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# EDUCATIONAL SERVICES

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## EDUCATIONAL SERVICES

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## CD-ROMS

All CD-ROMs listed below are written and presented by Merrily A. Kuhn, RN, PhD, ND, PhD.

### The Gut: Birth, Illness & Back to Health

Do you have gut issues – pain, indigestion, cramps, diarrhea &/or constipation, food allergies that you never had before, along with depression, memory loss, & foggy thinking that your health care providers cannot resolve? First of all, you are not alone! These signs & symptoms are experienced by millions of people.

This CD-ROM will discuss: the issues we all have in our gut at birth; leaky gut syndrome and zonulin. Next we will discuss etiology, presentation, diagnosis & management – both Allopathic & Complementary of:

Leaky Gut, Irritable Bowel Syndrome (IBS), Food Allergies, Gluten Issues, GERD, H. Pylori, Inflammatory bowel Disease, & Diverticulosis. Finally it will discuss the use of probiotics, herbs & spices to improve gut health.

Hopefully I can shed some light on why you might have these issues & better yet, what you might do to improve your health. **\$40.00**

### Pre and Probiotics: Where the strong survive

Microorganisms are everywhere. The can protect us or make us sick. The time has come to colonize our own microbes against this pathogenic invasion. It is time to put nature back to its original order and to employ the evolutionarily stronger probiotic bacteria— who have won the wars and battles against pathogens for thousands of years. We have excluded the probiotics from our arsenal for too long. In fact, we have unknowingly broken the backs of many of our probiotic colonies. Our antimicrobial lifestyles have knocked probiotics back a step and allowed the pathogens to get stronger. However, it's not too late.

This program clarifies not only what probiotics are and do, but how they cooperate with our immune system to combat a multitude of infections and diseases. Learn about: the history of probiotics; what are prebiotics; what to look for on the supplement label; how to find the best products; how foods can be great probiotics; how to take probiotics and finally how our health should improve when taking probiotics. **\$40.00**

### Depression & Yeast Infections (Candida): The Gut-Brain Connection

Is there a connection between the gut-brain, psychiatric disorders and yeast infections? Absolutely! Bacterial colonization of the newborns gut occurs at a sensitive period of brain development and influences behavior and even expression of certain genes for life! Researchers are finding a relationship between gut bacteria and depression and when there is an over production of yeast in the gut it can be even more devastating. Excessive yeast (Candida) can breakdown the intestinal wall resulting in leaky gut syndrome. Toxins from the gut enter the vascular system and penetrate the brain, causing many health problems including depression.

This connection and much more is discussed including the prevention and management. **\$40.00**

### Obesity: It may not be your fault

CDC data suggests that just about everyone is overweight (68%) and a significant proportion of the population is obese. Obesity now affects 17% of all children and adolescents in the US. Obesity related health issues include heart disease, stroke, pre-diabetes and diabetes and certain types of cancer (pancreas, colon and breast) are all leading causes of preventable death.

So, learn about over-weight and obesity and how our body can trick us to gain weight and to regain it after a weight loss. Learn about chemicals in our body that contribute to increased appetite and obesity and most important learn what we can do to counter the obesity epidemic in ourselves and our patients. **\$30.00**

### What's In Our Food?

Are we eating healthy food today? The answer is NO! The foods on supermarket shelves have more health information on their labels today than ever before—but that only makes it more confusing to determine what to buy. What do most of those claims really mean—"all natural", "made from whole grains", "organic", "natural flavoring and spices"?

Eighty percent of our food today is genetically engineered. Is this affecting our health? We are constantly being exposed to toxins. Let us explore our food supply: fluorines, genetically modified foods, preservatives, colors and flavors, additives, interesterified fat, artificial sweeteners, arsenic, heavy metals, titanium dioxide, coal tar, silicone and many more.

How does our food come to us? Are the containers our food is stored in plastic, Styrofoam, and BPA, safe?

Can we possibly protect ourselves and our families? What role do phytochemicals play? **\$40.00**

### Environmental Toxins

Do we live in a toxic environment? The answer is YES!

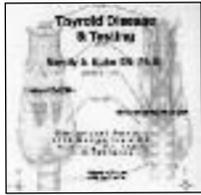
From the water we drink; the air we breathe; the food we eat; the creams, lotions and potions we put on our body; the products we clean with; the drugs we take; to the cell phone we talk on, we are constantly being exposed to toxins!

