



Robin A. Bernhoft, MD, FACS was born in Fargo, North Dakota, graduated cum laude from Harvard College and earned his MD at Washington University Medical School (St. Louis).

After surgery residency at UCSF—where Dr. Bernhoft published more than 20 scientific papers—and a liver/pancreatic surgery fellowship in London, England, he entered private practice in the Seattle area, joining the clinical faculty of the University of Washington Medical School.

After several years of busy surgical practice, he became environmentally ill from leaving disinfectant on his hands throughout 600 operations a year. The toxic chemicals he absorbed swamped Dr. Bernhoft's ability to detoxify and gave him skin, respiratory and GI problems—causing him to lose 35 pounds in four months.

To understand what was happening to him and to survive, Dr. Bernhoft retrained in environmental medicine from 2002-06. By applying what he learned, he regained his health and shed his sensitivity to perfumes and mold. Dr. Bernhoft is now able to run 20 to 30 miles each week and is three belts short of Black Belt in Shito Ryu karate.

Today, Dr. Bernhoft has his life back—and he is eager to use what he has learned to help others regain theirs.

*Primum non nocere—
In the first place, do no harm.*

—Classic motto of medical professionals

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Robin A. Bernhoft, MD
1200 Maricopa Highway, Suite A
Ojai, California 93023



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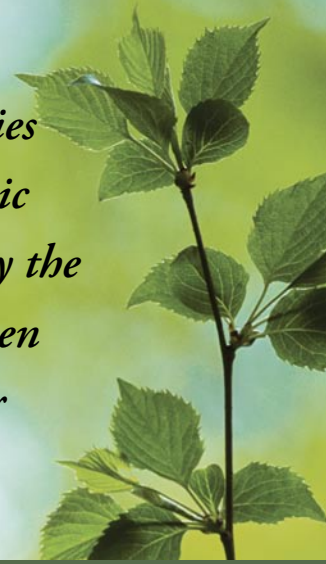
A CENTER FOR
ADVANCED MEDICINE™

805/640-0180 (voice)

805/640-0181 (fax)

www.DrBernhoft.com

*Medical authorities
agree: most chronic
illness is caused by the
interaction between
our genes and our
environment.*



Our clinic specializes in studying those interactions, and correcting what we can.

All our therapies are based on science from this country and developed countries around the world.

We recognize every person is unique, and tailor our treatments to match your specific problems. We don't accept insurance or Medicare, but will help you bill your carrier for reimbursement.



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*A healing sense of peace
and place...*



In our peaceful waiting room, you will enjoy paintings by local artist Bonnie Beedles, who specializes in scenes depicting life in our part of California.

The walls throughout our office are decorated with landscape scenes captured by local photographer Joe Virnig.



*We are involved in cutting-edge FDA studies of new
treatment modalities—which we will share with our
patients as they become available.*

We begin your consultation with an extensive history—looking for clues into your problems—and a thorough physical examination.

Laboratory data is obtained, as needed, with an eye toward cost-effectiveness. Our careful attention to taking your history and physical can significantly reduce laboratory costs. To save you money, our in-house certified lab includes basic chemistry, venous blood gases, spirometry, body composition analysis and heart rate variability (to assess the autonomic nervous system).

After analyzing your case, we will begin your specialized treatment plan. Interventions might incorporate avoidance of toxic factors, nutritional counseling, improvement of liver and digestive function and immunity.

We offer an evidence-based program of **therapeutic lifestyle change** for obesity, metabolic syndrome, high blood pressure, blood lipid disorders and fibromyalgia.

Other conditions treated include autism, asthma, chemical sensitivity, chronic fatigue, heavy metal poisoning and other chronic conditions.

We have been trained by nationally-recognized experts to administer heavy metal removal protocols, safely and effectively.



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NHANES also documents the widespread pollution of our bodies with pesticides, herbicides and other toxic chemicals. We have been trained by nationally-recognized experts to offer a full range of approved modalities to detoxify these substances.

Sauna depuration has been proven effective in mobilizing deposits of fat-soluble toxins and is clinically useful in recovering from environmental illness. Our *Heavenly Heat* sauna is constructed of glass and unfinished poplar; no glues were used.

