

Midstate native pens book on healthy living

Dr. Jeff Morrison, a Central Dauphin grad, has written a book that details strategies to detoxifying the body and reversing damage.

BY DAVID WENNER
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There Jeff Morrison was in medical school, drowning in work, constantly tired and straining to concentrate.

No one could figure out what was wrong with the former Central Dauphin and Harrisburg Academy student.

The only remedy was to work twice as hard.

Morrison eventually found

an answer.

It sparked a fascination that took him to New York City, first to work with the famed Dr. Robert Atkins, then to establish his own practice on Manhattan's Fifth Avenue.

Now Morrison has written a book, "Cleanse Your Body, Clear Your Mind," detailing strategies to detoxify the body.

During medical school, Morrison subsisted on twice-daily meals of tuna fish. He later concluded mercury in



MORRISON

If you go

• Dr. Jeff Morrison will have a book signing at 6 p.m. Saturday at Cornerstone Coffee House, 2133 Market St., Camp Hill. The book, "Cleanse Your Body, Clear Your Mind," is published by Hudson Street Press.

the tuna was responsible for his fatigue and difficulty concentrating.

At Jefferson Medical College in Philadelphia, he decided to become a family doctor.

He returned home for a three-year residency in family medicine at Harrisburg Hospital.

He decided to focus on integrative medicine, which

combines traditional medical treatments with alternative remedies such as herbs, and keen awareness of the health impacts of everyday chemicals and toxins.

"Basically, our goal is to use whatever works best for the patient," says Morrison, 41.

He spent two years working

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tion among midstate furies as a parental figure, a sort of "caretaker" for those who want to act like juvenile animals.

Santamore said he and Berlin once had such a relationship in which Berlin was a "daddy fur" and he was a "baby fur."

"Are you a furry?" defense attorney William T. Tully asked Berlin when he took the witness stand.

"I am," Berlin replied, explaining that a furry "is someone who identifies

with a specific kind of animal." His screen name for the online chats was alan_panda_bear.

Berlin, who is free on bail, said it was embarrassing to discuss his furry life in court. "It's a private matter," he said. "The parties like to keep it among themselves."

The teen identified himself online as a "15-year-old dolphin," Berlin said, but he still thought he was chatting with another adult male furry who wanted to dress in a skirt and be spanked.

Berlin claimed that as their sex chats grew more graphic he blocked the

boy from contacting him. "My heart sank," he said, when authorities raided his apartment and told him he'd been conversing with a teen.

"Once I learned that he was 15, role playing would not have been appropriate," Berlin said.

Under Sprow's questioning, Berlin conceded he had asked the boy for naked pictures.

When confronted about sadomasochistic passages of the sex chats, and the fact that the boy provided Berlin with directions to his home, Berlin replied that "I try to keep role playing realistic."

"The thought of meeting up with [the teen] was stimulating?" Sprow asked.

"The role playing was," Berlin said. "I'm not sexually attracted to minors."

In closing arguments, Tully said authorities are wrongly attaching a criminal intent to acts within in the furry fantasy world.

"They basically role play all the time," he said, claiming the prosecution has "virtual evidence and nothing beyond."

Sprow called the online evidence damning.

"There is no way on Earth that any of this was just role playing," he said.

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at the Mechanicsburg-area practice of Dr. John Sullivan, who specializes in integrative and environmental medicine.

He then learned Atkins was looking for an associate. Atkins is the best-selling author and developer of the low carbohydrate lifestyle.

"I literally sent him my resume and they got back to me within a week. It was just good timing," says Morrison, whose father, Gerald, is a lawyer with McNeese Wallace & Nurick LLC.

In 2002, he opened his own practice, called The Morrison Center.

He's become a well-known authority on environmental medicine and is often interviewed by national magazines and cable news shows.

His book, published this month, received a nice review from Library Journal.

The journal said the book is "essential not only in geographically toxic areas, but in every home, as required reading short on scare tactics and high on quality-of-life-altering information."

The 304-page book is Morrison's first.

He says he "put all of my

guidance, recommendations and research into one place for the first time."

He contends that many common health problems, including heart disease, obesity, chronic fatigue and depression, often result from poisons people encounter daily.

These include chemical preservatives, fragrances and colors contained in foods and cleaning products, and heavy metals contained in foods including tuna.

His book outlines strategies to detox the body and reverse the damage.

Morrison realizes book stores — and the slashed-price bins — are littered

with books promising quick solutions to hard problems such as obesity.

At the same time, those books often top the best-seller list.

Morrison points out the strategies in his book are backed up by scientific research, which he says is well-cited in the book.

For now, Morrison declines to speculate on his chances of joining Atkins as a best-selling author.

"I'd love for that to happen. My ultimate goal is for people to read the book to learn what toxins are in the environment, how they affect their health, and what they can do about it," he says.

HARRISBURG

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