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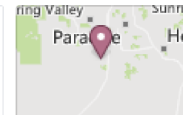
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Highlights



Carolyn Matzinger, MD Private Personal Physician shared a link.
October 31 near Las Vegas, NV

Thoughtful Thursdays::

<http://drhyman.com/blog/2012/10/23/should-i-get-the-flu-shot/#close>



Should I Get the Flu Shot? - Dr. Mark Hyman
drhyman.com

While we are all trying to enjoy the change of seasons and soak up the beauty of fall, one question persists among the masses. Should I get the flu shot? My team and I are constantly asked this question and while we can't give a blanket statement for the general public, I wanted to take

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Thoughtful Thursdays: What is in that drink you have? S...
1 · October 3 at 6:14am



Mindi Anderson
Tuesday Talk: See the connection between your Oranges...
1 · October 1 at 6:40am



Mindi Anderson
Just had my Meyers Vitamin Fusion with Dr. Carolyn Matzin...
September 16 at 3:51pm



Mindi Anderson
<http://www.bodybio.com/content.aspx?page=arthritis-co...>
April 19 at 11:09am



Mindi Anderson
Neurolipid Therapy www.patriciakane.net
March 26 at 9:10am

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Carolyn Matzinger, MD Private Personal Physician
October 29 near Las Vegas, NV

Tuesday Talk: Stay healthy this season - back to school, Halloween, too much sugar Be balanced and allow yourself a little treat now and then but stay on the side of healthy clean



Carolyn Matzinger, MD Private Personal Physician
October 25 near Las Vegas, NV

A different perspective on cholesterol - it is not always the enemy.....

Contrary to current dogma, cholesterol is an extremely important membrane structural fat, with emphasis on "extremely." It is fat, not a lipid, with a wide range of body functions and a prime example of the distortion of our present perception of fats --- fats that our body needs for homeostasis. It is the precurs... [See More](#)

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Carolyn Matzinger, MD Private Personal Physician
October 17 near Las Vegas, NV

Thoughtful Thursdays: What is adrenal fatigue?

Adrenal fatigue is a collection of signs and symptoms, known as a syndrome, that results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia.

... [See More](#)

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October 10 near Las Vegas, NV

THOUGHTFUL THURSDAYS: Good Morning and hope you are having a happy healthy week! The change in weather and immunity has been a hot topic this time of year. Immunity is weakened when we are under excess stress. Take a few moments to explor... [See More](#)



5 Ways To Love The Present No Matter How Scared You Are
www.mindbodygreen.com

Recently, a small black mole appeared on my ankle. I had a sinking feeling when I saw it. A biopsy and a personal call from the doctor confirmed that the spot was indeed cause for concern and I would need surgery to remove a larger section of the surrounding tissue.

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whole food as a routine. Try Vitamin Fusion and get those vitamins into your system fast!

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October 23 near Las Vegas, NV

Wellness Wednesday: Do you drink soda? Read this if you do...<http://www.bodybio.com/content.aspx?page=Soda-Heart-Risk>

To make a "soda-like" drink, take flat or sparkling water and add flavored liquid stevia!



Soda And Heart Risk: And We Thought It Was Only Teeth We Had To Worry About | BodyBio Wellness...
www.bodybio.com

After all was said and done, it turned out that the only thing she drank for the previous sixteen years was

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October 15 near Las Vegas, NV

Tuesday Talk:

Laboratory testing is one of the most effective tools available to guide you to improve your health. Our advanced BodyBio Reports provide detailed information, above and beyond that of a lab's limited "normal or abnormal..." [See More](#)



BodyBio Wellness - Benefits
www.bodybio-wellness.com

Laboratory testing is one of the most effective tools available to guide you to improve your health. Our advanced BodyBio Reports provide detailed

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Davi Kelly likes this.



Carolyn Matzinger, MD Private Personal Physician
shared a link.
October 8 near Las Vegas, NV

The Myer's Cocktail is an intravenous vitamin-and-mineral formula for the treatment of a wide range of clinical conditions. The modified "Myers' cocktail," which consists of magnesium, B vitamins, and vitamin C, has been found to be effecti... [See More](#)



mdp3 - Carolyn Matzinger, M.D. Private Personal Physician
www.mdp3.com



Carolyn Matzinger, MD Private Personal Physician shared a link.
October 3 near Las Vegas, NV

Thoughtful Thursdays: What is in that drink you have? SUGAR? Understanding the importance of controlling the sugar that we consume both in fruit and processed foods and drinks is vital to allow our bodies to function efficiently which allows vitamins and minerals to be absorbed. Read on...<http://www.bodybio.com/content.aspx?page=Electrolytes-Sugar>



Electrolytes and Sugar(s): Stuff You Need To Know | BodyBio Wellness
www.bodybio.com

Although we are admonished not to mix electrolytes with sugars, we do it anyway.

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Carolyn Matzinger, MD Private Personal Physician changed their cover photo.
September 27, 2012



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September 27, 2012



BodyBio Health News | Vitamin A Supplement Interactions
www.bodybio.com

The potential for vitamin toxicity is real. Most Americans believe that vitamins and other supplements are safe. That's true if they are used correctly. Too many people still think that if one is good, ten is better...

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September 23



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Carolyn Matzinger, MD Private Personal Physician
September 28, 2012

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BodyBio Health News | The Great Pumpkin is Not Just for Decoration
www.bodybio.com

Many of us associate pumpkin with autumn, especially Thanksgiving. That's a shame because there's a wealth of goodness in that winter squash, and it deserves more than mere seasonal entertainment. It's

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Carolyn Matzinger, MD Private Personal Physician

July 19, 2012

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AND PERSONAL
WELL BEING
WITH YOUR
OWN PRIVATE,
PERSONAL PHYSICIAN

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2012



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July 17, 2012

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