

Alternative Health Oasis & Nutrition Store Newsletter

Special points of interest:

- Chiropractic News
- Dr. Mike's Column
- Colon Cancer
- Kate's Page
- October Classes

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

Patients and Friends,

A chiropractor must explain to a new patient that the first historical adjustment that really started chiropractic was on Harvey Lilliard, who lost his hearing when he bent over and heard something snap in his spine. Years later a chiropractor adjusted him and he got his hearing back immediately. This event took place in 1895 and since that time many have been helped with health issues. Patients will often ask, "Why is it taking a long time to get better?"

It takes time to get sick, since the body is always in the healing mode, adapting and/or compensating as you go through your daily activities. If you think of an iceberg, the tip would be the symptoms and all the causes would be underneath which you do not see. Therefore, it's natural for the body to take time to get well. Often, subluxations, or misaligned bones have been present for many years, therefore causing a resistance to be normal and/or causing long-term damage to the nerves, blood vessels, etc. which you may feel as being pinched.

Since I have been adjusting spines and extremities for over 25 years, I often see people experience miraculous improvement from only a few adjustments. But depending on the severity and duration of the subluxations, it may take added time and adjustments for all the symptoms to disappear. Remember, chiropractic is not just for sick people, aches or pains, headaches, and sciatica; it's for health and vitality which prevents symptoms.

Others many never know unless you tell them!

Instead of just masking your symptoms, Chiropractic , nutrition, and detoxing all address 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 and vitality,

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

Chiropractor and Naturopath

Cert. Applied Kinesiologist & Microscopist

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Ask Dr. Mike? What are some natural solutions to colon cancer, all cancers, and diet solutions?

It is a common problem, where 50,000 die yearly of colon cancer and most of it is diet related. In June of 2008, they recommended check ups every 10 years, to look for polyps, and flat lesions (of which are 5 times more common). With a standard American diet of high fat foods and carbohydrates, this results in decreased bowel movements and increased weight around the belly and internally around the organs. We must focus on living foods, along with 30 or more grams of fiber daily. If you have done a nutritional assessment, you will have heard that you should drink 1/2 your body weight in ounces of purified water, have good gut flora or probiotics, and take minerals to assist with peristalsis (or bowel contractions). Constipation affects 65 million people in the U.S. So try Smooth Move tea

There is no such thing saying that "Well, that's the way you are", one must be regular and eliminate the waste products and toxins in our body. If one doesn't, it will catch up with you later. Food must travel 30 feet and during that trip it is all part of the process of eating, digestion, absorption, and elimination. It is also Breast Cancer Awareness month (although it should be every month), so let's start today to do more of the right things for our body. Start eating brassica type vegetables raw or steamed, i.e. broccoli, cauliflower, brussels sprouts, cabbage, and kale which help to suppress or have significant cancer and chemo protective properties. As we stated in the September 2009 newsletter, we need over 90 different nutrients daily in more than RDA amounts (which only prevent certain disease states). Lastly, we have medical foods that you can take daily to accelerate this process and decrease your risks.

Who are chiropractic patients and spokesmen for chiropractic?

Every NFL Team has a team chiropractor

Ladainian Tomlinson: San Diego Chargers running back

Tom Brady: New England Patriots QB

Jerry Rice: Retired San Francisco 49er's receiver

Cole Hamels: Philadelphia Phillies Pitcher

Moms and Dads

Teenagers, Kids, and babies

Grandpas and Grandmas

YOU — There is no age, profession, race, or size that chiropractic does not apply to.

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 17 therapeutic oils.

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

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 feel great on the inside and outside.....I am alive!!!

We are in the process of relocating our office 2.5 miles north on Sawmill and Presidential where having Colon Hydro-therapy will be possible in our office. We are planning January 2010 as our opening date. Please email us or contact us if you want to be on the list to call first. New address will be:

10223 Sawmill Parkway, Powell, OH

We will send out a notice when it is installed. Please feel free to research 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 —be sure you are refit every 2 years as your feet do change.
- Extended sale: \$289 Special on new Gait Cycle orthotics, and on reorders on file for the past 24 months, buy any stabilizer type for \$229. Offer expires Oct. 31

October Classes

We have scheduled a “Cooking without Heating” class for November, at this time.

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

Oct. 15: Purification Class from 6:30-? Free by Dr. Mike

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, feet and diet to regenerate your body!

Did you know?

That certain health standards, like the Presidential Physical Fitness tests are also relevant for those over 40 years:

	<u>Females:</u>	<u>Males:</u>
Pushups: (on knees)	40	45
1.5 Mile Run:	<12 min	<10 min
Half sit-ups:	60 in a minute	Full: 65

Sit & Reach: 9 inches beyond heels and men 8 inches beyond heels

Did you pass the “Fit For Life” test?

Worried about the upcoming flu thats predicted to be pandemic? Please educate before you vaccinate !

MMS is a great product to take daily; along with supplementing your immune system, i.e. your white blood cells-with vitamins and minerals. Yearly family cost of MMS: \$25 Add Mega Multi, Trace Minerals, etc. FFI: www.jimhumble.biz

Kate's Wisdom

Making Your Health Your Top Priority: Series Part 4

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 Extra Virgin Olive Oil to your diet !

Information taken from “Healing Oils of the Bible” book by David Stewart Ph.D.

Everyone agrees, from Hebrews to Hippocrates, olive oil is #1.

Olive oil is the best & safest of all oils, and it taste good, too. This oil is a mono-unsaturated fat containing a small percent of essential oils of the fruit.

Numerous studies have shown that daily intake of olive oil significantly reduces the incidence of heart disease of all kinds, including death by heart attack. Olive oil has been shown to thin the blood, lower blood pressure and regulate cholesterol by reducing the bad kind (LDL) while maintaining the good kind (HDL).

The Mediterranean people eat plenty of fruits, vegetables, whole grain breads,

a moderate amount of animal foods, but, when all of these factors are analyzed, olive oil has the highest correlation with better health than any other factor.

If the only change you make in your diet is to replace butter & margarine with olive oil. You will have made a tremendous step toward better health and healing.

Olive oil is known to cleanse and assist liver function, regulate bile production and reduce the incidence of gall stones. It helps digestion, even helps to heal certain types of ulcers. Daily intake can have anti-inflammatory benefits for arthritis pain, lubricating joints and reducing swelling. It is also a great antioxidant. Eat it but don't heat it ! Add it to foods after they have been cooked.

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



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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:

Family Chiropractic Care

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

Weight Loss Management

Ion Cleanse/detoxification programs

Foot Orthotics: the first level of support

Raindrop Technique

Colonhydrotherapy in Jan. 2010

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 .

"He who has health has hope. And he who has hope has everything"...
Arabian Proverb

"You cannot always control what goes on outside. But you can always control what goes on inside"...Dr. Wayne Dyer

"Love cures people—both the ones who give it and the ones who receive it.....Dr. Karl Menninger

A smile is a curve that sets everything straight....Phyllis Diller

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

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

For Sale: 2006 Ford Mustang-mint condition, only 35,000 miles. Its been in storage. First \$9,000.
Mike Lechler: 614-507-4469