

# Alternative Health Oasis & Nutrition Store Newsletter

### Special points of interest:

- Chiropractic News for Patients and Friends
- Dr. Mike's Column
- Colon News by Jennifer
- Neurological Integration Technique

### Inside this issue:

Ask Dr. Mike	2
Getting Old & Ligaments	2
Kate's Page	3
August Classes	3
Jennifers Column	3
Services	4
Philosophy	4

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Patients and Friends,

This issue I want to talk about the benefits of rebounding or lymphasizing.

1. The vertical use of acceleration, deceleration and gravity provide the ideal conditions for cleansing cells.
2. Rebounding is truly a cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This helps to prevent degenerative disease.
3. It leads to improved posture, increased vascularity, better muscle tone and balance, enhanced timing, sharper vision, greater coordination, more rhythm and elevated energy levels.
4. By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.
5. Rebounding will let you improve the working of your heart muscle by improving the tone and quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.
6. It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria, viruses, and other waste the cells cast off.
7. When you are rebounding you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. This makes it easier to have a sudden burst of energy.

At our office, expect to have all parts of your spine examined along with posture, stretching, muscle testing, lab tests, orthotics, and nutrition to make your body work and last all your days. As I tell my patients, lets live to 100 with all your teeth, hair, and brains.

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

Instead of just masking your symptoms, Chiropractic, orthotics, nutrition, and colon hydrotherapy 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

**Ask Dr. Mike:**

How old can someone live to? A news article from MSNBC report that a woman in the former Soviet Republic of Georgia living in a remote village turned 130 on July 8th. She states she retired in 1965 at age 85 as a tea and corn picker. "I've always been healthy, and I've worked all my life—at home and at the farm," said Antisa Khvicava sitting in a chair holding her cane.

Her age cannot be verified, due to her birth certificate was lost during the many revolutions and civil wars, but she has documents that can attest to when she was 5 years old to back up her claim as the world's oldest senior. The Gerontology Research Group currently recognizes 114 year old Eugenie Blanchard of Saint Barthelemy France as the worlds oldest person.

Her 70 year old son, born when she was 60 states that she still has a very sharp mind and can still think rationally even though arthritis in her hands have left them deformed so that she can no longer do her knitting hobby.

**Ligaments: Conditions and Care**

We all know someone who's sprained a foot or an ankle due to a misstep during walking, jumping, or running. Depending on the amount of force involved at the time of the incident and the position of the foot at impact, there is a good chance that one or more of the ligaments in the foot were injured. Ligaments connect bones at moveable joints and because of their dense nature, they have a poor blood supply and do not regenerate well.

Ligament injuries can range from local tenderness at the site of injury to a complete tear. A Grade I ligament injury has no measureable stretching of the ligament, but local tenderness is noted. A Grade II has tenderness with some stretching or a partial tear. A Grade III ligament injury is a complete tear.

A common analogy is that of the plastic which holds beverage cans together. If the plastic is stretched, it does not resume its original length or shape.

What can one do if you sprain a joint? Use ice immediately, 15-20 minutes every hour. If you determine that it is severe, tape or brace it along with nutritional support of manganese, magnesium, and ConcenTrace ionic minerals. Lastly, adjustments to insure that joint alignment is restored back to normal helping ligaments to heal properly.

## 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 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

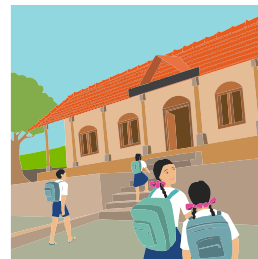
**Gift Certificates:** Make it a gift of health to your friends and family all year long. Purchase them at the front desk for any of our services or nutritional products.

**Vitamin D question:**

A lot of hype has been made about Vitamin D. I have researched this in original nutrition books and found the RDA of 400 I.U. is adequate but today they are recommending 2,000 I.U. or more.

