



South Carolina Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling

and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

South Carolina Department of Aging

<http://aging.sc.gov/Pages/default.aspx>

1301 Gervais St #350
Columbia, SC 29201
Phone: 803-734-9900
Toll-free: 800-868-9095

South Carolina Association of Area Agencies on Aging

<http://aging.sc.gov/contact/Pages/AAA.aspx>

Area Agencies on Aging by County

<http://www.sciway.net/org/seniors.html>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

South Carolina Assistive Technology Program (SCATP)

<http://scatp.med.sc.edu/>

USC School of Medicine
Center for Disability Resources
8301 Farrow Rd.
Columbia, SC 29203
Phone/TTY: 803-935-5263
Toll-free: 800-915-4522

Southeast ADA Center (covers South Carolina)

<http://www.adasoutheast.org/>

Burton Blatt Institute Lexington
1525 Bull Lea Road, Suite 160
Lexington, KY 40511
Phone: 404-541-9001 (voice and Spanish)

Email: adasoutheast@law.syr.edu

South Carolina Assistive Technology Loan Program (SCAT)

www.scatloans.org

PO Box 3197

West Columbia, SC 29171

Phone: 803-726-7143

TTY: 803-896-6635

SCAT is a state and federally funded program that helps qualified South Carolinians with disabilities obtain the assistive devices and services they need to become more independent and productive. You must have the ability to repay the loan.

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd.

Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 1-800-829-2734

Email: info@caregiver.com

South Carolina Respite Coalition

www.screspitecoalition.org

PO Box 493

Columbia, SC 29202

Phone: 803-935-5027

Email: screspitecoalition@yahoo.com

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

South Carolina Primary Health Care Association

www.scphca.org

3 Technology Circle

Columbia, SC 29203

Phone: 803-788-2778

Toll-free: 800-438-3895

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as

well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

State Office of Victim Assistance of South Carolina

www.sova.sc.gov

Phone: 803-734-1900

Toll-free: 800-220-5370 (for Crime Victims only)

Email: sova@admin.sc.gov

State of South Carolina Crime Victims' Ombudsman

<http://cvo.sc.gov/>

Wade Hampton Building

1200 Senate Street

Columbia, SC 29201

Phone: 800-734-0357

Email: cvo@admin.sc.gov

South Carolina Victim Assistance Network

<http://www.scvan.org/>

Safe Horizon's Links for General Crime Victim Resources/Issues

<http://www.safehorizon.org>

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

South Carolina Coalition Against Domestic Violence & Sexual Assault

<http://www.sccadvasa.org/>

PO Box 7776

Columbia, SC 29202
Phone: 803-256-2900

Safe Harbor

<https://safeharborsc.org/>

PO Box 174

Greenville, SC 29602

Phone: 800-291-2139

The mission of Safe Harbor is to provide a continuum of services to victims of domestic violence and their children. To eliminate cultural acceptance of domestic violence through a coordinated community response, education, and prevention.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Easter Seals Offices

South Carolina Easter Seals Office

<http://www.easterseals.com/southcarolina/>

PO Box 5715

Columbia, SC 29250

Phone: 803-466-4089

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices

South Carolina State Website

<http://www.sc.gov/>

South Carolina Developmental Disability Council

<http://www.scdcdc.state.sc.us/>

Office of the Governor

1205 Pendleton Street, Suite 461

Columbia, SC 29201

Phone: 803-734-0465

TTY: 803-794-1147

South Carolina Vocational Rehabilitation Department

<http://www.scvrd.net/>

1410 Boston Avenue

PO Box 15

West Columbia, SC 29171

Phone: 803-896-6500

Toll-free: 800-832-7526

South Carolina Department of Health & Environmental Control

<http://www.scdhec.gov/>

2600 Bull St.

Columbia, SC 29201

Phone: 803-898-3432

Email: info@dhec.sc.gov

South Carolina Health & Human Services

<https://www.scdhhs.gov/>

PO Box 8206

Columbia, SC 29202-8206

Phone: 888-549-0820

TTY: 888-842-3620

Email: info@scdhhs.gov

Offers info on Medicaid

South Carolina SHIP Program (State Health Insurance Program for Seniors)

<http://www.aging.sc.gov>

Phone: 800-868-9095, 803-734-9900

South Carolina Department of Insurance

<http://doi.sc.gov>

1201 Main Street

Suite 1000

Columbia, SC 29201

Phone: 803-737-6160

Toll-free: 800-768-3467

South Carolina High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

South Carolina Workers' Compensation Commission

<http://www.wcc.sc.gov/>

Phone: 803-737-5700

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

State LTC Ombudsman

<http://aging.sc.gov/contact/Pages/OmbudsmanRegionalContacts.aspx>

Governor's Office on Aging
1301 Gervais Street, Suite 200
Columbia, SC 29201
Phone: 803-734-9900

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities. There are also regional Ombudsmen.

