

**WOODSON C. MERRELL, M.D.**  
**44 EAST 67<sup>th</sup> STREET**  
**NEW YORK, NEW YORK 10065**

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Telephone: [REDACTED]  
Fax: [REDACTED]

Date: October 20, 2011

Patient: [REDACTED] (Email: [REDACTED])

- See integrative ENT Dr. Sezelle Haddon - Continuum Center for Health and Healing 245 Fifth Avenue New York NY - - [REDACTED] [www.healthandhealingny.org](http://www.healthandhealingny.org) for evaluation of your chronic nasal inflammation. If she's unavailable, see Dr. Mukesh Prasad 1305 York Ave 5<sup>th</sup> Floor New York NY 10021 - - [REDACTED] or Dr. Vijay Anand - 772 Park Ave New York, NY [REDACTED]
- Begin a daily morning meditation (at least 2 minutes, preferably 15) with frequent breath breaks throughout the day. See Linda Tarack, MSW 210 West 70<sup>th</sup> Street Suite 201 New York, NY 10023 - - [REDACTED] for meditation instruction. Ms. Tarack is an excellent therapist; consider seeing her for stress discussion as well
- The integrative psychiatrist I spoke of who is holistic in outlook and does very well with patients with PTSD and OCD is Joanne Ahola, M.D., P.C. 680 West End Avenue, Suite 1A New York, NY 10025 (corner of W 93rd and West End) - - [REDACTED]
- Read "Invisible Heroes" by Bellaruth Naperstak
- Start a regular exercise program, 3-4 days a week for 20-30 minutes. Jump rope would be excellent
- Drink significantly more non-caffeinated fluids earlier in the day
- Begin sublingual B12; 1,000 mcg daily
- To try to help nocturnal muscle cramps, begin magnesium citrate (Solgar is a good brand); 400mg at bedtime
- Follow up with me (telephone or office visit) for 30 minutes in 2 weeks when I return to review the results of today's follow-up lab tests, and to see how you are doing with the above
- It may be necessary at some point to change birth control if other measures do not help muscle cramps
- See ophthalmologist, Dr. David Pearce 10 East 70<sup>th</sup> Street New York NY 10021 - - [REDACTED] for second opinion (from Dr. Chaiken)

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All supplements are available at:

**Willner Chemists**  
100 Park Avenue  
NYC, NY 10017  
[REDACTED]  
[www.willner.com](http://www.willner.com)

**Life Science Pharmacy**  
144 Route 17M  
Harriman, NY 10926  
[REDACTED]  
[www.lifesciencepharmacy.com](http://www.lifesciencepharmacy.com)  
Pharmacist: Scott Berliner

**VitaHealth**  
1235 1<sup>st</sup> Ave  
New York, NY 10065  
[REDACTED]  
Pharmacist: David Restrepo