Let us explore our environment; fluorine; air pollution; genetically modified foods, preservatives, additives, plastic, Styrofoam, BPA; parabens and phytochemicals, Triclosan; drugs we take & microwave radiation from our cell phones. Can we possibly protect ourselves? **\$40.00**

### The A to Zzzzzzz for Optimal Sleep

Poor quality of sleep and daytime fatigue are one of the most common general health complaints in American adults. Practitioners frequently work with patients who report trouble sleeping. Dr. Kuhn reviews concepts of insomnia, sleep apnea and behavior modification to improve sleep utilizing the most research. **\$30.00**

## CD-ROMS



### Thyroid Disease and Testing

A live program presents a review of anatomy and physiology of thyroid gland, and the etiology, symptoms and management of both hypo/hyper-thyroidism. Emphasis is on diagnostic tests: T4, free T4, TSH and the ramifications of high and low values.

Several case studies are presented. **\$30.00**

### Vitamins, Minerals and Supplements

Vitamins and minerals, do we need them and/or do we abuse them? Vitamins, minerals and supplements are discussed as to their action, use, toxicities, side effects and food sources. Learn how to achieve adequate intake-food or supplements. Learn how to choose good quality products and sort through the truthful and sometimes not-so-truthful information. All health care professions need to know this valuable information. **\$30.00**

### Cardiac Function and Testing

Cardiovascular disease is a major killer in the U.S. Health care professionals need to know how to identify risk factors and promote healthy life style choices in our clients. The purpose of the program is to reinforce the rationale, implications, physiology and pathophysiology behind these frequently ordered laboratory tests in the cardiovascular system as a basis for understanding the patients diagnosis and counseling. **\$30.00**

### Fluid and Electrolyte Balance

Fluid & Electrolyte reviews the most common electrolytes (Na+, K+, Ca++, Mg++, HPO4-, Cl-, as well as chromium and selenium) as to their function, hypo-hyper states, and appropriate treatment interventions. **\$30.00**

### Liver Function Testing

The liver is involved with over 400 activities. This program reviews anatomy and physiology of the liver and gallbladder. In addition, the program discusses the handling of proteins and clotting components, the development of enzymes with injury and the destruction of RBC with the creation of bilirubin. Lab tests are discussed as to their rationales, and implication of high and low values. Several diseases are reviewed with their appropriate lab tests - Hepatitis, NASH, and Pancreatitis. Several case studies assist the learner in interpreting laboratory data. **\$45.00**

### Oxygenation and Acid Base Balance

Concepts of oxygenation, carbon dioxide, perfusion, transport, delivery, consumption and extraction are discussed. Acid-base is presented: acidosis vs. alkalosis, decompensated vs. compensated, respiratory vs. metabolic and the anion gap. Several patient situations are discussed and a unique method of determining Acid Base balance - the Educational Services Target - is presented. **\$30.00**

## Scary Drug Interactions

Concepts of drug interactions are presented as to the categories of occurrence: pharmacokinetic, pharmacodynamic, combined toxicities, drug-food interactions, and incompatibilities. Scary drug interactions that can cause injury and death are discussed. All health care providers need to know this valuable information. **\$30.00**

## Drug/Herb Interactions

Herbal products are becoming mainstream and are used by 40-60% of the US population, often concurrently with prescription drugs. Over 60 drug/herb interactions are identified and their mechanism of action reviewed when known. Some drug/herb interactions are benign, but there are others that can result in prescription drugs not being effective or by increasing side effects of either the herb or the drug. All providers must have this timely information to counsel patients. **\$30.00**

## MISCELLANEOUS

### Critical Care Challenge 2nd Edition

Written by: Dr. Merrily A. Kuhn, PhD, RN, Frances Stier, MSN, RNC, CCRN; Brenda Shelton, MS, RN, CCRN, OCN; Ellen Harvey, MN, RNC, CRN.



*Our Critical Care Challenge Game is a learning tool, which helps you to develop accurate responses to critical care situations, enhances learning of difficult case planning topics, and facilitates analytic reasoning and critical thinking. 400 Critical Care questions with answers and rationales. Original Price: \$27.00 Special Price: \$10.00*

## COMPLEMENTARY THERAPIES

### Booklets

*Complementary therapies are becoming more widely used. This series of programs provides information concerning the therapy, its history, purpose, procedure, side effects, and the training/education of the practitioner. In addition, current research is included as well as resources for further information.*

### Mind-Body-Energy Connection Therapies

Presents information to enhance health and prevent disease: describes techniques that connect the mind-body; use energy to heal the body; and reviews movement therapies to enhance energy. **\$11.00**

### Food as Preventative Medicine

Presents information on phytochemicals found in foods and spices being studied for promotion of health and prevention of cancer. We are what we eat! **\$12.00**

