

Alternative Health Oasis & Nutrition Store Newsletter

Special points of interest:

- Chiropractic News
- Dr. Mike's Column
- Parasites
- Kate's Page
- Colon Hydrotherapy

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Patients and Friends,

How do we teach our children? How about by example. Common sense and science suggest that as parents, we exert a tremendous influence on our children. When it comes to exercise an adult couch potato creates a child couch potato-a vicious cycle of inactivity that increases disease risk. Get off the couch and show your kids the value of an active life filled with physical activity.

Secondly, hours on end of TV, video games, and even phone or computer activities leave very little time for exercise. While there is no easy solution, establishing a daily time limit on these activities is a great start. Remember your childhood, what did you do to pass the time?

Thirdly, pencil in that time during the day. Be creative and teach children that being active at any age is fun.

Lastly, start a health program with your food. Set specific times to eat and times not to eat. The best rule is not to eat after 7 pm, this is the time when food will tend to stay on your body as extra weight. If needing to eat, think of drinking water or herbal teas first as hunger may be first evident as dehydration. Also, have apples, oranges, bananas available as a low calorie filler. Vegetables such as celery, cucumbers, carrots, cauliflower, broccoli, etc. will satisfy ones hunger need at night.

Remember, adjustments, nutrition, and orthotics help maintain health and vitality.

Tell others about chiropractic, they may never know unless you tell them!

Instead of just masking your symptoms, Chiropractic , nutrition, and colon hydro therapy for 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 is a Parasite? A parasite is an organism that lives by feeding upon another organism. Parasites living in the human body feed on our cells, our energy, our blood, the food we eat and even the supplements we take.

It is a common misconception that parasites exist only in third world countries. Over 130 types of parasites have been found in Americans. Parasites are transmitted from person to person, pets, insects, soil, unfiltered water and even tap water. For example, Cryptosporidium, has been found in municipal water sources across the U.S. and can cause diarrhea and cramps. It can also be lethal to the elderly, small children and people with compromised immune system.

Many parasites cause noticeable symptoms, such as rectal itching or diarrhea, but some cause no noticeable symptoms. Because some parasites can travel through the blood to any organ, parasites can cause problems that are often not recognized as parasite related. A parasitic infection can often go undiagnosed or misdiagnosed. For example, a roundworm infestation in the stomach can give the appearance of a peptic ulcer. Chronic giardiasis can be an undetected element or missing diagnosis in Irritable Bowel Syndrome and Chronic Fatigue Syndrome.

Symptoms of parasites can be: diarrhea or constipation, gas, bloating, cramps, irritability or nervousness, IBS, persistent skin problems, fatigue, insomnia or disturbed sleep, anemia, muscle cramps, joint pain, teeth grinding, nightmares especially in children, post nasal drip, prostatitis, sugar cravings, high or low appetite, allergies, rectal or nasal itching, brain fog, pain in the umbilicus, and bed-wetting.

If you are not cleansing your body regularly(1-2 times a year), let us check you with our nutritional assessment and recommend products such as Miracle Mineral Solution or Black Walnut Plus.

Blessed Easter to All & Thought for the day:

I knelt to pray, but not for long, I had too much to do. Must hurry off and get to work, for bills would soon be due.

And so I said a hurried prayer, jumped up from off my knees, my Christian duty now was done, my soul could be at ease.

All through the day I had not time, to speak a word of Christ to friends, they'd laugh at me, I feared.

No time, no time, too much to do, that was my constant cry, no time to give to those in need, at last t'was time to die.

And when I stood before the Lord I came, I stood with downcast eyes, within his hands he held a book, it was the "Book of Life".

God looked into his book and said, Your name I cannot find. I once was going to write it down, but never found the time.....author unknown

I n - O f f i c e S e m i n a r s o r C l a s s e s

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 120 minute class. Cost is \$30 with handouts.

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

Thurs closed & every other 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.

Product of the Month: Optimum Detox supports the health of your arteries by cleaning them out.

E-mail us for the handout describing this in detail.

docmikecanhelp@gmail.com



Health is Wealth

KATES PAGE



Can you soar in life if you don't have your health?

Colon Hydrotherapy is necessary to detox the body, clear up skin conditions, and help with those that have constipation issues. Save money by buying a package of 6-12 sessions.

Please feel free to research this service on our website 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. If you add the sauna or foot-bath to an adjustment or Colon Hydro Therapy the cost is reduced.

- Imbalance leads to degeneration, muscle weakness, and stress on your ligaments and meniscus.
- By wearing Foot Leveler orthotics that support your spine
- Will make adjustments last —be sure you are refit every 2 years as your feet do change.
- Positive things to do in life: Nutrition, adjustments, orthotics, colon cleansing, laughter, exercise, faith, giving, and kindness are just a few.

April Classes

“Cooking without Heating” class will be held upon request. Please call to be placed on the list. This will allow us to buy enough food and you will not leave hungry! Class is from 7:00-9:00 pm.

Our new neighbors will be a raw food restaurant. They are expecting to be open by May.

Some of What You Will Learn:

What exactly living 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:

\$25.00 each

Includes handouts and food tasting

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

Let us support your spine, feet and diet to Regenerate a New Health Body for 2010 !

Did you know?

That if you are an avid runner that most shoes wear out after 300-500 miles. You often cannot see the wear, but your knees, hips, and back will feel it. It is also important to run on different surfaces. Each stresses your leg muscles in a slightly different way, helping to prevent overuse injuries. If possible, avoid concrete, as it is the hardest and most harmful surface for runners.

If you begin to get shin splints, it is a sign that you may need orthotics. Our office always offers a free foot scan to determine if there are any pronation (flat feet) or supination conditions that may affect your spine.

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

Colon Hydrotherapy & News

If a person has eaten processed, fried and overcooked foods, devitalized starches, sugars and excessive salt, their colon cannot possibly be efficient, even if they would have a bowel movement 2-3 times a day. Instead of furnishing nourishment to the nerve, muscles, cells and tissues of the walls of the colon, these foods can actually cause starvation of the colon by blocking the colon walls.

In order to live, the human body must be nourished. Therefore, a minimum annual cleansing or monthly colon hydrotherapy is recommended along with probiotics

help create a healthy colon.

Our new office- faces Presidential parkway, most of our patients have easily found it. Look for the landmark of Vittoria's Restaurant on the corner and turn east to the end.

Did you know? That chiropractors do perform miracles.....but sometimes it takes more than one treatment and patients following their recommendations.

Did you know that an anti-aging lifestyle can add up to 24.6 years to your productive lifespan?

Foot Levelers special:

There are specials this month on sandals which have the orthotics built in. Ask us for the prices. Please see last months newsletter

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



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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

Colon hydrotherapy

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 .**

"The best doctor in the world cannot help the uncooperative patient".....
Dr. Bernard Jensen

"The best cure for cancer in 1920 was 2,000 mg of calcium and 500 mg of magnesium, I saved over 109 terminal cancer patients.....Dr. Karl Reisch, MD

The human body needs over 90 different nutrients daily to achieve and maintain optimal health..... Joel Wallach, N.D., DVM, author of "Dead Doctors Don't Lie".

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.

Fitness Trainers:

Tony Grose 293-1884

2530 Billingsley Rd. Columbus, OH

Janet Fletcher: 799-1575

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

Gifts of health.....purchase gift certificates for your loved ones. Show them they are special.