

# True Health MAGAZINE

Serving Fullerton, Arcadia  
and the Surrounding  
Areas Since 2005

## Real Solutions for Your Health Issues!

Using cutting-edge  
anti-aging, regenerative  
and nutritional medicine,  
Dr. Churchill can solve  
many chronic health  
issues

### Dr. Dana Churchill

Naturopathic medical  
doctor practicing  
functional, regenerative  
and anti-aging medicine

## Full Wellness Inside and Out

Regain health, vitality  
and youthfulness!

Effective Weight Loss—see page 5





The Churchill Center has combined the power of 21st-century science with thousands of years of nutritional and oriental medicine.



### **Dr. Dana Churchill, NMD** **Naturopathic & Functional Medicine**

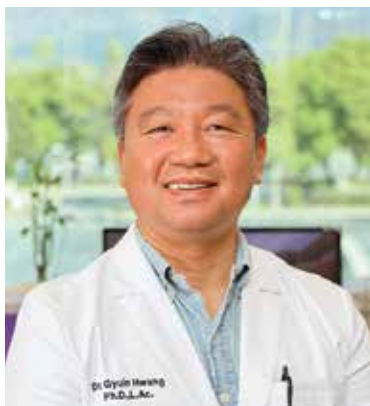
A lifelong researcher and student, Dr. Churchill boasts three degrees. He started his path to naturopathic and functional medicine with a degree in Nutritional Biochemistry from Rutgers University, followed by a doctoral degree from the prestigious National University of Natural Medicine in Oregon. He also has a degree as a classically trained French chef.

Dr. Churchill continuously researches new treatment methods, and has studied under leading doctors and Ph.D.s in anti-aging and regenerative medicine.



### **Dr. Joshua Cho, DC** **Functional Medicine**

Dr. Cho is an accomplished chiropractic physician. He is a Diplomate of the Functional Medicine University and has certification in Nutrition Science from Stanford School of Medicine.



### **Dr. Gyuin Hwang, Ph.D., LAc.** **Chinese & Functional Medicine**

Dr. Hwang has Master's and Doctor of Philosophy degrees in Oriental Medicine. In addition to Oriental Medicine, Dr. Hwang specializes in pain management, internal medicine, obesity management, addiction treatment and neuromuscular disorders.



## **THE CHURCHILL CENTER**

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## **CONTENTS**

- 3 Next Generation Medicine
- 4 Full Wellness Inside & Out
- 5 Patient Testimonials
- 6 Conditions Treated | Services



# Next Generation Medicine

Traditional medicine treats symptoms and is limited in its ability to heal chronic health conditions. Dr. Churchill practices naturopathic, functional and regenerative medicine, which employ cutting-edge healing methods to treat the root causes of health issues and return the patient to health.

Chronic, degenerative and autoimmune diseases can be effectively treated using a combined approach of thorough diagnostic testing, correct diet and supplementation along with stimulation of the body's natural healing processes. "With this cutting-edge medicine, we can treat conditions that are considered by conventional medicine to be incurable or to require constant medication, and return a patient to health," says Dr. Churchill.

The Churchill Center can help people who have despaired of finding a solution to their problems. "As well as chronic conditions," says Dr. Churchill, "people come to us with issues such as chronic fatigue or insomnia; hormonal issues such as bad PMS, menopause, low testosterone or thyroid issues; chronic joint or back pain; gut issues, and much more, and we can dig down and find what is causing these issues and give a treatment plan to resolve them."

## STATE-OF-THE-ART TESTING AND DIAGNOSIS



"Thorough diagnostic testing is the key to successful treatment," says Dr. Churchill. He uses state-of-the-art functional medicine testing, as well as a full functional medicine blood panel. Depending on the condition, can test for allergies, gut issues, genetics, environmental irritants, hormones and inflammatory and immune markers.

"Functional medicine testing goes far beyond traditional diagnostic testing in scope in order to get to the root cause of the condition," he says.

## DIET AND NUTRACEUTICALS FOR HEALING



The correct diet for a patient is vital for healing, prevention and longevity. Treatment plans include a diet plan and specific nutraceuticals—foods, herbs or supplements that contain bioactive compounds, such as vitamins, minerals, antioxidants or other substances that can directly assist the patient's recovery. Often, a patient will be given IV infusions to quickly remedy nutrient deficiencies and provide powerful boosts in healing.

## What Is Naturopathic Medicine?

Naturopathic medicine emphasizes the body's natural ability to heal itself. Dr. Churchill uses a combination of natural therapies, such as nutritional counseling, lifestyle modifications, herbal remedies and various treatments designed to stimulate the healing process.

