



# Natural HEALING

DR. KYRIN DUNSTON DECIDEDLY TURNED HER BACK ON THE MASSIVE DRUG COMPANIES THAT SEEM TO DICTATE THE MODERN DAY APPROACH TO HEALING AND INSTEAD FOCUSED ON WHAT'S GOING ON WITH THE BODY AT THE MOST BASIC LEVEL.

WRITTEN BY LAUREN HUNSBERGER | PHOTOGRAPHY BY MICHELLE L MORRIS

**R**ight before going into medical school, Dr. Kyrin Dunston proudly told her mother, “I’m going to heal with steel.” Steel as in the material trusted to support massive skyscrapers and construct huge planes, trains and automobiles. Steel as in the metal used for instruments that precisely cut organs during surgery. But now she says that type of thinking was dead wrong. Decades later, Dunston has gladly given up the built-like-steel approach to medicine, preferring to focus on

the tiniest, most intangible things imaginable. Tiny as in ATP, the energy currency our bodies use to function. Tiny as in molecules and DNA. Tiny as in the things she says are often overlooked in modern healthcare—much to the detriment of medicine as we know it.

Dunston is her own clinical experiment. Just a few years back, she weighed about 250 pounds and slept between 12-16 hours a day. “I was very unhealthy and very unhappy. My life was basically eating and working. I was tired and I had muscle aches,” she says. She

was working as a gynecologist, and saw many women living similar lives. Still, she kept practicing “gynecology made simple,” which she describes as a dummy’s guide way of treating people and says she learned it by working in the politically charged medical institution for years.

“They guess at what’s wrong. They don’t check your hormone levels. They give you birth control pills or hormones [depending on your age bracket], and when that doesn’t work, they cut out your uterus or ovaries,” she


says specifically about the gynecological sector. It's this type of trial-and-error, treat-the-symptom-rather-than-the-cause way of helping people that she ultimately found frustrating.

In her fight to feel better, she started reading and researching about other ways of healing the body. That's when she says she was struck by "the truth."

"Right now, it's symptom, drug, symptom, drug. Where's the medicine in that? We need to go back to the biology and the biochemistry of the body. And we need to look at that and stop listening to what the drug companies are saying because, honestly, they do run medicine. And I realized that I was a part of it."

Going back to the body is exactly what Dunston did to treat herself. She began paying attention to and monitoring her hormones. She measured her cortisol levels (the hormone known to indicate stress levels), took hair, blood, stool and saliva samples for analysis. She did nutrition tests to determine the effects that the foods she was eating on a regular basis were having on her body—on a molecular level. She looked at everything from a highly scientific point of view. What she found was startling.

She found she has a sensitivity to gluten and dairy (sensitivities she says most people carry to varying degrees). She was also suffering from leaky gut, which is a deterioration of the intestines caused by harmful food, alcohol or medicinal habits that can have significant effects on the immune system. "Twenty-five to 30 percent of the population has [leaky gut] and doesn't know it. There's no drug to treat it, so most doctors aren't going to hear about it," she says. Once she cut out the toxic foods, her weight dropped drastically, her energy immediately increased. She slept less, her hormones balanced out, and she was happier. Eventually, she gave up her practice. "I knew I couldn't continue to practice traditional medicine. I felt it was unethical. When you know better, you do better," she says. It's not that she doesn't appreciate and recognize the value of the current medical community, but she does see a huge issue with prescription-based medicine rather than a system that addresses the scientific functionality of the body and why people feel the way they do, or the reason behind the disease.

