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PROFESSOR OF MEDICINE

Mount Sinai School of Medicine • The Mount Sinai Hospital

ONE GUSTAVE L. LEVY PLACE • NEW YORK, N.Y. 10029

CHIEF, HEMATOLOGY AND NUTRITION LABORATORY

VETERANS ADMINISTRATION MEDICAL CENTER

BRONX, NEW YORK

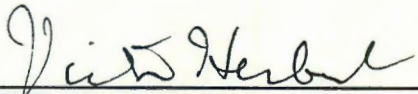
DATE: December 5, 1985

TO: State of NY Board of Professional Medical Conduct
Leslie Rossen, Esq., Consumer Frauds Bureau, NY State Attorney
General's Office
Charles R. Clauson, Chief Postal Inspector, US Postal Service

SUBJ: Humiston Holistic Health Center

The enclosed Humiston mailing postmarked 2 December 1985 suggests they are engaged in health fraud and in quackery as defined by Congressman Pepper ("A quack is a person who promotes and sells unproven health remedies advertising them to be safe and effective. The essential elements are profit and deceit.").

I request investigation.


VICTOR HERBERT, M.D., J.D.

VH:jj

• DISORDER SPECIALTIES •

Because biochemical deficiencies and allergies respond well to orthomolecular medicine or to clinical ecology, improvement can usually be made in the following disorders:

- Hypoglycemia
- Fatigue & Energy Problems
- Weight Problems
- Skin Problems
- Arthritis
- Hypertension
- Aging
- Eating Disorders
- Behavioral Problems
- Depression
- Anxiety
- Addiction
- Alcoholism
- Mood Disorders
- Hyperactivity
- Schizophrenia
- Autism
- Learning Disorders

Disruption of nervous system function and body structure, in many cases, can be helped greatly by Functional Integration, which lessens the symptoms of:

- Back, neck and shoulder pain
- Cerebral palsy
- Multiple Sclerosis
- Scoliosis
- Strokes

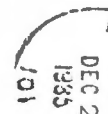
This method also helps enhance the performance of athletes, artists, dancers, musicians, and other performers.

Persistent disorders of the immune system, including intolerance of many common foods and environmental chemicals, can often be helped by using the phenolic food compounds (organic substances found in foods) to restore a better balance in this complex network of functions.



HUMISTON HOLISTIC HEALTH CENTER
104 East 40th Street, Suite 906
New York, N.Y. 10016

HUMISTON HOLISTIC HEALTH CENTER



Karl E. Humiston, M.D.
Bonnie Rich Humiston, R.N., M.S.
and Associates

104 East 40th Street
[Suite 906]
New York, N.Y. 10016

(212) 986-9385

Victor Herbert JD MD
130 W Kingsbridge Rd
Bronx, NY 10438



The Humiston Holistic Health Center is based on the holistic health concept of integrating body and mind, through combining medical and natural therapies. Since restoration and maintenance of health is dependent upon the smooth functioning of body/mind, the whole person is taken into account, not just one bodily function or organ. Treatment is designed to strengthen your body's immune system and to correct problems or prevent them before they occur. Our goal is to help you achieve optimum health.

In order to assess your state of health, we first conduct a thorough diagnostic analysis which includes a detailed history taking, lifestyle review, nutritional analysis, and selected laboratory tests to help determine your nutritional/metabolic/immune status. After careful evaluation of these factors, we work with you to establish a wellness program which addresses your particular needs. Treatment usually consists of one or more of the following therapies: vitamin-mineral therapy, nutrition, allergy, neuromuscular integration, or psychotherapy when needed. Involvement of the family is encouraged when it can be helpful. Medication is prescribed when needed as part of our holistic approach.

The most important part of our holistic treatment program is *you* — helping you to help yourself. Without your active involvement in your own health, treatment cannot succeed. Our patients are encouraged to learn more about their health and treatment programs through books and tapes available at the Health Center.

• CLINICAL STAFF •

Karl E. Humiston, M.D.—received his medical degree from Harvard—board certified 1964 in psychiatry—trained with Virginia Satir (family therapy), Fritz Perls (gestalt therapy), Ida Rolf (Rolfing)—Clinical Fellow, Academy of Orthomolecular Psychiatry—Fellow, Society for Clinical Ecology—Member, New York County Medical Society.

Bonnie Rich Humiston, R.N., M.S.—authorized Feldenkrais practitioner—specializes in the Feldenkrais Method of Functional Integration and Awareness Through Movement.

The center also utilizes the services of **Albrecht A. Heyer**, head of the Bio-Nutrition Institute for special nutrition and lifestyle counseling programs.

Other skilled health practitioners complement the staff at the Center.

• SERVICES •

Metabolic Medicine/Psychiatry — Many physical and emotional disorders are a result of malfunctioning of the body's metabolism, resulting in a biochemical imbalance. Through diet, vitamin-mineral therapy, and allergy treatment, balance may be achieved and physical/mental well-being restored.

Allergy and Clinical Ecology— Testing: cytotoxic testing for 186 foods, phenolic food compound (PFC) neutralizing. Treatment: avoidance of offending substances, rotation diet, neutralizing drops for PFC's.

Nutrition Counseling— After analysis of diet, mineral levels, and other tests, individually tailored diet and vitamin/mineral supplements are recommended to meet your unique nutritional/metabolic needs.