## What Is Functional Medicine?

Functional medicine focuses on identifying and addressing the underlying root causes of an illness or condition. Through in-depth assessments, including laboratory tests and other diagnostic tools, Dr. Churchill provides personalized treatment plans that address the root causes of the condition.

## What Is Regenerative Medicine?

Regenerative medicine harnesses the body's natural ability to repair and regenerate damaged tissues and organs. It involves innovative approaches such as stem cell therapy and growth factor treatments to stimulate the body's healing mechanisms. It offers solutions for injuries, degenerative diseases and chronic disorders.







# Full Wellness Inside & Out

Feeling fatigued, no energy? Have issues such as joint pain, digestive problems, hormonal issues or mood changes? Or would you like to have a better body image: more toned, less weight and younger-looking skin?

After in-depth diagnostic testing and evaluation, Dr. Churchill prepares a highly targeted treatment program to return a patient's health and vitality. The practice's rejuvenating treatments are a nice bonus. "Our cutting-edge, natural treatments for health also improve how a person looks on the outside," says Dr. Churchill. "Patients can additionally benefit from our advanced facial rejuvenation protocols." A patient's program will typically include one or more of the elements below.

## BALANCE OR REPLACE HORMONES

Hormones regulate many functions in the body, but can be easily imbalanced or depleted through aging, incorrect diet, illness, stress and genetic factors. Dr. Churchill can balance or supplement the patient's hormones using natural, bioidentical hormones. The many benefits of hormone therapy can include increased energy, better mood, better metabolism, weight loss, better bone health, balanced sex hormones, an easier female cycle and better male health. Patients with thyroid issues can bring their thyroid hormone levels back to optimum.

## OPTIMIZE CELL ENERGY AND METABOLISM

The primary source of energy for cellular activities is the molecule ATP (adenosine triphosphate), which is produced by the mitochondria—the cells' energy production units. ATP is the key component for maintaining energy, metabolism and immune function. The more mitochondria and ATP you have and the stronger they are, the more energy you have to metabolize food into energy, power the body's functions and build and repair cellular structures. Dr. Churchill frequently includes in his programs strategies to increase both the efficiency of ATP production and the number of mitochondria.

A very effective way to optimize cell energy is through NAD injections and IV infusions. NAD is a molecule found in cells that is critical in facilitating cellular energy production by turning nutrients into mitochondria and ATP.

## OPTIMIZE NUTRITION

Most people are deficient in one or more essential nutrients. Nutritional deficiencies are a major cause of chronic disease and degeneration. Aggravating this are foods that cause intolerances and imbalances, as well as the presence in food of toxic substances such as pesticides. Dr. Churchill isolates the deficiencies and intolerances and recommends diet and supplementation to remedy them. A patient's program also often includes IV infusions. The nutrients in IVs go directly into the blood stream, bypassing the digestive system, and can create powerful resurgences in energy and healing.



## HEAL THE GUT—THE FOUNDATION OF HEALTH

The gut, or the gastrointestinal tract, houses a significant portion of a person's immune system. A healthy gut microbiome (beneficial bacteria) helps regulate immune responses, protecting against infections and supporting immune function. The gut is responsible for breaking food down into nutrients that the body can absorb. It also maintains a strong barrier that prevents the entry of harmful substances, toxins and pathogens into the blood stream. An intact gut barrier is essential for preventing inflammation and protecting against various health issues.

Gut problems are very prevalent in today's society, manifesting themselves in issues such as IBS, IBD, colitis, gastritis, acid reflux, constipation, gas, infections and Candida. Dr. Churchill's programs are designed to heal any gut issues and return the gut to health and proper function.



## REMOVE HEAVY METALS

Heavy metals, such as lead, mercury, cadmium and arsenic, enter the body through food and water. They are very toxic and can lead to various health problems, including inflammation, degenerative disease, damage to organs and tissues, neurological problems, cardiovascular issues and immune system dysfunction. Dr. Churchill tests for heavy metals, and if present, includes treatment to remove them.

## EFFECTIVE WEIGHT LOSS

A healthy weight is essential for health as well as beauty. Dr. Churchill uses various cutting-edge treatments to help patients accomplish weight loss. These include peptide injections (special chains of amino acids), hormone replacement therapy, targeted supplementation and diet, as well as specific exercises.



## FACIAL REJUVENATION

Dr. Churchill can lessen wrinkles, tighten and tone skin from the neck up and reduce or remove acne scars and rosacea. He does this using skin-regenerating facials, special serums, lotions, light therapy, and microneedling with PRP and exosomes, as well as stem cell injections. He can also reduce bags under the eyes and tighten loose skin around the eyes. He'll consult with the patient and provide a custom program.

