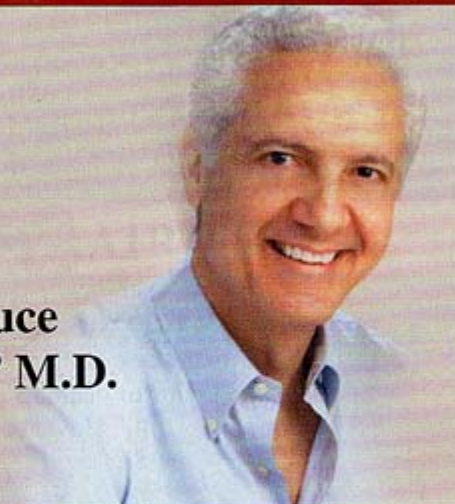


Extraordinary Access to Optimal Care

The *Journal of Longevity* is proud to introduce Dr. Joseph Sciabbarrasi—a “whole person” M.D.

by Suzanne Mathis



Doctors who take the time to get to know their patients on a personal level are scarce today. Also in short supply are conventional physicians who embrace time-honored healing traditions from around the world. Dr. Joseph Sciabbarrasi does both. He complements the awesome power of modern medicine with nutrients, herbs, and techniques practiced in cultures far older than ours. “In my practice,” he says, “I naturally resonate with traditional holistic methods, my formal training as a medical doctor, and the guidance of spirit.” He apprises patients of the latest advances in health science. “I also use acupuncture, intravenous vitamins, and chelation therapy in my practice,” he says.



As a forward-thinking student at George Washington University, he pioneered and codirected the first series of extensive presentations and coursework in alternative medicine offered at a U.S. medical school. Later, he spent 16 years practicing emergency medicine, first in the U.S. Army—which awarded him a Commendation Medal for excellence in medical care—and then in emergency rooms and trauma centers. He now has his own practice in Los Angeles, California.

A Human Touch

“I’ve always searched for and been excited by new material,” says Dr. Sciabbarrasi. “However,” he says, “you can’t learn the human experience from studies alone.” Dr. Sciabbarrasi draws on more than 25 years in the healing arts to find the straightest path to wellness and vitality for those he treats. “From working with a patient throughout the darkest night of the soul to the excitement of finding the means to get well again, I love my work,” he says with a big smile. “It’s all part of my being available to [patients] on all these levels.”

First Things First

“By the time I see a new patient,” says Dr. Sciabbarrasi, “they have usually been around the block. What they need from me and my staff is a sense of safety, security, and guidance to a space where true healing can occur—not just more medicine.” For example, he commonly hears patients complain about ongoing, relentless fatigue. “The first thing I look at is how they are sleeping,” he says. “If

someone can’t sleep, how can anyone expect [that person] to function well or think clearly during the day?” If sleep is not the issue, Dr. Sciabbarrasi looks for clues in the blood, for food sensitivities, or for gastrointestinal imbalances—all of which sometimes go undetected for years. When any imbalance occurs, its repercussions can hobble healthy aging.

Check Embarrassment at the Door

“I also see men and women who are going through typical midlife changes. Although women expect to go through perimenopause and menopause,” he explains, “men frequently struggle with similar challenges—with loss of libido, vitality, and changes in their appearance. There should be no feelings of embarrassment when someone feels a little overwhelmed in such a fast-paced, youth-obsessed society.”

