



**To quote an old TV commercial, "An educated consumer is our best customer."** It was true of Men's Warehouse, and is also true of our work here at S'eclairer.

The reason we spend so much time and effort in public education (like this newsletter you are now reading) is not just "marketing" to find new clients. We sincerely believe that the more you know about nutrition, exercise, human anatomy and physiology, and social issues, the better we can do our job of helping you deal with the mental health issues of your life. It is self-empowerment, but much more than that.

Taking control of one's life is a common theme in all Self-Help literature, and it a common core trait of our most successful clients. Taking control of one's life starts with knowledge -- factually correct and timely wisdom to help you make the best decisions about your health and your healing.

Please enjoy this newsletter, which spotlights new scientific findings on how your mental health is tied to diabetes, exercise and psoriasis. We also invite you to join us on Dec 6 to meet David Smith, watch our latest videos. The list of speakers for next spring Conference has been released.

We do all of this in the interest of "Enlightening Self with Knowledge."

*The S'eclairer Staff*

PS. As always, click on the chickens above for a moment of Mindfulness with the chickens!

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*Magazine articles from [Clinical Psychiatry News](#), Vol. 41, No. 9*

## **Group Drafts Diabetes-Prevention Recommendations**

By Mitchel L. Zoler

A working group from the Academy of Nutrition and Dietetics recently released dietary steps aimed at preventing people with prediabetes from progressing to Type 2 diabetes. In addition to recommending weight loss, the group calls for registered dietician nutritionists to provide medical nutrition therapy, and to provide individualized plans.

The group also recommends the consumption of more plant protein rather than animal protein, but emphasizes that weight loss is the key.

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## **Psychiatric Grand Rounds**

### **Recovery Warriors**

**Friday, Dec. 6  
1 pm at S'eclairer  
with**

**David Smith,  
Founder of Yellowcorn Native  
American Recovery Services**

### **Recovery Issues from the American Indian Perspective**



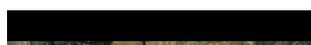
David Smith is the founder of Pennsylvania's first not-for-profit organization designed to provide drug and alcohol services for urban, transient, and Indian peoples in the iron houses. The seminars, learning circles, talking circles, outreach services and one-on-one counseling are also open to non-native peoples.

David and Yellowcorn's mission is to promote and provide spirituality and culturally appropriate based treatment practices that will be effective in strengthening the Native peoples' communities and culture to restore them to a spiritual and healthy lifestyle

**To read an article about David Smith from the Pittsburgh Post-Gazette [CLICK HERE](#)**

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## **Latest Videos**



[Read the Article](#)

## Exercise in Young Adulthood May Benefit Brain Later

By Neil Osterweil

"Young adults who are sedentary and stay relatively inactive through their early adult years are significantly more likely than are their more active peers to have worse executive function and processing speed in middle age." So says Tina Hoang, a research associate at Veterans Health Research Institute in San Francisco, said on behalf of researchers in the CARDIA (Coronary Artery Risk Development in Young Adults) study.

"Exercise decreases vascular risk factors, inflammation, and depression, and increases angiogenesis and neurogenesis: according to Ms. Hoang said.

[Read the Article](#)

## For Psoriasis Patients, Depression is Top Comorbidity

By Jancin, Bruce

According to Dr. Kenneth B. Gordon, professor of dermatology at Northwestern University Chicago, "Depression is something that we see every day. It's a big, massively important issue in our psoriasis patients." From the Hawaii Dermatology Seminar sponsored by the Global Academy for Medical Education/Skin Disease Education Foundation, Dr. Gordon pointed out that "... depression also is the comorbidity that can be addressed most effectively. ...persuasive clinical trials data show that effectively treating psoriasis markedly improves patients' comorbid depression."

[Read the Article](#)

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**SAVE THE DATE:  
MAY 2, 2014**

## Brain Health and Physical Wellness: An Integrative Medicine Conference

The line up of speakers has been announced for the Conference set for May of next year. A group of local Integrative Medicine Professionals and community leaders organized by Dr. Chaudhary is producing this one-day Integrative Medicine Conference.

The keynote speaker will be **Dr. Lewis Mehl-Madrona**, author of several books on healing and modern medicine from his Native American perspective and former e first Medical Director of UPMC Shadyside Integrative Medicine Program. The Conference will focus on local doctors and professionals bringing you the latest science of Integrative Medicine and wellness, including



*Dr. Lewis Mehl-Madrona*



### Meet Melissa Vertosick

Meet **Melissa Vertosick**, a certified Health Coach who has joined the staff at Seclairer. In this short video, she explains how she can support you in achieving your health goals. In addition to working with individuals and groups at Seclairer, she has her own private practice. Melissa can be reached at [Melissa@thewholelifeapproach.com](mailto:Melissa@thewholelifeapproach.com). For more information about Melissa, visit [www.thewholelifeapproach.com](http://www.thewholelifeapproach.com).



### Educational Grand Rounds: Obesity with Zahida Chadhary MD.

Our weekly Educational Grand Rounds Series continued this week with a presentation on Obesity by Dr. Zahida Chaudhary. EGRs broadcast live on our Google+ and YouTube pages each Monday at noon.



### Psychiatric Grand Rounds with David Lesondak on Fascia

**David Lesondak**, KMI, CSI, LMT, SST, is an expert on fascia, the connective tissue that has long been ignored by modern medicine. In this video, David helps us understand the amazing world of Fascia using scientific data as well as compelling anecdotes and examples.



### Depression

Narrative Healing, Traditional Chinese Medicine, Herbs, Supplements and Nutrition.

Scheduled to speak are:

- **Dr. Ted J. Cibik**, CEO of **Inner Strength**, and a naturopathic doctor and Chinese Medicine Physician.
- **Dr. Dan Wagner**, founder of **NutriFarmacy** in Wildwood, PA, a Pharmacist who has traveled extensively to research plant medicines in the rainforests of the world.
- **Dr. Matt Keener**, University of Pittsburgh neuroscience professor and cofounder of **EMODT**, a company that combines neuroscience with technology.
- **Tempa Dukte Lama**, the founder and spiritual director of **Olmo Ling Bon Center and Olmo Ling Publications** in Greenfield PA.
- **Dr. Zahida Chaudhary**, clinical assistant professor at **LECOM Medical College at Seton Hill**.
- **Vincent Quatrini, Esq.** A distinguished Greensburg-based lawyer with decades of experience with disability issues.
- **Patty Lemer, M.Ed., NCC.** Executive Director and Co-founder of the non-profit organization **Developmental Delay Resources (DDR)**.
- **Janet McKee**, founder of **Sanaview** in Pittsburgh PA, is a board certified Holistic Health Counselor.

*Stay tuned to this newsletter for ticket information coming soon!*

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## Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

**S'eclairer**

Join Our List



## with Peter Brengel

As part of an early **Educational Grand Round, Peter Brengel, MPAS, PA-C, MBA** gives his talk about Depression.

**Want an audio version? Subscribe to our Podcast on iTunes!**

**Want to join us for the live discussion?**

Check out our Social Media in the noon hour every Monday as we sit down on Google Hangout OnAir!

**Click on the Twitter, Facebook, or Google+ links below to get updated when we start!**

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**Unable to come to our office for Counseling or Psychiatric advise?**

**Too far away, or have no means to travel?**



S'eclairer now offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

**Call 724-468-3999** to see if you could benefit from this service.

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## Stay Connected

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