastrointestinal malabsorption, leaky gut, liver process imbalances, micronutrient deficiencies and insulin resistance. By treating these and many

ARCHE WELLNESS Orthomolecular Recovery Programs

LEVEL 1 - BASE ORP

This intensive mini program is five weeks and includes:

- Medical & psychological evaluation
- Basic lab work
- 1-2 IV infusions/week
- All oral supplements
- Unlimited counseling
- Personal training
- Nutritional consultations
- 3 months of free aftercare.*

90 Days
of Care

LEVEL 2 - STANDARD ORP

The Arche Wellness flagship program is eight weeks and includes:

- Medical & psychological evaluation
- Comprehensive lab work
- All oral supplements
- All IV infusions
- Unlimited counseling
- Unlimited personal training
- Nutritional consultations
- All medical appointments
- 6 Months of free aftercare*

170 Days
of Care

LEVEL 3 - ENHANCED ORP

This program offers extended withdrawal support or titrations from prescription medications as well as treatment and management of moderate to severe peripheral health issues. This enhanced service is necessary for patients who require additional support to stabilize severe benzodiazepine withdrawal or withdrawal from two or more prescription drugs. It treats problematic/chronic addiction related health issues and provides assistance to clients with emotional or behavioral deficiencies due to prolonged substance abuse. This 10-week package adds additional detoxification services to the Standard ORP and includes 12 months of free aftercare.*

310 Days
of Care

* Free aftercare is provided to patients who successfully complete a package.

other health issues that contribute to an individual's desire to self-medicate, we eliminate the pain and suffering caused by years of addiction, reduce cravings and make a healthy, happy lifestyle more maintainable for years to come.



The Arche Wellness orthomolecular recovery program is one of the most advanced in the United States. Although programs like these have been operating for nearly half a century, they remain a rare demonstration of how effective a customized, medically coordinated and data driven treatment approach can be.

Unfortunately, the advanced nature of these programs has left a significant treatment gap between premier recovery approaches and traditional treatment – until now.

For those who desire a quality of care that exceeds a traditional treatment program without the expense of the Arche Wellness ORP, we have created Arche Institute. Arche Institute currently offers 2 programs designed to provide a higher quality, individualized approach on a less intensive basis.

nexus

The Arche Institute Nexus program is the ORP treatment model, administered in a slightly more standardized and streamlined approach. Nexus offers the same high standards of care associated with the Arche Wellness model at a more affordable and flexible price. Nexus continues the Arche Wellness tradition of a highly scientific, medically supervised treatment program with a consistent regard for patient privacy and dignity at its core. Through this model, patients can build their own program by purchasing services on a more limited basis, providing the ultimate flexibility throughout the treatment process. Best of all, Nexus offers a financial incentive through a payment scale that decreases as the patient's recovery improves.

Admission week w/ Detox \$1450
For new patients experiencing withdrawal.

Detox week \$1099
For existing patients needing detox for withdrawal.

Stabilization week \$850
The follow-up week to detox.

Repair week \$600
Provides continued biochemical and physical repair.

Step down week \$425
Supplements are decreased and aftercare progression begins.

Aftercare \$95/wk or \$300/month
After the patient has been successfully discharged from intensive treatment.

U-TURN

Mandated substance abuse and DUI counseling can be a very stressful and humbling experience. Being forced to share your personal background in a large group of strangers can further exacerbate this already difficult process and create an environment that provides little to no clinical benefit. The U-Turn program was developed to provide a high quality, confidential and individualized alternative for those required to complete substance abuse counseling. U-Turn provides privacy and flexibility to help patients effectively complete their requirements as well as engage a healthy, productive lifestyle. While individual counseling and testing are key components

of U-Turn, participants are also provided educational counseling on general health and wellness issues such as nutrition, exercise, relationships and stress management.

The U-Turn program provides:

- 1 Evaluation
- Individual counseling sessions
- Drug testing
- Discharge/aftercare sessions
- All necessary documentation

All sessions are scheduled at the client's convenience.

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The Stepford Triad

How mainstream medicine is failing the 21st century woman



Since opening in 2006, Arche Wellness has treated dozens of women, all of whom seemed to be suffering from the exact same mysterious syndrome. These women were once confident, successful and powerful. They ran businesses, sat on corporate boards, raised families and were "the rock" of everyone in their lives. By the time these women came to us, they had deteriorated into mere shadows of what they once were. Most had become unable to provide support to their spouses and children. Many had grown fearful of public places and social events. All of them reported debilitating levels of depression, anxiety and stress often with no clue as to the cause.

