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Dr. Chris Kuhne

VOICES CONCERN OVER SILENT EPIDEMIC

BY BEVERLY PARKHURST MOSS | PHOTOGRAPHY BY CHRIS BAYLOR

Do you reflect back on the days when you had so much energy people compared you to the Energizer Bunny because you just kept on going? If you're like me, you get up in the morning with plans to accomplish a lot but at the end of the day your progress is such that in the animal kingdom you could be compared to a turtle!

What sets native born Texan, doctor Chris Kuhne apart? He listens. He empathizes. He truly relates to all of your concerns. Unwanted symptoms can almost always be explained and treated after a thorough history. At the heart of any successful treatment is communication, along with intuition guided by experience and intelligence.

His most recent concern is a silent epidemic that has quietly swept over our nation. "Eighty five percent of the women, forty years or older, who walk through my door are deficient in the active form of Vitamin D," he states. "Impacting much of the population, Vitamin D3 deficiency has not only possibly greatly contributed to an epidemic of osteoporosis, but to heart disease, hypertension, breast cancer, bone pain, muscle weakness, gait impairment, fatigue, depressed mood, decreased cognition, and low libido, just to name a few."

So how did such an important and basic vitamin, which is connected to almost every enzymatic process in our body, continue to remain deficient over the last several years that the deficiency was published in a leading medical journal? Could it be that doctors are losing their desire to care?

For most busy adults, an unhealthy diet has become commonplace; sunlight is missed or avoided. Unlike children who eat Vitamin D-fortified food and often play outside, adults spend most of their time indoors. It is sunlight on the skin which Vitamin D1 in children's nutritional products, along with assistance from their kidneys, in a complicated process the end stage of Vitamin D, which is most active in the body, Vitamin D3. Unconverted Vitamin D is also found naturally in plants, but still must undergo the same sunlight dependent step to become effective.

Simply stocking up on vitamins from the pharmacy, online, or health food store, is not likely to improve a Vitamin D3 defi-



cient person. Dr. Kuhne himself found out after a chance reading about the problem over three years ago. At that time he checked himself and found his own Vitamin D levels to be severely below current laboratory minimums. Consuming the highest quality over-the-counter Vitamin D3 exactly as instructed, in the highest recommended amounts for over six months resulted in no change in re-measured levels. "I was shocked," he says. "The results were none, zero, nada. Switching labs produced the same results. A different brand proved likewise ineffective."

"After conducting some research I did find an inexpensive way to solve the crisis - a product used frequently in senior care facilities, called Replesta. Even though it does not require a

prescription, it's not available among the shelves of the more expensive and attractively packaged vitamins, but when asked for by name from "behind" the pharmacy counter, it can generally be found. The other way to obtain it is to request your local pharmacist to order it, or patients can order online themselves at a discount, with effective maintenance doses being around \$4.00 per month," Dr. Kuhne says. "Although it does not require a prescription it should not be obtained or used without first consulting a physician knowledgeable in Vitamin D and calcium disorders."

"After thirty days of taking the Replesta I felt like a new person. The third blood test showed my Vitamin D3 level to be high into the normal range."

Dr. Kuhne is convinced that prior to the recent quiet, massive, reversal in Vitamin B-12 oral tablet ineffectiveness, customers were getting ripped off.

Unfortunately, as indicated by published reports showing epidemic Vitamin D3 deficiency, and confirmed by numerous test results from his patients, the ridiculously low suggested FDA intake of Vitamin D3 compounds the problem further.

"Currently, it is easy to under-dose, but hard to overdose on Vitamin D3," Dr. Kuhne adds.

He also points out that he has no financial ties to Replesta. It is simply the only supplement he has found that works, and also happens to be inexpensive and easy to use.

Dr. Kuhne says that if he had not read about the problem, then bothered to test himself, or had not remained diligent in getting improved laboratory tests for Vitamin D3 at a reasonable cost, along with better insurance reimbursement for the new tests, he would not have been able to confirm and explain the existence of such a wide-spread and profound nutri-

tional issue, much less find effective, low cost treatment and a convincing narrative for patients to take the problem seriously.

Practicing OB-GYN since 1990, Dr. Kuhne treats weight loss, contraception, cancer-detection, female hormone replacement therapy (HRT) and provides thorough infertility evaluations. He also treats common mood disorders such as PMS and low libido, as well as the more serious mood disorders of depression, and the disrupted concentration of Attention Deficit Disorder. Dr. Kuhne also performs numerous minor procedures in his office, or if needed, in an outpatient surgery setting. Major obstetrical and gynecological procedures are usually done by the very least invasive technique in a full-service hospital.

Over the years Dr. Kuhne has delivered thousands of babies. "Whether this is a woman's first pregnancy or her fifth, expecting a baby is often a time of great excitement and joy, but also stress," Dr. Kuhne adds. "I believe every woman deserves focused care that starts early on in her pregnancy and continues throughout labor and delivery."

Mary Jane Lawrence was told she could never get pregnant. Over the years she suffered several miscarriages. It was ten years before she and her husband decided to adopt twins. "When my sister told me about Dr. Kuhne I booked an appointment," she says. "I was impressed with how thorough he was and the fact that he listened to me. He was determined to find the solution and he did. Within the next two and a half years, I delivered two more children, and I'm currently pregnant again. I take shots to keep from miscarrying. Dr. Kuhne is heaven sent



because he changed my life."

Dr. Kuhne is also one of few physicians who will keep your private medical records out of the federal government databases by remaining a HIPPA non-covered entity by ceasing to file insurance claims electronically prior to 1996. "Trust and confidentiality is of utmost importance in the office-based practicing OB-GYN specialist," he says. "It's here where private matters are discussed and sensitive problems privately solved."

A graduate of The University of Texas at Austin, Dr. Kuhne was awarded membership into the Phi Beta Kappa honor society and graduated with highest honors. He completed his OB-GYN training after four continuous years at the prestigious Parkland Hospital affiliated with Southwestern Medical School in Dallas. He is Board Certified and continuously recertified in OB-GYN. He is also a member of the Dallas County Medical society and the Texas Medical Association. 

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