

# CURRENT IN CARMEL

TUESDAY  
September 8, 2009  
FREE

## ARTOMOBILIA SCHEDULED FOR SEPT. 12



Artmobilia, the grouping of 140 pristine automotive classics, will follow up last year's debut show with its second run on **Sept. 12** in the Arts & Design District. (Last week's *Current* indicated the event would be Sept. 5, and that was incorrect.) The event, which drew more than 10,000 visitors has 30 additional entries this lap. Hours are **noon to 6 p.m.** Admission is **free.** / P8

# HEALTHY, HAPPY

**DR. ANGELA LASALLE BRINGS AN INTENSE PASSION AND A UNIQUE OUTLOOK ON MEDICINE TO HER NEW PRACTICE IN CARMEL / P2**



INDIANA HEALTH GROUP

Photo by CW Photography

# Kids dart. Drive smart.

 **Riley**  
Hospital  
for Children  
at Clarian North

# HEALTHY, HAPPY

**DR. ANGELA LaSALLE BRINGS AN INTENSE PASSION AND A UNIQUE OUTLOOK ON MEDICINE TO HER NEW PRACTICE IN CARMEL**

**By Zach Dunkin**

*Current in Carmel*

When Angela LaSalle talks about good health, the Carmel doctor prescribes the usual remedies: proper diet, plenty of exercise – and a dose of passion.

Passion?

Yes, pay attention to what captures your time, she says. Notice what makes you lose track of it.

“Notice what topics make your eyes light up and what you get animated about when you talk about them,” says the 44-year-old practitioner of integrated medicine. “Find out what makes you happy in life. It’s important for your well-being, health and success to follow your passion.”

What makes LaSalle happy is music. She plays guitar and violin and sings. If LaSalle could reinvent herself beyond a figure in the field of medicine and healthcare, she would be a musician. Maybe some country singer on a bus rolling through Arkansas.

Question her about the possibility that music someday could be widely used as a treatment for certain ailments and her eyes light up. That’s her passion button.

“Now, you’re really going to get to know me,” she says.

## COMING TO CARMEL

But more about the medicinal possibilities of music later. First, how did this Indiana University School of Medicine grad and former nurse land at Indiana Health Group near Smokey Row Road and Meridian Street? Why bail on a successful integrated medicine practice in Fort Wayne – so successful that some of her patients still make the two-hour trek from the Summit City to see her?

It’s a long, complicated story, says LaSalle, but basically, she probably wouldn’t be here if her partner, Ralph Emerson Waldo, had not moved from Fort Wayne to IHG first. While in Fort Wayne, LaSalle and Waldo shuttled patients back and forth, Waldo treating them with integrated psychiatry and LaSalle evaluating their endocrine systems. Even when Waldo moved here in 2005, the long-distance shuttling continued until LaSalle moved last June. Now, they’re next door to each other in the building at 703 Pro-Med Lane.

“I think we felt two heads were better than one,” reasons Waldo, also an IU School of Medicine graduate. “We plan to keep working together and mesh into one as we’re treating cases.”

IHG was established in 1987. Its staff of psychiatrists, psychologists, licensed clinical social workers, physician assistants and advance practice nurses treat a variety of behavioral health issues for all ages.

## LaSALLE’S GIFT

What LaSalle brings to IHG is an integrated medical practice, which combines so-called alternative treatments such as acupuncture, relaxation and massage with traditional medical methods. LaSalle, who studied integrative medicine during a fellowship at the University of Arizona, says it is like “putting more tools in the tool box” in her treatment of patients with mood and concentration issues, hormonal imbalances and metabolic or nutritional issues.

“Basically, what I do is focus a lot on nutrition, lifestyle management, stress levels, and the tools that I may use are targeted nutritional supplementation, hormone replacement and stress management techniques to help the body achieve a better balance,” says LaSalle, who is board-certified in family medicine. “The alternative therapies are totally driven by the patients and what they need.”

By the time a patient visits LaSalle, he already has



**Dr. Angela LaSalle combines so-called alternative treatments such as acupuncture, relaxation and massage with traditional medical methods.**

## » DR. LaSALLE’S FIVE TIPS FOR GOOD HEALTH

1. Eliminate processed foods. If it comes in a box or bag, be suspicious.
2. Eliminate soft drinks.
3. Cut sugar and artificial sweeteners.
4. Exercise
5. Find what makes you happy in life.

been to his family doc or specialist with no satisfactory results. That’s when the “detective work,” as LaSalle calls it, begins. She often finds stress to be the underlying problem.

“It’s very key,” says LaSalle. “Stress causes a lot of changes in your bio-chemistry. It literally changes your bio-chemical environment, and can cause disease. Dealing with a patient’s stress level and happiness is critical to their health.”

Healthy mind. Healthy body? Technically, it’s much about “chemical cascades,” this shower of small chemicals in the body responsible for the signaling of what happens between cells. What does this mean? Take heat, for example. If you touch something hot, a number of electrical impulses and chemical communicators are released and signal the brain that you need to remove your hand. Now.

“So, if we’re not coordinated with our signals, whether we’re talking about blood sugar or touching something hot, then our body isn’t working as it should,” explains LaSalle.

So, Dr. Music-Heals-Us-All, why can’t we just take a strong dose of Yanni and get all-better? After all, didn’t alt-med doctor Alfred A. Tomatis a few years back claim he used the music of Mozart as the listening stimulus in



Photo by CW Photography

attempting to cure disorders like ADD, dyslexia, autism and even depression?

“Sound is actually an energy like light or heat,” explains LaSalle. “Rhythm, pitch, volume can have an effect. Those forces interact with the human body in a way that may be sending off those cascades, releasing endorphins or good chemicals in the body.”

“It’s worth taking a look at. It just may lead us to the next wave of medical therapies.”

Mr. DJ, cue Yanni’s “Dare to Dream,” please.