**Purchase both Complementary Therapy titles (at one time) for only \$19.00**

## QUICK POCKET SERIES



### Quick Pocket Laboratory Reference

Merrily A. Kuhn, ND, PhD, RN, PhD

Bound booklet of several hundred lab tests. Identifies causes of high and low values. Ideal pocket guide. Easy to use and carry. **\$15.00**



### Quick Pocket Laboratory Reference For Drug Effects

Merrily A. Kuhn, ND, PhD, RN, PhD

The Quick Pocket Laboratory Reference For Drug Effects is the compliment text to our popular guide, Quick Pocket Laboratory Reference. This reference features a brief description and listing of the drugs that affect lab test results. The guide also includes a 55-page alphabetized Index of Drugs and the tests they affect. **\$15.00**

**Purchase both Quick Pocket guides as a set and the cost per book is \$12.50 (total \$25.00)**

## BOOKS

### Herbal Therapy and Supplements: A Scientific and Traditional Approach, 2nd Edition

By: Merrily Kuhn, RN, PhD, and David Winston, Herbalist, AHG



An in-depth, research based discussion of herbal therapy. Each monograph contains a description of the plant, action, use, side effects, contraindications, toxicity, pregnancy/ lactation and children warnings, long-term safety and drug interactions. Lippincott Publishing.

Book **Market \$51.00 NOW \$44.00**

### Super Nutrition for Babies

By: Dr. K Erlich, K Genzlinger

Two experts give parents the latest scientific and common sense recommendations for feeding their young children in a simple, straight forward feeding philosophy. The authors provide information on eating during pregnancy and then feeding your baby - including when to introduce cereal, fruits, dairy, meat, nuts and soy into the diet. The latest research is used to make suggestions for the best foods for every age and stage so your baby receives the very best nutrition to minimize illness and optimize sleep, digestion and development.

Book **\$17.00**

### The Kid-Friendly ADHD & Autism Cookbook

Authors: Compart & Laake

The Ultimate Guide to the Gluten-Free, Casein-Free Diet. The best kid-friendly recipes and guide to the gluten-free, milk-free diet for ADHD and Autism and for adults requiring this type of diet. This book describes the conditions, explains the science behind the diet, why the diet works & best of all how to do it.

The recipes are designed to give the body & the brain what it needs to perform optimally. Think about this statement: "Man is a food dependent creature; if you do not feed him, he will die. If you feed him improperly, a part of him will die!" **\$19.00**

### The ADHD and Autism Nutritional Supplement Handbook

By Laake & Compart

Many children diagnosed with ADHD / Autism have nutritional and metabolic inefficiencies that negatively affect everything from mood and behavior to language and cognition. The authors discuss vitamins, minerals, supplements, food, probiotics and dietary changes that may drastically improve overall health. This book will assist parents, grandparents, teachers and physicians who care for these children. **\$23.00**

### Meditation Booklets

Numerous methods of meditation are presented in an easy to read handbook. **\$2.00**

### Resume & Vitae Writing

Learn how to create 3 types of resumes or a CV, how to sell yourself, how to get that job you always wanted!

Examples included. **\$5.00**

## MULTI MEDIA HOME STUDY PROGRAMS

### Pharmacogenomic Concepts of Drug Interactions

Over 1000 unique chemical substances are available today, thus the number of possible drug interactions grows daily. The following topics are discussed: pharmacokinetic interaction of absorption, distribution, metabolism, and excretion, drug-food and drug-drug interactions and pharmacodynamic interactions. The newest area of pharmacogenomic testing is explored as to its current use, application, cost and other ramifications. Several case studies are discussed to demonstrate the effectiveness of genomic testing in managing patients with pain, cancer, ADD, coumadin and depression. Application to forensic medicine is also discussed. Learn the possible drug interactions that can occur in you, your patients, and family, and what is in our future to individual drugs and doses.

Audio CD & Book **\$30.00**

### Med Surg Certification Review Course

This is a comprehensive 2 day review of medical-surgical nursing that will prepare you to sit for the med-surg certification exam sponsored by the ANA. Study guides include information of diet therapy, drugs and over 150 questions and answers. Content includes: Patient Care Issues, Coping and Adaptation, Multi-System Failure, Pulmonary System/Disorders, Hematologic and Immune Systems/Disorders, Metabolic and Endocrine Functions/Disorders, Renal and Genitourinary Systems/Disorders, Cardiovascular System/Disorders, Sensorineural/Integumentary Systems/Disorders, Female/Male Reproductive.

Audio CD, Study Book **\$70.00**