Testing for unwelcome galvanic reaction. The presence of metal in the signal for Dr. Duncan, left, www.smilesraleigh.com 218-30 Ashville Avenue Cornelius, NC 28031 Accepting new patients.

And A HOLIStIC DENtISt: this past year. Dentistry. Dr. Duncan, a graduate of the UNC School of Dentistry, joined him in practice Holistic Dental Association and the International Association of Biologic Medicine and International Academy of Mercury Free Dentists, and serves on the Board of Directors. In practice for more than two decades, Dr. McMillan is a charter member of the sequence to remove amalgam fillings, based on the electrical output we measure."

- Seeks to understand the implications of dental health/disease on other areas of the human body.
- Knows about a range of alternative materials and alternative/integrative medicine
- Has special equipment, knowledge and training to protect patients and staff.
- Believes that each patient is unique and not all patients respond the same to all materials.
- Never uses mercury amalgam in his practice and takes special precautions to protect the patient, staff, and himself from toxins in the office. by the Oath, “First, do no harm.”

"Tinnitus—ringing in the ears—is increasingly common, and may be linked to the presence in the face or mouth can also signal the presence of side effects and addiction issues, some medications can do more harm than good. It’s critically important to weigh risks and benefits.”

SUCIDAL?
And then, says Dr. Gupta, there are challenging cases when a patient appears to be suicidal. “My position is always clear and firm: I have to protect my patients, even from themselves. That’s my job—and that’s what I tell them: ‘I may have to make hard decisions to keep you safe. That means I may have to recommend hospitalization or get family members to assist or even call the police, if necessary. I have to do this to protect you.’

“Obviously, I make every effort to avoid involuntary commitment. I want if it is in any way possible to have a relationship with a patient where I can, when necessary, move them into a hospital without a problem.”

And in many cases, she reports, the efficacy of medications are themselves an issue. “At this point I’ve been in practice for many years and I believe there’s a need for medications—and there is also a need to control them, as well. In terms of side effects and addiction issues, some medications can do more harm than good. It’s critically important to weigh risks and benefits.

“Further,” she says, “I also care a great deal about the quality of a patient’s sleep. First I have new patients complete a basic questionnaire on sleep, and if they require sleep studies I have an at-home test they can take. Alternately, I may recommend a professional sleep study. Every patient—and every person—deserves the therapeutic benefit of good quality sleep.”

HEALING PATH
The daughter of two physicians—her father is a gastroenterologist, her mother a psychiatrist, both still practicing in Florida—Dr. Gupta felt led at an early age to be in the healing arts.

She went to Nova Southeastern University College of Osteopathic Medicine, in Florida, emerging as an osteopathic physician “with holistic interests and tendencies. The term osteopathic physician is still an unknown to many of my patients. I explain that osteopaths attend four years of medical school training just like medical doctors, and are ‘real, licensed’ doctors in all the states and dozens of foreign countries, both for medicine and surgery.

“And it’s true that osteopaths emphasize the importance of the musculoskeletal system, holistic medicine, proper nutrition, and environmental factors in maintaining good health. Osteopaths are known for using a hands-on approach to medicine and frequently manipulate or palpate as part of diagnosis and treatment.”

After her Nova training, Dr. Gupta completed her four-year residency in psychiatry at the Baptist Medical Center at Wake Forest University in Winston-Salem, NC.

Dr. Gupta has an eclectic practice, working with adolescents and adults no matter the nature of their health issues. “I work with such challenging problems as bipolar disorder and schizophrenia to scores of people who are challenged by events in their lives. I really do empathize with patients who are dealing with such every-day issues as anxiety, questions of self-image, depression and perhaps health challenges. Every one of us has a period in our lives when we are challenged and need support and guidance.”

Dr. Gupta has counselors and psychotherapists in her office who are well-qualified to work with clients who need on-going support. “I do ‘talk therapy’ when it is appropriate, but I am a medical doctor and when we are dealing principally with behavioral or psychological issues, such as a history of trauma, I might refer the patient to a psychologist for longer-term therapy. I work with professionals who are very adept with PTSD patients, for example, and others who are excellent marriage counselors and therapists. It’s quite remarkable how often a rocky marriage is the root cause of depression and anxiety.”

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