Patients can benefit from Dr. Churchill's proprietary Gravity Defense Serum for the face, eyes, hands and neck. This includes powerful growth and repair factors from stem cells and exosomes (capsules within cells that can promote tissue regeneration).

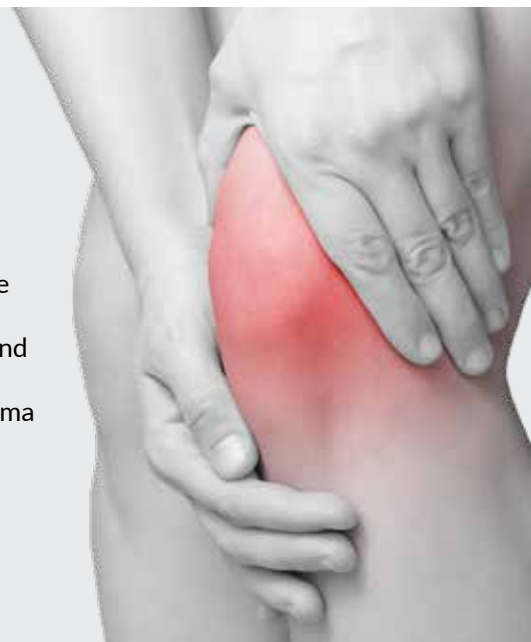
*Suffering from joint, back pain or arthritis? Osteoporosis, osteoarthritis, fibromyalgia or other musculoskeletal pain?*

**REGENERATIVE MEDICINE can reduce pain and give new life to your joints.**



Regenerative medicine can restore or enhance the function of damaged or degenerated tissues, offering solutions for a wide range of conditions, including injuries, degenerative diseases and chronic disorders, such as joint pain, arthritis, osteoporosis, osteoarthritis and fibromyalgia. Dr. Churchill uses treatments designed to stimulate, repair and rebuild the body's tissues or organs, including blood plasma growth factors (PRP), enzymes, ozone therapy, stem cell/exosome injections, acoustic wave therapy and LIMFA® therapy.

**LEFT:** The practice provides LIMFA therapy—low-frequency electromagnetic waves that cause the cell walls to vibrate, allowing signals to be sent across the cellular membrane to repair the electrochemical balance and function of your cells.







# Real Patient Stories



## ***“Dr. Churchill...has helped us with health problems no one else seemed to be able to solve.”***

“My family and I have been patients of Dr. Churchill for many years and believe he has helped us with health problems no one else seemed to be able to solve. Some of the treatments have been life-changing. We are tremendously grateful. He never stops learning and travels the world to stay informed of the most incredible health breakthroughs. He contacts us when he has finds new but proven solutions to particular problems my husband and I have, because he truly cares about his patients. He coordinates with our primary care physician when needed and provides a much needed holistic approach to health.” —**Kathleen**

## ***“Dr. Churchill addressed each and every one of my concerns.”***

“I have been interested in natural and functional medicine for a long time. It was very difficult to find western medicine doctors to treat my lack of energy, weight loss, stress management and overall healthy living without prescribing medications that never treated the problem, but rather patched it up until another condition would arise. Then I met Dr. Churchill. I immediately knew he was the doctor/professional I was looking for. He addressed each and every one of my concerns. He was very thorough in his explanations and very patient. His great sense of humor made my issues less traumatic.

“We started with a metal test and I found out I had lead in my blood stream, and we began treatment immediately with IV vitamin cocktails. I also have had weight loss and facial treatments.

“One major benefit is that I don’t get sick! Another major benefit is my energy level. I’m no longer tired, and I’m able to resume my exercise routines, walk and travel. Lastly, my skin now glows!” —**Norma**



## ***“I went from 250 lbs. to 188 lbs. and I’m in the best health ever.”***

“My wife found Dr. Churchill and went to him for help with a thyroid condition. She had been to dozens of doctors and finally found a doctor that would put her down the right path, without needing medication.

“I wanted to lose weight, and Dr. Churchill did blood work and analyzed the results. We fixed various things including hormonal balance and nutritional deficiencies. I got a regimen which included exercises, vitamin cocktails, peptides [fat-mobilizing amino acids] and supplements. I went from 250 lbs. to 188 lbs. and I’m in the best health ever.

“I continue to work with Dr. Churchill proactively to keep my health in the best shape possible. Dr. Churchill has kept me healthy and has also taken me to the next level of health, as well as an understanding of what it takes to stay healthy.” —**Orlando**



# THE CHURCHILL CENTER SERVICES

Return your health and vitality with natural treatment solutions that get to the root cause of your health issues.

