



Sensitivity Elimination Technique (SET) is a non pharmaceutical method of desensitizing patients with both food and environmental sensitivities. Although the true mechanism of action for SET is not clear, the method involves using dilutions of food or environmental substances to which the patient is sensitive. The patient is exposed to the dilute form of the substance for a 30 minute period during which time a series of acupressure points are stimulated and the therapy ends with an acupuncture treatment. The stimulation of the acupuncture points in the presence of the dilute substance helps to down regulate the autonomic nervous system's response to future exposure to that substance. Patients usually require only one treatment per sensitivity and the benefit can last anywhere from several months to several years. SET is the best option to consider for patients who are sensitive to antihistamines or other common anti-allergy drugs and those who have not done well with years of allergy injections.

"Dr. Safayan is always willing to take the time to discuss all the different treatment options. He and Dr. Threlkel always make themselves available and care very much for a patient's well-being. They take a holistic approach rather than just treating symptoms with prescription drugs! "

Ruth Bennett

Integrative Medicine is defined as using alternative medical techniques in conjunction with mainstream therapies. Although the definition may appear simple, Integrative Medicine is in fact is a rather evolved form of medical care. An integrative medical appointment with Dr. Safayan is unique and unlike any conventional medical visit. Such a visit is usually requested by patients who have not been well treated or managed with conventional health care. They seek out Dr. Safayan's practice for many reasons. His office is not hurried, his staff is attentive and provides a nurturing environment which is an important beginning to improving one's health. The office atmosphere is quiet and ample time is provided for his patients to discuss their problems and concerns. Dr. Safayan requires that his patients have an active role in their integrative visit. He requests of them a chronology of their health history along with providing copies of past medical records and therapies. This saves time, money, and duplication of potentially costly laboratory and diagnostic studies. Even more unique however, is that Dr. Safayan utilizes the expertise of his Naturopathic colleague, Dr. Threlkel, during the three hour office visit. At the end of the consultation, patients are provided a detailed summary of their integrative office visit including short and long term treatment plans and follow-up. Clearly this comprehensive level of care is a non-covered medical service and thus free of any health insurance company interference. Interested patients are screened prior to making an appointment and informed of both the active role they must play in the process and the cost for their initial integrative medical visit.

4801 Wisconsin Ave NW
Washington DC 20016

Phone: 202-244-6661
Fax: 202-244-1340
Website: www.RestorativeHealth.org

Ali Safayan, MD



Internal Medicine
Medical Acupuncture
Prolotherapy
Sensitivity Elimination
Technique
Integrative Medicine

Dr. Safayan; training, philosophy, practice

Dr. Safayan's allopathic medical training started in the Philippines where he first became interested in the ancient healing arts. In 1987, Dr. Safayan completed his internship in New York City and in 1990 he completed his residency in Internal Medicine in Washington DC. His early years in primary care were frustrated by the limited therapeutic options that medications and surgery provided. It also became clear that the art of medicine had been replaced by the business of medicine where health insurance companies influenced his patient care decisions. Disappointed, but not disenchanted, he set out on a personal journey to find the art of medicine.

Over the subsequent 20 years Dr. Safayan took additional course work in functional medicine, environmental medicine, botanical medicine, homeopathic medicine, nutritional medicine, Ayurvedic Medicine, Osteopathic Manual Therapy, acupuncture and prolotherapy. During this time he also developed an appreciation for the benefits of meditation, prayer, Tai Chi, and Qi Gong. Never forsaking his internal medicine training, today Dr. Safayan uses his allopathic background for diagnostic and therapeutic purposes. When allopathic treatments prove inadequate, ineffective or not indicated, he is able to offer his patients a host of other therapeutic options. Dr. Safayan continues his quest to provide his patients with modalities of care unavailable in our conventional health care system and he has chosen to focus his interest on the modalities described in this brochure.

Medical Acupuncture is acupuncture provided by a physician. A medical acupuncturist uses their medical knowledge alongside acupuncture to provide their patients with more comprehensive care. Medical Acupuncture is a system which can influence three areas of health care:

- Promotion of health and well-being
- Prevention of illness
- Treatment of medical conditions both organic and functional

Acupuncture is often associated with pain management only, but in the hands of a well trained medical acupuncturist it has much broader applications. Medical Acupuncture can be effective as a stand alone treatment or as an adjunct to other medical and surgical therapies.

The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems including:

- Psychoemotional; anxiety, depression and insomnia.
- Cardiorespiratory; palpitations, hypertension, chest pain, sinusitis, sore throat, bronchitis, asthma and recurrent respiratory infections.
- Digestive; GERD, gastritis, spastic colon (IBS), constipation and diarrhea.
- Genitourinary; menstrual and reproductive issues, incontinence and spastic bladder.
- Neurologic and muscular; headaches, facial tics, neck pain, neuritis, frozen shoulder, tennis elbow (epicondylitis), tendonitis, low back pain, sciatica and osteoarthritis.

Dr. Safayan has been practicing Medical Acupuncture since 1996. Since 1997 he has been a clinical instructor for the Helms Medical Institute, the premier Medical Acupuncture training course in the US, where he has trained well over two thousand physicians in this ancient art.

If you would like more information about acupuncture research please visit www.HMIeducation.com.

Prolotherapy is an injection technique developed by George Hackett, MD in the 1950s and is used for acute and chronic pain management. It is theorized that many pain problems arise from ligament and tendon injury. The *entheses* is the junction where a ligament or tendon attaches to bone and is often the site of injury. When trauma occurs, many times this attachment is disrupted. Conventional therapy aimed at reducing swelling, tenderness, and bruising is not helpful in repairing the *entheses* because of the relatively poor blood supply in this area. Dr. Hackett theorized that injecting a substance of high concentration into the *entheses* would force the surrounding tissue to release, via an osmotic gradient, repair factors into the injured site. What results is an inflammatory response or proliferation aimed at repairing the damaged *entheses*. Although many different proliferant agents are available today, Dr. Hackett and his colleague Gus Hemwall, MD found high concentration dextrose to be a very safe and effective solution. Patients usually require four to six successive treatments approximately one month apart to allow the proliferation process (fibroblastic repair) to be complete. Given that it is an injection therapy, patients will initially have swelling and some discomfort at the treatment site. Usually there is therapeutic benefit after the first or second treatment and the benefits can be lifelong. Since 2008, Dr. Safayan has been a clinical instructor with the Hackett Hemwall Foundation, the premier prolotherapy training organization in the world.

If you would like more information about Prolotherapy research, please visit www.GetProlo.com.