

# HEALTH BULLETIN

## Alternative Health Oasis & Nutrition Store

### Special points of interest:

- Chiropractic News
- Health Notice
- Brain Teaser
- Kate's Page
- September Classes

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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,

What is health? Many may say, "I feel good or I have no signs or symptoms", therefore I am healthy. A recent article by Dr. Tim Kelly, D.C. states that America's health statistics are in bad shape. The U.S. ranks 30th in life expectancy, 35th in preventing infant mortality and by 2025 it is predicted that more than half the population will suffer from a chronic disease, such as diabetes, high blood pressure or obesity. These conditions could be controlled by changes in diet, exercise, vitamins, minerals, attitude, etc.

Many allopathic doctors see health as a yearly physical or when you have pain or symptoms make an appointment. With such a philosophy, waiting may be a situation of not being able to recover. In our office we are proactive and preventative in health, we advise you to come in for regular adjustments to keep and maintain your body in its best function, balance and alignment.

Probably the factor in upcoming health is obesity. It has been a condition that for decades had been more prevalent in the poor, but is now skyrocketing among affluent Americans. Defined as 30 or more pounds over an ideal weight. As of 2005, 30% of Americans are obese, putting them at risk of developing diabetes, heart disease, cancer, arthritis and all other diseases. Secondly, it places extra stress on your feet, knees, back and spine, and directly can lead to postural problems.

Now, that Autumn is here, it is time and whether or not you have been active this year, you have another opportunity to commit to a healthier future. Let Chiropractic care, nutrition, orthotics, etc. be a regular part of your life. You may not always be able to eat right, but you can always take nutrition or wear your orthotics daily.

If your children are involved in any sports, be sure to have them adjusted more often.

It is never too early or too late to have chiropractic care; and not be put in a position to where you will say, "I wish I had done this years ago".

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

**Ask Dr. Mike?** This months question will be in the form of a Health Notice, our beliefs that will benefit you the most:

Females at age 30 or sooner should take 1,000-1,500 mg of calcium citrate daily and magnesium to prevent osteoporosis and acidosis. Males at age 40 or sooner should take 1,000 mg. of the above.

“Your body needs approximately 90 nutrients daily to rebuild, repair, repopulate, and provide the necessary co-factors for enzymes”-states Dr. Joel Wallach. Your body can regenerate a new healthy body. He further states that the average lifespan of an MD and/or patient was 58 years and that those that pursue other choices live to 77.5 years.

Ralph Nader stated in the 1980’s, that over 300,000 people are killed yearly in hospitals or due to medical doctors. Dr. Robert Rakowski, states 156,000 per JAMA in 2008

Alternative blood assessments are an early detection system of your health. This can be preventative and very educational. Hospital or allopathic blood tests commonly only detect pathology.

Rarely, does it take one chiropractic treatment to bring you back to good spinal health, and with Applied Kinesiology we find many underlying problems allowing faster recovery time, and less number of corrective appointments, saving you time and money. Failure to have spinal adjustments and to take nutrition decreases your lifespan, states Dr. Mike

**Football Brain Teaser: How many Pro Football team names can you identify?**

- |                                 |                        |                            |
|---------------------------------|------------------------|----------------------------|
| 1. American Forefathers         | 11. Swamp Cat          | 21. 747’s                  |
| 2. Midnight Snackers            | 12. A Deck Minus Three | 22. Proposed laws          |
| 3. Fundamental Laws             | 13. Leader             | 23. Marine Bird            |
| 4. Equine Goes Wild             | 14. Top Feline         | 24. North of Mexico people |
| 5. A girls toy and a fish’s arm | 15. XK 120             | 25. Hibernators            |
| 6. Uncle’s Spouse of Amy        | 16. \$1 for corn       | 26. Six Rulers             |
| 7. Half bovine, Half man        | 17. Peter and Paul     | 27. Loaders                |
| 8. Henry’s first compact        | 18. Six shooters       | 28. Thieves                |
| 9. Foolish sunbathers           | 19. Ewe’s Mate         | 29. “Nevermore”            |
| 10. Credit card users           | 20. Indian Feline      | 30. Two Under              |

Answers: 1. Patriots, Raiders, Cardinals, Broncos, Dolphins, Giants, Cowboys, Falcons, Redskins, Chargers, 11. Panthers, 49ers, Chiefs, Lions, Jaguars, Buccaneers, Saints, Colts, Rams, Bengals, Jets, Bills, Seahawks, Colts, Rams, Bengals, 21. Jets, Bills, Seahawks, Texans, Bears, Vikings, Packers, Steelers, Ravens, Eagles.

**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.

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

Zeta Force and Mag Force: Great for chelating and daily minerals. [www..nutrilink.biz](http://www..nutrilink.biz)



**Health is Wealth**

# KATES PAGE



As the tree bends, so will it grow. . .start your children...that's us...with chiropractic care and posture training.

We are in the process of relocating our office 2 miles north on Sawmill Parkway and Presidential where having Colon Hydrotherapy will be possible in our office. **We are planning November 16 as our opening date.** Please email us or contact us if you want to be the first to be contacted when this service is available.

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--be sure to replace them every 2 years
- Will make adjustments last longer...September Special any reorder is \$228 which is sponsored by the Foot Levelers company. New gait cycle system orthotic is priced at only \$289

## September CLASSES

We have scheduled a "Cooking Without Heating" class for Thurs. Sept. 17.

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?

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](http://www.jimhumble.biz) Call the office if you have further questions and/or need vaccine Information to make a truly educated decision before you roll up your sleeve for the shot. [www.vaccinetruth.org](http://www.vaccinetruth.org)

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

Seen on ESPN(9/10/09).....99 year old Japan man runs the 100 yard dash in the International Gold Olympics....men throwing the shotput, etc. and able to live a full life.

## 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 consistent 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

consider Omitting Food Additives & Eating Organic Living Food!

#### Food Additives

These consist of preservatives, colorings, pesticides, herbicides, and flavorings (Rea and Brown, 1986). All commercial foods in the USA now have pesticides and herbicides in them. This is probably so in the UK also. Reactivity in the PMS patient can occur from these and may well be one of the major reasons that menstrual cycles become disordered. Aldehydes are used in some foods as flavoring and when coupled with formaldehyde used as preservatives in others can trigger reactions of the gynecological system. Sulphites, monosodium glutamate, benzoic acids, and tartrazine dyes can also trigger reactions. Many heavy metals like lead, cadmium and mercury may be found in foods and may trigger severe metabolic reactions especially through the glutathione pathway with resultant gynecological

dysfunction. All of the food parameters tend to increase total body burdens in the PMS patient.

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 Sept. 17th 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.

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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:**

Chiropractic Spinal & Extremity Manipulation

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

Weight Loss Management

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**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 .**

Chiropractic was derived from the Greek words "cheir" and "praktikas" meaning done by hand.

In life pain is inevitable, but misery is optional.

Children are the anchors that hold a mother to life....Sophocles

When you aim for the stars you can never stop believing.

An optimist goes to the window every morning and say, "Good morning, God". The pessimist goes to the window and says, "Good God, morning!"

**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  
777-7775  
Hilliard, OH**