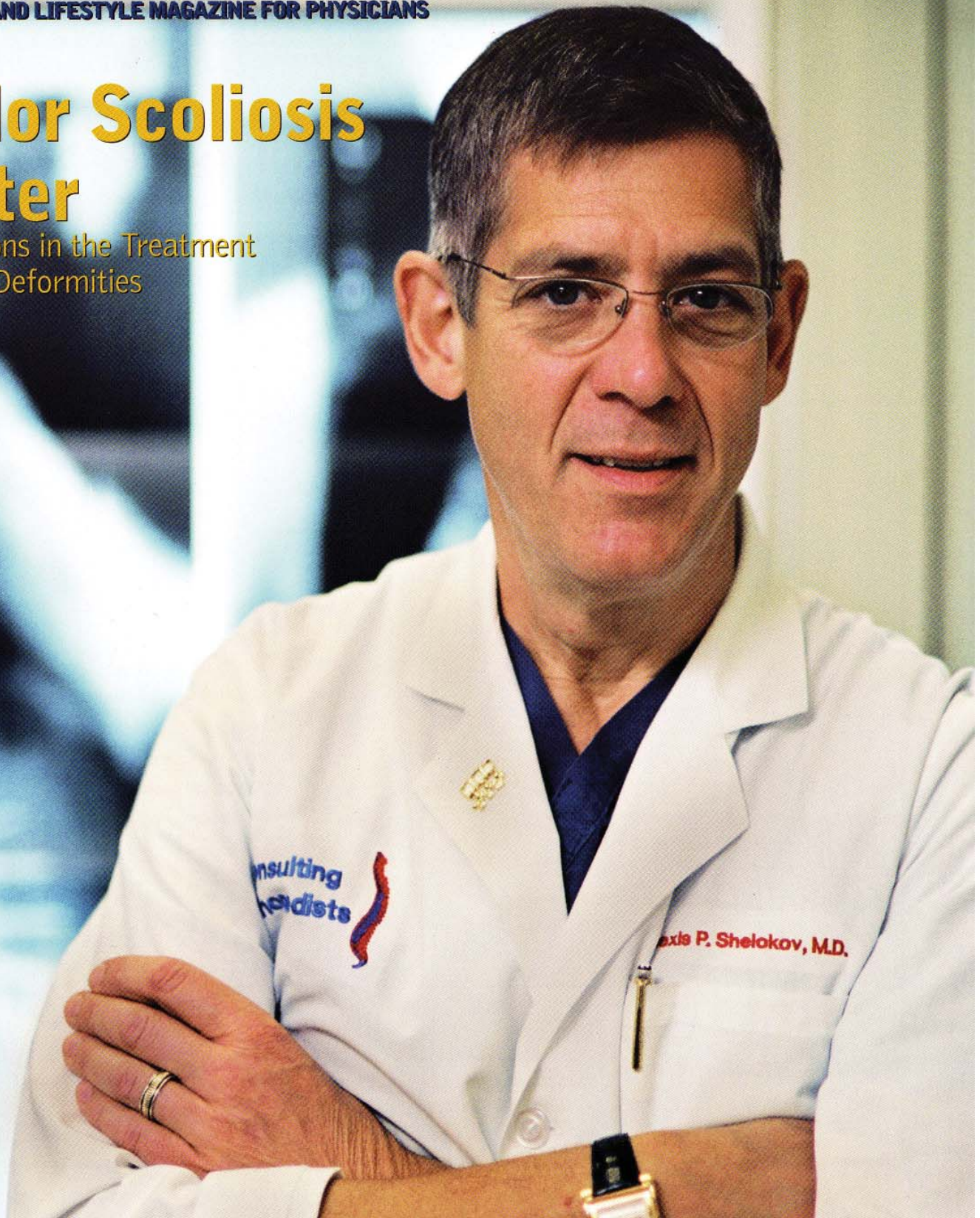


# M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS

## Baylor Scoliosis Center

New Options in the Treatment of Spinal Deformities



# Interview with Kathryn J. Wood, M.D., FACOG

A recent article in the Dallas Morning News suggests that medical science has now linked “inflammation” as the underlying cause for a variety of diseases, such as cancer, diabetes, arthritis, heart disease and Alzheimer’s, to name a few. M.D. News has learned of a doctor in Frisco, TX, who is utilizing a nutritional product called *VíaVienté* to aid in the reduction of inflammation and assist in the prevention and treatment of many medical conditions.