The first step in treating any health condition at The Churchill Center is a thorough evaluation and diagnosis that isolates the underlying reasons for your issues. You'll get a program that will fully address the condition using the appropriate treatment(s).

## CONDITIONS WE TREAT

### GUT ISSUES

- Irritable bowel syndrome (IBS)
- Chronic indigestion
- Bloating, gas
- Chronic constipation
- Acid reflux, GERD
- Chronic diarrhea
- Infections, parasites, Candida

### ENERGY/SLEEP ISSUES

- Fatigue, lack of energy
- Adrenal burnout
- Insomnia, sleep disorders
- Low immune system

### CHRONIC DISEASE

- Heart health, post-stroke
- Diabetes
- Asthma
- Cancer prevention
- Dementia, Alzheimer's
- Memory loss, brain fog

### WOMEN'S HEALTH

- Menopause
- Fibroids
- PMS
- Irregular menstrual cycles

### MEN'S HEALTH

- Low testosterone
- Low growth hormones
- Enlarged prostate
- ED treatment

### HORMONE ISSUES

- Hypothyroidism
- Hyperthyroidism
- Hashimoto's thyroiditis
- Imbalanced sex hormones
- Other hormonal imbalances

### DEGENERATIVE CONDITIONS/ INJURIES

- Back/joint pain, injuries
- Arthritis, osteoarthritis
- Osteoporosis, osteopenia
- Fibromyalgia

## OUR TREATMENTS

### DIAGNOSTIC TESTING

- Food allergies & sensitivities
- Heavy metals
- GI (gut) issues
- Genetics
- Chronological vs. biological age
- Functional medicine full blood panel
- Hormone testing
- Environmental (mold, chemicals)
- Inflammatory & immune markers

### DIET AND SUPPLEMENTATION

Custom diet and supplementation programs.

### DETOXIFICATION

Detoxification of heavy metals, mold and other toxic substances is often the first step to full healing.

### IV THERAPY & INJECTIONS

IV infusions and injections are used as part of many of our treatments. In addition, you can take advantage of our specific IV infusions, including:

- Re-hydration
- Immune system boost
- Anti-aging
- Athletic performance and recovery
- Weight loss
- Heavy metal detoxification
- Brain fog, memory loss
- Alleviate PMS
- Cardiovascular health
- General wellness and energy boost
- Ozone

### PEPTIDE THERAPY

Peptides are a combination of amino acids that play crucial roles in signaling and communication within cells and tissues. They are used in hormonal regulation, anti-aging, pain management, muscle growth and enhancement and to regenerate tissues.

### FACIAL REJUVENATION

Natural anti-aging treatments. *See p. 5.*

### HORMONE REPLACEMENT THERAPY

Balance your hormones with bioidentical hormones.

### REGENERATIVE MEDICINE

Rebuilds the joints and musculoskeletal tissues, including the back, hips, knees, elbows, wrists and hands. Includes stem cell, PRP, exosome and acoustic wave therapy. *See p. 3.*

### LIMFA® THERAPY FOR OSTEOPOROSIS AND OSTEOARTHRITIS

LIMFA Therapy uses low-frequency electromagnetic waves to send signals across the cellular membrane to repair the electrochemical balance and function of your cells.

### ORIENTAL MEDICINE

Acupuncture:

Acupuncture can help balance the body's energy for pain management and improved health.

Herbal medicine:

Herbs help to heal the body and reduce inflammation.

### SEXUAL DYSFUNCTION

Erectile dysfunction and female loss of sexual function can be repaired with acoustic shockwave therapy, stem cell injections, hormone therapy or platelet injections (O-shot for women and P-shot for men).

### V.I.B.E.S. Vibrational Individualized Body Enhancement System

V.I.B.E.S. is a fully immersive music-activated experience that vibrates every cell in your body. Specific frequencies are designed to enhance your overall well-being. "Future medicine will be the medicine of frequencies." —Albert Einstein

The Churchill Center accepts all insurance, including PPO, Medicare and TRICARE\*. In-office payment plans are also available. *\*Some treatments are not eligible for all insurances.*



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# TRANSFORM YOUR HEALTH



**THE CHURCHILL CENTER**  
NATUROPATHIC & FUNCTIONAL MEDICINE  
**THECHURCHILLCENTER.COM**



***Special Offer!***

**FREE CONSULTATION**

- Meet with the doctor
- Discuss your condition, symptoms and your goals for your health
- Learn how we can help you!

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**RESTORE. RENEW. RECLAIM YOUR HEALTH.**