

A Patient *“Sick to His Stomach”*

The mind and emotions of his patients are inevitably intertwined as key ingredients in the healing process, notes Dr. Dennis Fera of Holistic Health & Medicine in Hillsborough.

“A recent patient is a classic example of the mind-body connection at work,” he says. “This gentleman came to me with an array of unpleasant gastrointestinal complaints, including diarrhea, pain, and persistent nausea. I did a stool analysis, checking for organisms, and overall did fairly extensive testing to find the cause of these ailments.

“While waiting for the test results to arrive, this patient’s symptoms worsened sufficiently to take him to another doctor, a specialist, who gave him a full gastrointestinal workup—a full GI series, including colonoscopy. Subsequently, he was diagnosed with Crohn’s Disease—a diagnosis we would all like to avoid, since it’s a very unpleasant, painful chronic condition considered to have no cure. It is often treated with high-dose steroids and in some instances leads to surgery to remove sections of the bowel.

“Soon the patient returned to me, feeling worse than ever. He was taking a half-dozen different medications,

including high-dose prednisone, and at the same time we’re reviewing the results from the tests I had done. They revealed a single organism, and one elevated inflammatory marker—consistent with his symptoms, but hardly severe. I assured the patient we could eliminate the offending bug and calm the inflammation, although the medications he was then taking complicated treatment. He would have to come off the steroids slowly, over time.

“At this point, he shared new information with me about the events of his life. I learned for the first time that his wife had left him eight months earlier, and he was having severe problems being the sole parent to his 16-year-old daughter. In fact, he had learned several months ago that his daughter was pregnant.

“So I said to this patient, ‘You’ve just made the diagnosis! This is why you are sick to your stomach—and why all of these drugs aren’t working.’ We had a long talk, which led to his decision to approach problem-solving in his life in a different way. I continued to work with him to address his physical complaints, and he did the work necessary to come to peace with his emotional problems.”

CHELATION AND MENTAL CLARITY

Often, patients seek out Dr. Fera for chelation therapy to address a wide range of circulatory problems. These concerns often manifest as chest or leg pain on walking, shortness of breath, painful or discolored feet, transient loss of vision, or failing memory or mental acuity.

That was exactly the case for a 73-year-old retired minister who had moved from Kansas to Greensboro to be near his son, daughter-in-law, and grandchildren. His energy began to slip, and, he said, “I was having occasional chest pain and shortness of breath, and I reached the point where it was a struggle to mow my own lawn.”

Back in Kansas, he had a relative who had experienced success with chelation therapy, so he began a search for a chelation specialist that brought him to Dr. Fera. After intake testing, he began a series of IV therapies, including chelation, oxidation therapy, and UV light therapy (see box).

“I began to notice positive changes almost immediately,” he reports, “and by the time I completed the full course of chelation, my energy was fully restored, and I was free of chest pains and shortness of breath. Most surprising of all to me was the effect of chelation on my mental abilities. My memory improved noticeably. My thinking generally is clearer and sharper. Before chelation, I often had a kind of brain fog. And now that fog has lifted completely.”

Such results are not a surprise to Dr. Fera. “The whole point of chelation therapy is to remove toxins and improve circulation,” he says. “It makes sense that better circulation of blood to the brain improves brain function—just as improved circulation improves function in other parts of the body. Arteriosclerosis sets the stage for such problems as heart attacks, strokes, memory loss, possible amputation of extremities, impotence, and many other diseases.” *h&h*



During a chelation session, Dr. Fera talks with a patient about the measurable progress he is making.

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MANY PATHS TO HEALING

As a holistic physician with extensive training in physical medicine, Dr. Fera employs many “non-traditional” therapies to aid his patients in their quest for emotional and organic balance and robust health. His therapeutic approaches include:

- **CHELATION THERAPY.** A safe, effective IV detoxification process that is also increasingly used to restore the blood flow in victims of arteriosclerosis without surgery. Often used to remove concentrations of mercury, lead, and other toxic metals from the body.
- **OXIDATION THERAPY.** Another IV procedure that rapidly relieves allergic reactions, influenza symptoms, and acute viral infections. Tumor cells, bacteria, and other unwanted foreign elements in the blood can usually be destroyed with hydrogen peroxide treatment.
- **ULTRAVIOLET LIGHT THERAPY.** A procedure called “photoluminescence” is beneficial in the treatment and cure of an extremely broad range of ailments, from colds and flu to kidney diseases, osteoporosis pain, tinnitus, certain dermatologic problems, and many others.
- **PROLOTHERAPY.** Used for treatment of painful joints (back, neck, shoulders, knees, etc.). An injection procedure that is often beneficial, particularly when other treatments don’t work and X-ray findings are negative.
- **NEURAL THERAPY.** Scars and other traumas to the body can cause areas of disturbed energy flow known as “interference fields.” Neural therapy eliminates the interference field, restoring normal energy flow and balance to the nervous system.
- **NATURAL HORMONE THERAPY.** Used to address a wide range of problems including fatigue, weak bones, frequent joint injury or chronic pain, weakened immunity, thyroid problems, unsatisfying sleep, and skin problems.
- **NUTRITIONAL MEDICINE,** including IV therapies and a strong emphasis on nutritional balance and proper use of vitamins and supplements.
- **STOMACH AND INTESTINAL SCREENING AND TREATMENTS.** Used to discover the presence of pathogens such as bacteria, fungi, yeast, and various parasites, and to overcome digestive related problems, GI irritation, and inflammation.
- **MERIDIAN STRESS ASSESSMENT TESTING** a non-invasive technique to evaluate imbalances in glands and organ systems, and help the body achieve optimal balance.
- **THERMOGRAPHIC INFRARED IMAGING,** a non-contact, non-invasive procedure to visualize the body’s physiologic response to pain and disease states.

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