## **Q. What is this product called *VíaVienté*?**

*VíaVienté* is an all-natural liquid product which consists of nine fruits and roots, along with minerals which are derived from a valley called Vilcabamba in South America. The people of this village are known for their good health and longevity. The product has superb antioxidant effects and anti-inflammatory properties as well because of its components.

## **Q. How and why did you become interested in using the product?**

I am particularly interested in preventive medicine and anti-aging as part of my practice. *VíaVienté* tastes good and seems to be a very simple and effective way for people to increase their antioxidants as our diets tend to be very deficient in adequate levels of fruits and vegetables.

## **Q. In your opinion, does *VíaVienté* have a place alongside traditional medicine for the care and treatment of patients?**

*VíaVienté* can most certainly be utilized alongside traditional medicine, as it provides a strong nutritional support for all of us. The most recent guidelines suggest that as Americans we should increase fruit and vegetable intake to at least nine servings per day, and according to the American Cancer Society and the American Heart Association, people with a greater intake of fruits and vegetables have a lower risk of cancer and heart disease. As physicians, we see this in practice as those most nutritionally deprived seem to be slower to heal and slower to respond to treatment. As busy Americans, finding something like *VíaVienté* in a liquid form which tastes good can offer a break from the pill fatigue of vitamins and can be easily incorporated into a daily routine by simply opening up the refrigerator.

## **Q. There are several other products on the market claiming to provide similar benefits as *VíaVienté*. What, in your opinion makes this one different?**

*VíaVienté* is the first of its kind and much care has been taken to ensure that the product is purely produced from natural sources. The product was initially discovered from natural

sources felt to be optimum in providing the utmost anti-oxidant potential. Nutritional scientists spent over 12 years in analysis to find the best combination of fruits, roots and minerals to include in *VíaVienté*, each designed to complement the other and enhance its overall effect. *Vía* was then tested on its antioxidant capabilities in Brunswick Labs, where it was found to be higher in all four antioxidant levels than at least three other liquid supplements. Finally, clinical trials have been carried out with *VíaVienté* which reveal a significant improvement in joint pain and stiffness in patients with osteoarthritis of the hip or knee. I am not aware of this type of analysis and research having been carried out on any other product claiming to provide similar benefits as *VíaVienté*.

## **Q. How has *VíaVienté* benefited you in your practice?**

*VíaVienté* has benefited by practice by providing access to a product which I feel I can endorse because of the above mentioned diligence taken to produce it. I want to be proactive



with my patients in helping them to prevent disease.

**Q. Have you observed the results of VíaVienté among your own patients, and what generally are patients reporting?**

My patients on VíaVienté have reported a reduction in pain and stiffness in a variety of areas which appear to be an early form of osteoarthritis. Several patients with rheumatoid arthritis have been able to greatly reduce or even halt prescription medications with the use of Vía and report no pain or other signs of progression. Other patients report that after using the product over a year, they suffered no bouts of bronchitis during the winter months that they had previously experienced. Also, patients with flatulence, constipation and other GI disorders have noticed improvement, while many report an increase in energy and improved well-being. Some have also reported an improvement in PMS symptoms and vasomotor symptoms also.

**Q. In your opinion, should physicians consider using VíaVienté as part of their overall patient care? If so, why?**

I whole-heartedly advise VíaVienté for my patients, and I wish all would take advantage of its benefits. As physicians, we need to steer our patients away from a “quick fix” for their medical conditions by taking a medication and spend more time promoting healthy lifestyle changes with exercise, healthy diets and supplementation. I know it at times is frustrating as we see people slow to change and quite frankly, the average American diet is simply deplorable. With the increase in obesity and diabetes as well as cardiovascular disease, we must try to make an impact and continue to promote healthy changes. With simple, easy, effective products like VíaVienté, we can be one step closer to achieving this goal.

A Texas native, Dr. Kathryn Wood grew up in Richardson and attended

Texas A&M University, where she received her under-graduate degree in biochemistry. After medical school at the University of Texas Health Science Center in San Antonio, she completed an obstetrics and gynecology residency at the University of Texas Medical Branch in Galveston.

Dr. Wood is highly respected in her field and has been a board-certified OB/GYN specialist since 1990. While she is experienced in all aspects of obstetrics and gynecology, the doctor has a special interest in gynecology, female sexual dysfunction, hormonal disorders and anti-aging health concerns.

For more than a decade, Dr. Wood has been in private practice in Plano, where she serves on the medical staff at both HCA Medical Center of Plano and the new Frisco Medical Center.

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