Yes it does help you utilize calcium, but what if you don't take enough calcium or other minerals? Or other vitamins, fish oils, etc. ? Maybe that's the bigger question you should be asking.

We do stock Vitamin D now. Stop by and check out that product and many others that will make your life better.



This is the month where for some of our patients return to school. Look out for them!

# KATES PAGE



Best wishes to from Dr. Mike, Kate, and Jennifer!

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 to Colon Hydrotherapy the therapy 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 and on reorders you save money
- Positive things to do in life: Nutrition, adjustments, orthotics, colon cleansing, laughter, exercise, faith, giving, and kindness are just a few.

## August Classes

Live Again Meet Up Group:  
Thursday Aug. 5 7:00-8:30 pm

Talk on live food and detoxing. Will include a free demonstration of Raw Apple Pie and samples.

Optional: bring an organic type dish to pass. Kate and Jennifer will be your speakers. If you need ideas, go to youtube or call our office.

Comprehensive Financial and Asset Protection Seminar-FREE but you must register by calling 717-9144

Presented by Sean Hammond  
Aug. 12, Thurs. from 6:30 to 8 pm.

In our current economy, Sean will present you with great choices on how to survive and put your money where you can gain the most.

Healing Oils of the Bible Class:  
Sat. August 21, 2010

Class from 10:00 am to noon

Cost is \$30

Please call to register as seating is limited.

**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 the rest of your life!**

## Colon Hydrotherapy & News

### Jennifer Johnsons Column:

#### How Our Intestines Degenerate

Everything we put into our mouth touches and affects the walls of the stomach, small intestine, and colon (large intestine). The toxins that are so prevalent in our food and water supply damage the intestinal wall and cells, intoxicate the nerves and glands, and can be absorbed through the walls into the blood and lymph and ultimately to the cells

As a result, peristalsis (i.e. the muscular contractions of the bowels) declines. The slower transit of waste increases fermentation and putrefaction of undigested food by bacteria and yeast. The bacteria and yeast give off toxic wastes in the form of acids and gasses.

These substances also cause inflammation and damage to the cells of the intestinal walls.

Research indicates these substances can create abnormal behavior and abnormal brain behavior. The nervous system is directly affected. Elimination becomes incomplete and waste remains in the intestines. Dehydration and stagnation occur. This matrix creates erratic conditions in the body which we call disease. The main dietary offenders are animal products, salt, sugar, flour, chemicals, and drugs. They are lifeless and give no energy to the digestive system.

If you any questions about this therapy and how you may benefit from it, please feel free to call me at:

614-717-9144

Good news: Our second colon hydrotherapy table will be installed this month, that means increased opportunity to have timely appointments. You will still need an appointment, so please call our office. We are expecting to have that by the 13th.

### Did you know?

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?

Carl J. Reich, M.D., treated many very ill patients with 2,000 mg. calcium daily and 500 mg. magnesium from 1950-84 and cured them.

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

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.

\*\*Please feel free to email us if you no longer wish to be on our list.



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E-mail: docmikecanhelp2007@yahoo.com  
Emergency: 614-582-3978

The office will now charge a \$50 missed CHT appointment fee if not given a 48 hour notice.

**We offer:**

Family Chiropractic Care & Sports Care

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

Neurological Integration Technique: \$90 for help with memory, ADD, ADHD, focusing, internal and external complaints, pain, and much more. See youtube.com " applied kinesiology demonstration 1, Austin: Dr. Kuykendall" for one of the many screens & corrections. FFI: www.neurolinkglobal.com

Weight Loss Management

Ion Cleanse & Far Infrared Sauna Detox

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 .**

**"What you get by achieving your goals is not as important as what you become by achieving your goals".....Zig Ziglar**

**"The hardest job kids face today is learning good manners without seeing any"....Fred Astaire**

**"The only good is knowledge, and the only evil is ignorance"...  
Diogenes**

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**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 and are being updated by our webmaster.

**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.