Housing

Housing and Urban Development (HUD)

www.hud.gov

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: State Independent Living Councils (SILCs)

South Carolina Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

<http://www.scsilc.com/>

136 Stonemark Lane, Suite 100

Columbia, SC 29210

Phone (Local): 803-217-3209

Toll-Free: 800-994-4322

Email: scsilc@scsilc.com

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

<http://www.ncil.org/>

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

South Carolina State Library

www.sctalkingbook.org

Talking Book Services for People with Disabilities

P.O. Box 821

Columbia, SC 29202-0821

Phone: 803 734-4611

Toll-free: 800 922-7818

TTY: 711-734-4611

E-mail: TBSBooks@statelibrary.sc.gov

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality

of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection and Advocacy

South Carolina Protection and Advocacy for People with Disabilities

<http://pandasc.org/>

3710 Landmark Drive, Suite 208

Columbia, SC 29204

Phone: 866-232-4525, 866-275-7273

Email: info@pandasc.org

Service Dogs

Carolina Canine Companions

1961 White Oak Rd

Camden, SC 29020

Phone: 803-432-0004

Palmetto Animal Assisted Life Services (PAALS)

<http://paals.org/>

221 N. Grampian Hills Rd.

Columbia, SC 29223

Phone: 803-788-7063

Email: info@paals.org

The Service Dog Institute

<http://www.theservicedoginstitute.org/>

655 H Fairview Road#173

Simpsonville, SC 29680

Sports And Recreation

Adaptive Expeditions

<http://adaptiveexpeditions.org/>

PO Box 13312

Charleston, SC, 29422

Phone: 843-637-7269

Email: Joe@AdaptiveExpeditions.org

Adaptive Expeditions is an interactive educational nonprofit using sport and recreation to offer health & wellness programs to individuals with physical and sensory disabilities. Through education and outdoor recreation adventures, Adaptive Expeditions empowers individuals with both technical skills and personal confidence to maintain active, independent lifestyles.

Charleston Area Therapeutic Riding

<https://www.catr-program.org/>

Mailing Address:
P.O. Box 146
Johns Island, SC 29457

Physical Address:
2669 Hamilton Rd
Johns Island, SC 29455

Phone: 843-559-6040

Email: acain@catr-program.org

Charleston Area Therapeutic Riding improves the lives of children and adults with disabilities at the area's oldest nationally accredited therapeutic horseback riding center.

Palmetto Power Soccer Foundation

<https://www.facebook.com/palmettopowersoccer/>

Phone: 803-394-3006

Email: lv2bnhi@yahoo.com

The goal of the Palmetto Power Soccer Foundation is to support physically disabled South Carolinians who wish to participate in the adaptive sport of power soccer.

Richland County Recreation Commission

<https://richlandcountyrecreation.com/>

7473 Parklane Road

Columbia, SC 29223

Phone: 803-741-7272

Email: info@rcrc.state.sc.us

RCRC dedicates itself to enriching lives and connecting communities through diverse recreational opportunities.

Rediscovering Outdoor Activities & Recreation (ROAR)

<http://www.roaroutdoors.org/>

Phone: 864-344-2749

A Christian non-profit organization in northwest South Carolina which helps those with SCI enjoy fishing, water skiing, alligator hunting and more. New headquarters in Greer will allow for expansion.

South Carolina Assistive Technology list of adapted sports in SC.

<http://www.sc.edu/scatp/scadaptive.htm>

United Way Offices

United Way

<http://www.unitedway.org>

Enter postal code for a United Way office in your area. United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator

<https://www.va.gov/find-locations/>

VA: Columbia Regional Office

6439 Garners Ferry Rd.
Columbia, SC 29209
Phone: 803-776-4000

Southeastern Paralyzed Veterans of America chapter (covers South Carolina)

http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6468287/k.9EA4/South_Carolina.htm

4010 Deans Bridge Rd
Hephzibah, GA 30815-5616
Phone: 706-796-6301, 706-796-6338
Toll-free: 800-292-9335
Email: paravet@comcast.net

South Carolina Paralyzed Veterans of America Service Office

6437 Garners Ferry Rd., Room 1121
VARO, Columbia, SC 29209
Toll-free: 800-795-3631
Phone: 803-647-2432

ALS

ALS Association

www.alsa.org

South Carolina Chapter of the ALS Assn

<http://www.alsa.org/community/list-chapters.html?state=SC>

7499 Parklane Road, Suite 144
Columbia, SC 29223
Phone: 843-971-0933
Email: info@scalsa.org

Brain Injury

Brain Injury Association of South Carolina

<https://www.biaofsc.com/>

140-A Amicks Ferry Road
Suite #331
Chapin, SC 29036
Phone: 803-731-9823
Toll-free: 1-877-TBI-FACT
Email: director@biaofsc.com

