

HEALTH BULLETIN

A l t e r n a t i v e H e a l t h O a s i s &

2 7 0 4 B i l l i n g s l e y R d C o l u m b u s O H

Special points of interest:

- Chiropractic News
- APGAR
- Sugar
- Kate's Page
- August Classes

Patients and Friends,

The most common symptoms that bring patients into a doctors office is pain and fatigue, and that which does not go away adequately is called chronic pain. Back pain, neck pain, and headaches are some of the most common types of chronic pain. Anyone with chronic pain has typically tried non-steroidal anti-inflammatory drugs(NSAIDs) like aspirin or ibuprofen(Advil), or anti-pain medications like acetaminophen(Tylenol). Each medication is associated with side-effects, such as liver toxicity for acetaminophen and ulcers for NSAIDs. Interestingly, the second most common cause of ulcers is the regular use of aspirin and other NSAIDs.

There is a secret that must be understood before one searches out nutritional supplements to reduce pain and inflammation. Our diets can determine the inflammation levels in the body. Foods such as refined sugar, refined grains and related flour products (bread, pasta, bagels, etc.), refined oils and obese meat. These inflammatory foods make up about 80% of the average American diet, and yet one should not eat more than 30-40%. These foods will cause joint and muscle soreness and even if you take NSAIDs and Tylenol, the pain will not go away if you continue to eat the same. One must make the dietary changes to calm the inflammatory cascade.

An inflammatory diet consists mostly of vegetable, fruit, raw nuts and potatoes in moderate amounts, and health proteins(lean meat, skinless chicken, fresh eggs, omega-3 eggs). A little bit of dark chocolate, red wine, and stout beer are also anti-inflammatory. The best oils/fats include olive oil, coconut oil, and butter. Spices such as ginger, tumeric, rosemary, oregano, garlic, and coriander are beneficial.

In cases of acute injuries, a unique enzyme called bromelain is found in pineapple and is known to have protein-digesting actions. Studies show that there can be a 30-50% increase in recovery time.

Instead of just masking your symptoms, Chiropractic addresses the causes of the problem. Please call to schedule an appointment to put your structure, diet, and immune system in the best optimum position, movement, and function.

Yours in health,

Michael Fritz, D.C., N.D.

Chiropractor and Naturopath

Cert. Applied Kinesiologist & Microscopist

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Ask Dr. Mike?

1. What is the APGAR score?

If you are a parent, this was something you heard of but probably did not understand it except that a high score is good news. Here's what each letter stands for:

A= appearance refers primarily to skin color. Pink body and extremities scores 2; blue all over scores 0.

P= pulse rate of at least 100 beats per minute scores a 2; pulse that is absent scores a 0

G= grimace is an evaluation of reflex irritability; if the newborn coughs, sneezes or pulls away when stimulated, that's a No response to stimulation scores a 0.

A= activity is assessed by muscle tone-active movement scores 2, while none scores 0.

R= respiration or breathing considered strong is awarded a score of 2, no breath scores a 0.

The APGAR test is performed one and five minutes after birth, and may be repeated thereafter if initial scores are low. In general, a total combined score of 7-10 is considered normal, 4-6 is fairly low, while a score below 3 is critically low.

Sugar: The first five ingredients listed make up the majority of any packaged food. If sugar in any form is there, move on. Check your ingredient labels for these sugar sources:

Brown sugar: white sugar with molasses added

Corn syrup: Made from corn starch

Dextrose: A naturally occurring form of glucose in fruits and vegetables, your body also produces it.

Fructose: Found in fruits, vegetables and their juices; used in crystalline form as a sweetener

High-Fructose Corn Syrup: Highly processed form of sugar made from corn starch and fructose

Honey: A natural sweetener; contains fructose and glucose

Molassas: Dark syrup made by boiling down sugar from sugar cane.

Sucrose: Cane sugar(plain white sugar)

Turbinado: Made by spinning sugar can extract in a centrifuge or turbine to create large brown crystals

Did you know you can get a 7 day pass to Lifestyle Fitness at the front desk. Stop by and ask for one which will include a free fitness evaluation.

In - Office Seminars or Classes

Healing Oils Class: will be available, please call and let us know if you or a group are interested. It is an educational experience and actual application of the oils.

This is a 90 minute class.
Cost is \$30

Office Hours: M-T-W-Fri.
9-6 (closed 12-2 for lunch unless appt. made)

Thurs & Sat. by appt. only

Gift Certificates: Make it a gift of health to your-friends and family all year long.

Purchase them at the front desk for any of our services or nutritional products.

New products in our office: Tesla Pendant: Healing and Subtle Energy

Zeta Force and Mag Force: Great for chelating and daily minerals



Health is Wealth

KATES PAGE



Adjustments make me laugh and feel better. It will also help me grow up straight.

We are still working on the project of having Colon Hydrotherapy in our office. Please email us or contact us if you want to be the first to be contacted when this service is available.

We will send out a notice when it is installed. Please feel free to re-search this service on the internet to find out all the benefits of this therapy. We still offer many other detox programs; by nutrients, Ion Foot Baths, and Far Infrared Sauna.