Special Weight Control Program— Individually designed nutrition approach to diet and weight control, focusing on food sensitivities, deficiencies, and lifestyle.

Laboratory— Hair analysis for mineral levels in body tissues. Computerized diet analysis. Blood, urine, and special tests. Advanced technology cytotoxic laboratory on the premises.

Holistic Counseling— Individual, family, group. Focus is on enhancing function and self-esteem.

Functional Integration— A unique process which teaches, through gentle movements, skills of organization and attention which helps overcome a variety of discomforts.

Rolfing— Series of ten sessions of firm manipulation of the connective tissue for better body alignment and releasing tension from past traumas.

STATE OF NEW YORK



DEPARTMENT OF HEALTH

CORNING TOWER • THE GOVERNOR NELSON A. ROCKEFELLER EMPIRE STATE PLAZA • ALBANY, N.Y. 12237

DAVID AXELROD, M.D.
Commissioner

December 31, 1985

Victor Herbert, M.D.
130 West Kingsbridge Road
Bronx, New York 10468

Dear Dr. Herbert:

The Office of Professional Medical Conduct has received your report regarding Karl Humiston, M.D. Please be advised that our regional office in New York City has opened an investigation into this case, and one of our investigators should be contacting you in the near future to develop our investigation.

I will describe for you the process of professional misconduct investigations and subsequent action if appropriate. After a report has been fully investigated, it is reviewed by the Director of the Office of Professional Medical Conduct, and a physician to determine if there is any evidence of misconduct. If there is no evidence of misconduct, the report can be administratively closed. If there is evidence of misconduct, the report is sent to an investigative committee of the Board for Professional Medical Conduct, consisting of four physicians and one lay person, for review and recommendation to the Director of the Office.

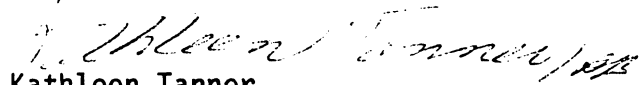
The Professional Medical Conduct Committee may recommend that the report be dismissed because there is not enough evidence to prove misconduct in a hearing; that the physician receive an administrative warning; or that the report be sent to hearing or to a violations committee for formal charges of misconduct.

Based on the recommendations of the committee, the Director of the office makes the final determination.

When a report is referred for hearing, formal charges are drawn by Counsel and a hearing panel is convened which hears testimony and evidence concerning the charges. Once the hearing is completed, the Board issues findings of fact and recommendations for penalty if appropriate. The Commissioner of Health then reviews the record of the entire case and makes his recommendations to the New York State Board of Regents. The Board of Regents reviews the case and makes the final determination in the case.

Thank you for bringing this matter to our attention. It is through the cooperation of physicians and hospitals that the Office of Professional Medical Conduct can best fulfill its responsibilities. For your information, I have enclosed a brochure describing the activities of our office. Thank you for your cooperation.

Sincerely yours,

A handwritten signature in cursive script, appearing to read "Kathleen Tanner", followed by a small flourish.

Kathleen Tanner
Director
Office of Professional Medical Conduct

Enclosure

KT:AB:jb

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3 month suspension. The recommendation of the Commissioner of Health as to the conclusions and measure of discipline was modified; the recommendation of the hearing committee as to the findings, conclusions, and measure of discipline was accepted.

Ali Ibrahim Arkan; Orange Anesthesia Services, 226 East Main Street, Middletown, New York 10940; Cal. No. 9210; Found guilty of professional misconduct; Penalty: 3 year suspension, execution of suspension stayed, probation 3 years under various terms, 150 hours of education course. The recommendation of the Commissioner of Health as to the conclusions and measure of discipline was not accepted.

Zinovy Kozlov; 160 West 73rd Street, New York, New York 10023; Cal. No. 9211; Found guilty of professional misconduct; Penalty: Censure and Reprimand.

✓ **Karl E. Humiston;** 319 West 100th Street, New York, New York 10025; Cal. No. 9282; Found guilty of professional misconduct; Penalty: Revocation (may apply for restoration after 1 year under Rule of Board of Regents). The measure of discipline recommended by the Commissioner of Health was accepted.

Sidney Justus Axelrod; 2017 East Beardsley Road, Phoenix, Arizona 85024; Cal. No. 9308; Found guilty of professional misconduct; Penalty: 5 year suspension.

Phatick Kumar Mukherji; c/o James Fine, Esq., Frockt & Klingman, 310 West Liberty Street, Suite 100, Louisville, Kentucky 40202; Cal. No. 9346; Found guilty of professional misconduct; Penalty: Revocation (may apply for restoration after 1 year under Rule of Board of Regents). The second specification of the charges was dismissed because the elements of this charge have not been proven.

Benjamin Joe Kolloori; 72 Cromwell Circle, Staten Island, New York 10304; Cal. No. 9347; Dismissed. For the reasons indicated by the Regents Review Committee, most conclusions and the measure of discipline recommended by the Commissioner of Health were not accepted.

John L. De Fazio; 620 10th Street, Niagara Falls, New York 14302; Cal. No. 9351; Dismissed. The specification charged was dismissed because elements of this charge have not been proven.

Charles M. Poser; 11 Rutland Square, Boston, Massachusetts 02118; Cal. No. 9450; Found guilty of professional misconduct; Penalty: No Further Action.

(more)