“Optimal Aging” Is Achievable

Instead of looking at the passage of time with dread, Dr. Sciabbarrasi prefers a brighter view, that of “optimal aging.” He describes optimal aging as ongoing balance in every aspect of life—maintaining a healthy body, a sharp mind, and emotional wellness. He credits the balance in his own life to his wife, Kathleen, and his 6-year-old son, Kieran. “Family fills me with happiness, love, and meaning,” he says. “In the end, that’s all that matters.” **JOL**

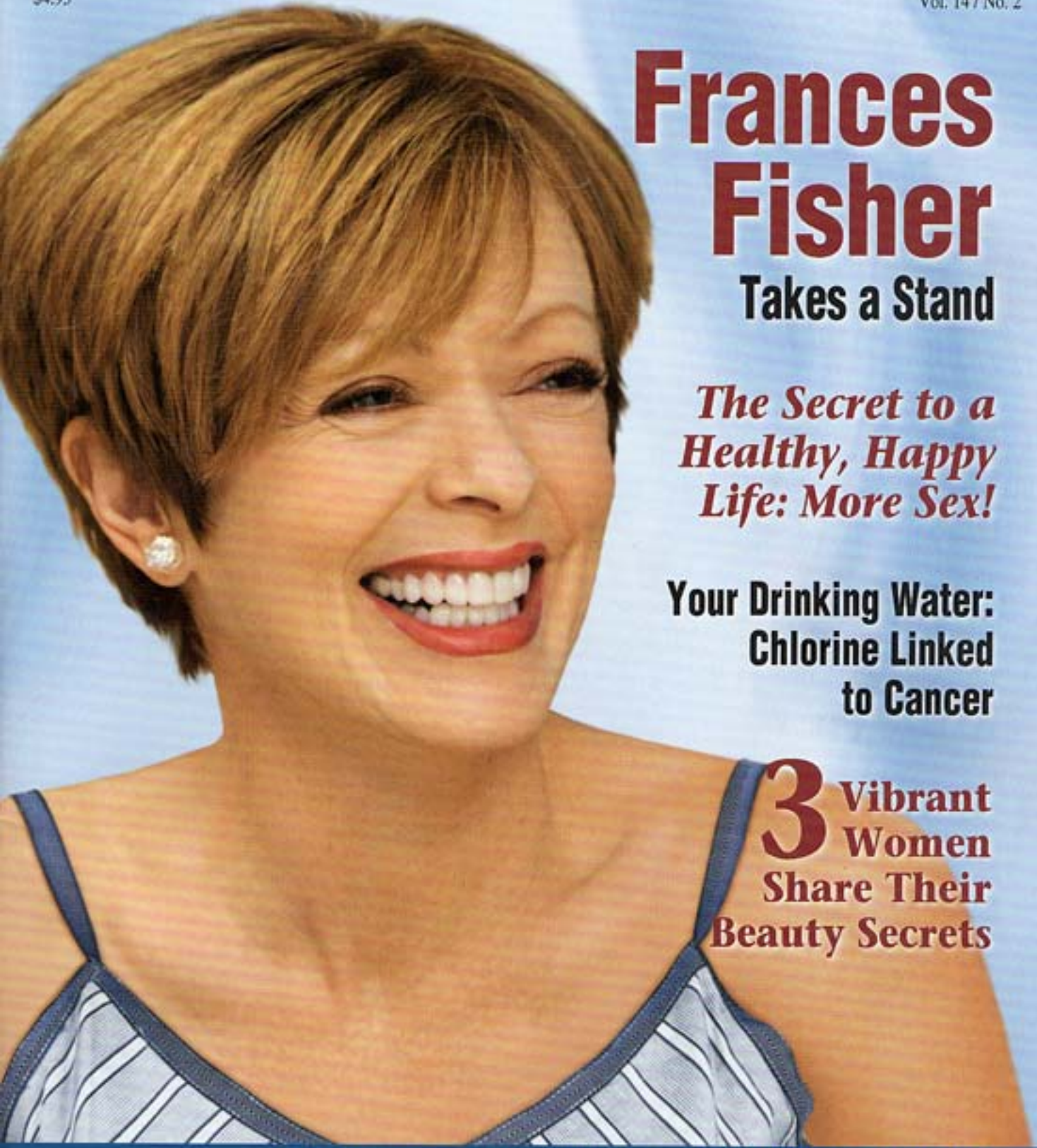
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