- Imbalance leads to degeneration, muscle weakness, and stress on your ligaments and meniscus.
- By wearing Foot Leveler orthotics that support--
- Will make adjustments last much —August Special any reorder is \$228

AUGUST CLASSES

We have scheduled a “Cooking without Heating” class for Thurs. August 20. We had intended two classes but due to other events going on we can only do one this month.

Please call to reserve your spot in class and this will allow us to buy enough food. You will not leave hungry!

Class is from 6:30-8:00 pm

Some of What You Will Learn:

What exactly is Raw food and why will my body love it and have more energy while eating less !

How you can lose weight eating live food and not be hungry.

Why this food saves you time and money.

How you can get your family to enjoy it and be excited about it.

Desserts, Snacks, and Samples !!!

& How to use kitchen equipment.

This two hour class will cost:

\$50 each or \$75.00 per couple.



If you wear out your body, where are you going to live?

Let us support your spine and feet, to regenerate you body!

Did you know?

That vitamins need minerals to activate enzymes in the body. Recently we were in Whole Foods Store and looked at a “Mens Super Nutrition Formula” for \$42.00.

Examination of the ingredients showed that most of it was synthetic and had metallic minerals, which if you read July’s newsletter, means that up to 90% of this product would not be absorbed and may be toxic to the liver. Can the body use rocks or ground up shells?

Worried about the upcoming flu that seems to be pandemic?

MMS is a great product to take daily; along with strengthening your immune system, i.e. your white blood cells-with vitamins and minerals. Yearly family cost of MMS: \$25

See the website: www.jimhumble.biz
This product is available in our office.

For guidance on true health, schedule a nutritional assessment in our office or be retested.

Kate’s Wisdom

Making Your Health Your Top Priority: Series Part 3

Tracking Your Health Results:

We’ve all heard that patience is a virtue and yet, it is often difficult to be patient when you’ve started working towards your “Health Goals”. It’s actually really easy to get caught up in wanting to hurry things along—cut to the chase, and be done with it , now.

Series started in June’s Newsletter.

When it comes to your health, it’s important to give your body time to heal. For every year you have struggled with your health you should give your body 1 month on a nutritional program to regenerate and heal itself!

You are on your way to health. Please note that gradual changes are usually the most effective. For example, this month please

begin to add more Whole Living Food Nutrition to your diet !

Food Facts Info. From “*Food Fundamentals*” by Judith A. DeCava B.S., CNC, CWC

Good nutrition is necessary for good health. And good nutrition means good food.

All food used to be natural, whole, and nutritious, retaining its value without refining or chemical contaminants such as heat, herbicides, pesticides or additives. But food has changed, especially during the last century; it is sometimes unrecognizable as food at all. People in affluent countries like the U.S. search for and need the ability to choose foods wisely among the confusing, numerous, and often devitalized variety of foods available to them. “Go organic, grow your own, and get them at the farm markets”.

Diet is increasingly being identified as a

cause of many diseases and illnesses.

Diet is also being identified more and more with improved health and function; with overcoming ill health and disease. Therefore, learning about and choosing healthful foods is an imperative responsibility for each individual.

That is one of the many reasons we have developed the Cooking without Heating Classes. Sign up for our Aug. 20th class.

If you have questions or symptoms of concern— simply give us a call and consult with us before giving up and trying something new.

What if our recommendations for care of patients were based on what is clinically necessary, not what your insurance dictates?



**A l t e r n a t i v e
H e a l t h O a s i s &
N u t r i t i o n S t o r e**

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Martin Luther states, "Presenting the cure without explaining the disease is a trick and device of the arch enemy of man".

We offer:

Chiropractic Spinal Manipulation

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

Weight Loss Management

Ion Cleanse/detoxification programs

Foot Orthotics: the first level of support

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Animal adjusting(cats, dogs, horses)

www.vomtech.com

**Y o u m u s t b e l i e v e t h e h u m a n b o d y w a s d e s i g n e d
t o b e h e a l t h y o r d e s i g n e d t o b e s i c k . I p r e f e r
a n d c h o o s e h e a l t h .**

"The only failure is not to try"...
George Clooney

"Never limit yourself because of others limited imagination; never limit others because of your own limited imagination." Mae Jemison

"Attitude is a little thing that makes a big difference." Winston Churchill

"If you can laugh at it, you can live with it." Erma Bombeck

Check-ups every 12 weeks or sooner keep your spine aligned and your body in balance to fight stress, disease, illness, and aging.

Discover Chiropractic—It's a natural source to help "the body heal itself".

We appreciate all referrals; please keep up the good words as our practice continues to grow.

Don't wait for problems, pain, or even worse to happen.

Remember: "The power that made the body-heals the body. It happens no other way".

**Past newsletters are on our website for review and education.

Need great "Fitness Trainers":

Tony Grose 293-1884

2530 Billingsley Rd. Columbus, OH

Janet Fletcher: 799-1575

Worthington, OH

**Massage: Karen Zazak
614-777-7775
Hilliard, OH**