Cerebral Palsy

UCP of South Carolina

<http://ucpsc.org/>

1101 Harbor Dr.

West Columbia, SC 29169

Phone: 803-926-8878

Email: info@ucpsc.org

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

<http://www.ataxia.org/>

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Please call them for info in your area

Guillain-Barré Syndrome/CDIP

Guillain-Barré Syndrome /CDIP Foundation International

<http://gbs-cidp.org/>

375 E. Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

<http://www.nationalmssociety.org>

800-FIGHT-MS (344-4867)

NMSS Greater Carolinas Chapter

<http://www.nationalmssociety.org/chapters/NCT/index.aspx>

2610 Wycliff Road, Suite 101

Raleigh, NC 27607

Phone: 919-834-0678

Email: nct@nmss.org

Multiple Sclerosis Association of America Southeast Regional Office (covers SC)

<http://www.mymsaa.org/about-msaa/regional/>

Kyle Pinion, Regional Director

PMB # 196

2870 Peachtree Rd.

Atlanta, GA 30305-2918

Phone: 1-800-532-7667 Ext. 160

E-mail: southeast@mysaa.org

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org/>

National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your state in the “MDA Care Center Network” section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

<http://www.post-polio.org>

50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475

Email: info@post-polio.org

<http://www.post-polio.org/net/poldir.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Suite 800
Arlington, VA 22209
Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBAA South Carolina Clinics:

Medical University of South Carolina (pediatric and adult)

MUSC Spina Bifida/Pediatric Urology

135 Rutledge Ave., Room 412

Charleston, SC 29425

Phone: 843-792-9895

Shriner’s Hospital for Children (pediatric only)

950 W. Faris Rd.

Greenville, SC 29605

Phone: 864-255-7842

Email: jbrown@shrinenet.org

Spinal Cord Injury

National Spinal Cord Injury Association's South Carolina chapter:

<http://www.scspinalcord.org/>

South Carolina Spinal Cord Injury Association

2935 Colonial Dr.

Columbia, SC 29203

Toll-free: 866-445-5509

Phone: 803-252-2198

Email: info@scspinalcord.org

South Carolina Spinal Cord Injury Research Fund

<http://www.scscirf.org/>

Orangeburg Breeze Peer Support Group

Servicing Orangeburg County, Dorchester County and Calhoun County

Rebecca Felder

3000 St. Matthews Rd.

Orangeburg, SC 29118

Phone: 803-829-2043 (h)

Email: rebecca.felder@yahoo.com

Meets on 2nd Thursday of each month at 6:30 pm.

Center for Spinal Cord Injury

<http://www.ropersaintfrancis.com/NewsReader.aspx?RSFHNewsID=530&NewsTypeID=0>

at Roper Rehab Hospital

316 Calhoun Street

Charleston, SC 29401

Phone: 843-402-2273

Four health care groups opened South Carolina's first comprehensive care center for people with spinal cord injuries. Roper Rehabilitation Hospital (<http://www.rsfh.com/Rehab%20Hospital/RehabHospital.aspx>), Medical University of South Carolina Medical Center (<http://www.muschealth.com/default.htm>), Carolinas Rehabilitation (<http://www.carolinasrehabilitation.org/>) and the S.C. Spinal Cord Injury Research Fund (<http://academicdepartments.musc.edu/scscirf/>) opened the Center for Spinal Cord Injury in July 2011.

Stroke

American Stroke Association

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

South Carolina Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/sc.htm>

South Carolina Chapter of the American Occupational Therapy Association (SCOTA)

<http://scota.net>

135 Ingle Oak Lane

Greenville, SC 29615

South Carolina chapter of the American Physical Therapy Association (SCAPTA)

<http://www.scapta.org/>

2900 Delk Rd., Suite 700, PMB 32

Marietta, GA 30067

Phone: 803-400-6999

Email: southcarolina@apta.org

Association of People Supporting EmploymentFirst

www.apse.org

Please contact them for local info

Healthboards.com – message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

<http://www.healthboards.com/boards/index.php>

First Call 2-1-1

<http://www.sc211.org/>

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Available in Aiken, Lexington, Richland and Newberry counties. Also available in Charleston.

Prisma Health Roger C. Peace Rehabilitation Hospital

<https://prismahealth.org/locations/hospitals/roger-c-peace-rehabilitation-hospital>

701 Grove Rd.

Greenville, SC 29605

Phone: 864-455-7716

Roger C. Peace Rehabilitation Hospital specializes in medical treatment, rehabilitation and research, providing comprehensive inpatient and outpatient programs for patients with spinal cord injury, brain injury, stroke, amputation, multiple trauma, cancer, and other neurological conditions.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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