Through biochemical testing and evaluation, we began to realize that all of these women had identical medical experiences over the course of the past 5 to 20 years. The conclusion was that mainstream medicine was not only failing to treat these women and their health issues, it was actually worsening them to a point of complete emotional and physical debilitation. Here is a synopsis of their experience.

SYNOPSIS

As we age our body processes slow and become increasingly imbalanced, decreasing our ability to process toxic elements such as food preservatives, chemical sweetener and fertilizers, pesticides, cosmetics, medications and alcohol. As the liver's ability to expel toxins slows, our bodies are not able to handle as many chemicals and toxic by-products begin to build up. In response to the toxic accumulation, the intestines slow absorption in an attempt to stop intake of more toxic material. This event can cause gastrointestinal malabsorption, leaky gut and a number of other GI issues. Unfortunately, malabsorption also prevents the gut's ability to absorb nutrients. Over time, a woman experiencing this

syndrome will become deficient in essential nutrients. *Nutrients are the building blocks of every chemical interaction in the body.* Such deficiencies can result in hormone imbalances, low neurotransmitter levels, enzyme depletion and problems with many other biochemical elements. Depression, anxiety and sleep disturbances are some of the most common symptoms of low nutrient levels.

A woman typically will seek medical attention in an effort to treat the fatigue, lethargy, mood swings and mental health issues caused by toxic burden, GI dysfunction and nutrient deficiencies. She is almost always prescribed a psychotropic medication. But she will almost never undergo functional testing to determine the cause of her symptoms. Statistics show, her doctor will write-off her symptoms as emotional in nature and requiring only a psychiatric response. At first, a psychiatric drug may yield significant alleviation of the symptoms. However, by adding another toxin to the body and not treating the underlying cause, her condition will worsen and the medication will be rendered less and less effective. Eventually, this once productive, successful woman will have been victimized by what we have come to know as the Stepford Triad. By the time we see her at Arche Wellness, she will be addicted to at least one anti-anxiety medication (like Xanax) a sleep aid and at least one anti-depressant, all worsening her underlying condition and providing little to no long-term relief.

Until recently, Arche Wellness had only seen this effect in addicts and alcoholics. Due to exponential increases in the amount of toxins Americans are exposed to, people without substance abuse backgrounds are experiencing these symptoms.

Each day, we meet more women who are afflicted by this common problem and who found that traditional medicine has only exacerbated the problem. Effectively treating this problem is not only possible, it is rather easy. But it requires a doctor and a patient who is willing to address all aspects of the human condition, not just symptoms.

Wellness is

Feeling so Good.



Recovering from obesity is about **more than just losing weight**. Even with starvation diets, clinically obese people are often unable to lose weight due to biochemical and systemic damage caused by poor diet and a sedentary lifestyle. 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 seem nearly impossible.

At Arche Wellness, we provide a comprehensive medical and clinical approach to treating obesity. We begin with a thorough evaluation that includes your medical history, physical symptoms, health issues, diet and exercise patterns and mental health status. We also administer a number of functional laboratory tests to examine how your gut, liver, pancreas and other body systems are functioning. In addition, we provide a more thorough level of analysis that goes beyond just diagnosing diabetes. We examine insulin levels and responses that go one step further in determining how close to becoming diabetic an overweight person is.

We examine liver process dysfunctions and gut absorption which can severely impact how someone feels throughout the weight loss process.

We use the data gathered from your testing and evaluation to create a completely customized comprehensive treatment program. Treatment modalities prescribed may include:

- Medical care
- IV micronutrient infusions
- Nutritional supplements
- Medical grade smoothies
- Behavior modification counseling
- Dietary guidance
- Personal training

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 healthy and happy as well as maintain a healthy weight for the rest of your life.

The Fat Facts

- Annual medical costs for obese people are \$1429 higher than those of healthy weight.
- In 2003, Pennsylvania spent \$75 billion on obesity. \$39 billion of these costs were paid by taxpayers.
- Studies show that anxiety and depression increase a person's risk of obesity.
- In 2010 PA was ranked as the 17th most obese state in the United States with 28.1% of the population meeting the criteria for obesity, surpassing the national average of 26.7%.
- Two Pennsylvania cities were ranked in a Gallup/Healthways list of the 10 fattest cities in America. Harrisburg was #7 and Reading was #5.