Dunston now works to help other people fight and successfully reverse horrific health problems, like diabetes, high blood pressure, cancer, depression, and obesity, using all natural solutions, focusing mainly on staples like diet, vitamins and exercise. ➔ 800B E. 70TH ST., 912.401.0449, TRUEBALANCEMD.COM 



## Drink to Better Health

### TOP 6 REASONS TO GET YOUR DAILY DOSE OF H<sub>2</sub>O

1. Water regulates your body temperature.
2. It lubricates and cushions your joints.
3. It protects your spinal cord and other sensitive tissue.
4. Water flushes toxins out of vital organs.
5. The body uses 10-12 cups of water a day just for normal functions.
6. The average person has 2.6 million sweat glands and can lose up to a quart of water in one hour of exercise.

How much do you need? Women should drink 2.7 liters (11.41 cups) of water a day. Men should drink 3.7 liters (15.63 cups of water a day).

# HONEY.

## IT'S GOOD FOR MORE THAN TEA

WITH A HISTORY THAT STRETCHES BACK MILLIONS OF YEARS, HONEYBEES AND THEIR TASTY NECTAR HAVE BEEN PROVEN TO BE GOOD FOR THE BODY, ENVIRONMENT AND, SURPRISINGLY, THE ADVANCEMENT OF MODERN MEDICINE



1. Democritus (460-370 BC), Greek philosopher and physician, chose a diet rich in honey and lived until he was 109 years old.
2. Physicians in ancient Rome used honey to help their patients fall asleep.
3. Not a spinach lover? Eat honey—it has similar levels of heart-healthy antioxidants!
4. Honey is the only food that includes all the substances necessary to sustain life, including water.
5. As recently as the First World War, honey was mixed with cod liver oil to dress wounds on the battlefield.

6. According to Dr. Paul Gold, a professor of psychology at the University of Virginia, "People remember things much better after they've consumed glucose, a form of sugar found in honey."

7. Recent studies have proven that athletes who took some honey before and after competing recovered more quickly than those who did not.

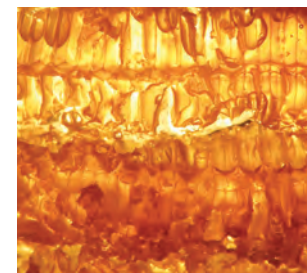
8. Honey has the ability to attract and absorb moisture, which makes it remarkably soothing for minor burns and helps to prevent scarring.



9. Honey never spoils. There is no need to refrigerate it. It can be stored unopened, indefinitely, at room temperature in a dry cupboard.

10. Honey is one of the oldest foods in existence. It was found in the tomb of King Tut and was still edible.

11. Honeybees are one of science's great mysteries because they have remained unchanged for 20 million years, even though the world changed around them.



12. In 1984, honeybees constructed a honeycomb in zero gravity as part of an experiment on a space shuttle.

13. How many eyes does a honeybee have? Five.

14. The honeybee's wings stroke 11,400 times per minute, thus making their distinctive buzz.

15. The honeybee is not born knowing how to make honey; the younger bees are taught by the more experienced ones.

16. In order to produce 1 pound of honey, 2 million flowers must be visited.



## True Balance M.D.

### KYRIN DUNSTON, M.D.

At True Balance M.D. Dr. Kyrin Dunston makes it her priority to find the cause of her patient's troublesome fatigue, overweight tendencies, hormonal imbalances, emotional issues and other symptoms and diseases.

Her ultimate goal is to help people get their energy, happiness and life back to where it should be. Using special tests not available to most physicians, Dr. Dunston

is able to identify the cause of symptoms and diseases at a cellular level.

Her unique training with the American Academy of Anti-Aging Medicine allows for correction with natural measures such as vitamins, minerals and herbs rather than drugs. Her method of medicine is highly effective in restoring balance to your body and your mind.

**BOARD CERTIFICATION:** ACOG

**FELLOWSHIP:** American Academy of Anti-Aging Medicine

**AFFILIATIONS:** American Academy of Anti-Aging Medicine, American College for the Advancement of Medicine, Institute of Functional Medicine.

**AREAS OF EXPERTISE:** Natural weight loss, bio-identical hormone replacement for men and women, metabolic and anti-aging medicine.

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