



## ***SOME THOUGHTS ABOUT OUR CLINICAL ADVISOR SUPPORT TEAM***

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### ***INTRODUCTION***

As most of you know, my emphasis over the years in informing you about Moss Nutrition products and how to successfully employ them in your practice has been published research relating to the chemistry, metabolism, and clinical efficacy of each products' constituents. However, over the years as I have continued to wear hats of both the owner of a supplement company and a practicing clinician, I have become more aware and, accordingly, more disturbed about the limited ability of published research to give a completely accurate picture of how any of our products will predictably and cost effectively contribute to relief of your patients' chief complaints.

Why does this gulf all too often exist between the "happily ever after" proclamations of all too many published papers on nutritional/nutraceutical supplements and the actual results you see from the supplements you employ? I would posit that one main reason is the highly structured methodology of many of the research papers on supplements where the study populations are either "healthy" individuals or populations where many exclusions are employed such as age, gender, and ailments such as diabetes, cancer, cardiovascular disease, etc. What's the problem with this in terms of using these research papers as guides to how well supplements will perform with our patients? Quite simply, we as clinicians do not have the luxury of excluding patients who do not fit certain pre-established criteria. Conversely, for many reasons, not the least of which relate to basic healthcare ethics, we treat whoever walks in the door regardless of gender, age, and/or complexities of pre-existing conditions.

### ***OUR CLINICAL ADVISOR SUPPORT TEAM***

To help bridge this gap between the very "ivory tower" world of the research environment and the "in the trenches" world we live in every day as clinicians who try to assist whoever walks in the door, I have done my best to employ the knowledge I have gained over the years as a clinician to assist you on how to get the best results possible when using our products with increasingly more complex patient presentations. However, over the years, as patient presentations have gotten more complex, I have come to realize my limitations as a part time clinician/full-time owner of a supplement company to provide optimal assistance. Therefore, over the last 2-3 years we have added additional clinical support personnel:

**JOSEPH MATHER, MD** – As many of you may be aware, Dr. Mather, one of the country’s foremost functional medicine MDs, joined our clinical advisor support team about two years ago. As always, he is available to assist you on how to best use Moss Nutrition products to obtain the best, most cost-effective results with your patients. If you would like to have a free consultation with Dr. Mather, please contact our office to put you in touch with Dr. Mather.

**HOWARD BENEDIKT, DC** – We are so excited to introduce you to the latest addition to our clinical advisor support team, Howard Benedikt, DC. Currently, Dr. Benedikt, in addition to maintaining his clinical practice in New York City, is a Diplomat with the Chiropractic Board of Clinical Nutrition (DCBCN) as well as president of the CBCN.

I first met Dr. Benedikt approximately 40 years ago, when I visited his clinic in New York City. Of course, in 1985 the term “functional medicine” had not been coined yet. Nevertheless, I was astounded by the metabolic/comprehensive work Dr. Benedikt was doing with his patients, which we now know as functional medicine. Interestingly, after about 1990 our paths diverged such that, we had virtually no contact until about two years ago when I conducted a webinar where Dr. Benedikt was presenting a case report. After hearing Dr. Benedikt’s case report, I was astounded to the point of almost being speechless. As proficient as Dr. Benedikt was with the use of metabolic/functional medicine in the late 80’s, it became obvious to me after this case report that Dr. Benedikt had been continuously adding to his knowledge and expertise in the arena of research and clinical application of metabolic/functional medicine. It also became obvious that, due to the number of years he had been practicing metabolic/functional medicine plus years of continuous study of top, cutting-edge metabolic/functional medicine research, Dr. Benedikt, in my mind, has attained the status of one of the country’s top metabolic/functional medicine clinicians.

Of course, what is most exciting to me is that Dr. Benedikt has been gracious and generous enough, despite his busy schedule, to offer his services in assisting you on how to best use Moss Nutrition products with your patients. We all know that, over the years, patient chief complaints have become increasingly more complex. I can think of few metabolic/functional medicine practitioners who are more comfortable and have more expertise in dealing with complex case presentations than Dr. Benedikt. If you have a patient you would like to discuss with Dr. Benedikt, please contact our office so we can put you in touch with him.

Sincerely,



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