



# Alternative Health Oasis & Nutrition Store Newsletter

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### Special points of interest:

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

### Patients and Friends,

**Over 90% of people will suffer back pain in their lifetime, either in the lumbar, lumbosacral, or sacroiliac areas. Most low back pain is from degenerative joint disease in the lumbosacral region, poor posture, the "beer" belly, constipation, lack of calcium, and stress-induced muscle spasms of the lumbosacral region. Low back pain is commonly associated with sciatica. The prognosis depends on the cause and age of the patient, etc.**

**Generally, the condition is benign and the prognosis is excellent with therapy, manipulation, nutrition, stretching, exercise, and in many cases weight loss.**

**As we all know, that as we get older we get shorter, and in most cases wider. Your discs between the vertebrae contribute to about 25% of your height and are spongy due to the water content. As you get older these discs decrease in height and tend to dry out. This is why it is best to hydrate yourself all the time except during meals when enzymes and stomach acids need to be working.**

**Tell others about chiropractic, they may never know unless you tell them! Don't keep saying, "Maybe it will go away".**

**Instead of just masking your symptoms, Chiropractic, orthotics, nutrition, and colon hydrotherapy-- for detoxing the causes of many problems. 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., C.M.**

**Chiropractor and Naturopath**

**Cert. Applied Kinesiologist and Microscopist**

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**Dr. Mike's Column: What are the 26 most common side effects of prescription drugs?**

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|--|---|
| Drainage, crusting, or oozing of your eyes or eyelids  | Swollen, black, or "hairy" tongue                         |
| Changes in the shape or location of body fat           | Decrease in testicle size                                 |
| Sores or swelling in your rectal or genital area       | Blue lips or fingernails                                  |
| Purple spots on your skin                              | White patches or sores inside your mouth or on your lips  |
| Irregular back-and-forth movements of your eyes        | Enlarged breasts in males.                                |
| Unusual risk-taking behavior, no fear of danger        | Extreme fear  |
| Hallucinations, fainting, coma                         | Fussiness, irritability, crying for an hour or longer     |
| Paralysis Thoracic Hematoma (bleeding into your chest) | A blood clot in your lung                                 |
| Liver and/or Kidney damage                             | A lump in your breast                                     |
| Decreased bone marrow function                         | Congestive heart failure                                  |
| Shingles   | Nerve pain lasting for several weeks or months            |
| Bleeding that will not stop                            | Coughing up blood or vomit that looks like coffee grounds |

One drug on the market, EvaMist -- a treatment for menopause symptoms such as hot flashes -- has possible side effects that include cancer, stroke, heart attack, blood clots, and dementia! Source: HealthMad March 20, 2008

So one can choose to be under medical care or stay on natural medicine/nutrition, we hope that in 2011 you will choose wisely. And on a personal note, Dr. Mike and Kate are still on ZERO prescription drugs.

The current list of drugs and products that have been recalled or questioned up to 2010: Baycol, Bextra, Colchicine, Complete Moisture Plus, Darvocet, Duract, Duragesic Fentanyl Patch, Ephedra, Fen-Phen, Hismanal, Lotromex, Palladone, Permax, Pondimin, Posicor, Propulsid, Paplon, Raxar, Redux, Renu MoistureLoc Lens Solutions, Rezelin, Seldane, Tysabri, Vioxx, and Zelnorm.

So as this year comes to an end, are you doing the right things to stay healthy and NOT be on prescription drugs?

**In - Office Seminars or Classes**

**Healing Oils Class:**

This class is available upon request. Please call to 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.

**Notice:** December Classes are cancelled due to the Holiday Season.

Have the best Holiday Season ever from Dr. Mike, Kate, and Beth!!

Merry Christmas and a Happy New Year 2011

**Office Hours:** M-T-W-F 9-6 (closed 12-2 for lunch unless appt is 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.



“The spirit of the season is the reason we celebrate, the birth of Christ ”



**Do I need fish oils?** At least 1,000 mg. a day, but let me repeat Dr. Robert Rakowski's story, age 44. He says, "I take 15-20 Omega three capsules a day, which gives me 10-15 grams a day. My great grandfather died of a heart attack at age 37, my grandfather died of a heart attack at age 49, my dad had a quadruple bypass at age 49, so I decided I've got to take care of my heart early on in life. So I had a coronary artery calcium score, which resulted in ZERO plaqueing, then I had a carotid ultrasound where they look for plaqueing and thickening and results indicate I have zero plaqueing and zero thickening bilaterally, even though I am a cardiovascular nightmare according to my genetics.

I personally believe real food is good for you. Make sure your fish oils are pure and clean.

Excerpts from his lecture in 2004, Minneapolis, MN.

## K a t e s P a g e

### Live Again Meet Up Group:

Will meet again in January 2011 from 6:30-8:00 pm

For all our classes please bring an organic type dish to pass. Kate will be your speaker. If you need ideas, go to youtube or call our office.

### Gifts of Health:

Certificates for any service in our office, cervical pillows and orthotics

Fluoride free toothpaste

Chemical free shampoo (does not contain sodium Laurel Sulfate which is used as an engine degreaser)

Face and Body wash , Crystal Stick Deodorant, Mouthwash, Vitamins & Minerals.....plus much more to have less chemical exposure in your lifetime.

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

Let us support your spine, feet and diet to regenerate a new healthy body for the rest of your life!

## 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.

## V a c c i n e N e w s

### The Flu Vaccine: A few words of caution

Flu vaccines are available on an annual basis, but concern should be taken for the following reason:'

Flu vaccines contain thimerisol, a neurotoxic mercury preservative.

Children with severe allergy should not get the vaccine.

Children with Guillain-Barre syndrome should not get the vaccine.

Young infants with low immune systems should not get the vaccine.

Children with acute illnesses should not get the vaccine.

It is recommended that up to 40 different vaccines be given to your child in their lifetime. Each containing 16 or more different toxins or additives, which may cause harmful or deadly side effects.

An issue in the news is the high correlation between vaccinations and autism. Although, the medical community denies any relationship between vaccines, the statistics do not lie.

Do proactive nutrition to enhance your immune system by taking vitamins and minerals daily which stimulate your immunity to fight off and destroy the germs and bacteria we always breath.

Want to learn more:

[www.tetrahedron.org](http://www.tetrahedron.org)

[www.vaccine.org](http://www.vaccine.org)

Book: A Shot in the Dark by H. Coultren





God helps those that help themselves

Alternative Health Oasis & Nutrition Store
10223 Sawmill Parkway
Powell, OH 43065

Phone: 614-717-9144
Fax: 614-717-9145
E-mail: docmikecanhelp2007@yahoo.com
Emergency: 614-582-3978

The office will now charge a \$50 missed CHT appt. fee if not given a 48 hour notice(May 2010).

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. 1. See youtube.com " applied kinesiology demonstration 1, Austin: Dr. Kuykendal" for one of the many screens & corrections.

2. www.neurolinkglobal.com

\*This is an extended office visit fee, expect 2-3 treatments

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

You must believe the human body was designed to be healthy or designed to be sick.

"Tell me and I'll forget; show me and I may remember; involve me and I'll understand" .....Chinese Proverb

"Be the change you wish to see in the world" .....Mahatma Gandhi

"You are the example that others look up to, be the standard of excellence and of good habits and actions" ..... Dr. Lorraine Day, M.D.

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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 or office for review and education and are being updated by our new webmaster.

We Refer to:

Fitness Trainers:

Tony Grose 293-1884

2530 Billingsley Rd. Columbus, OH

Janet Fletcher: 799-1575

Massage:

Karen Zazak at 777-7775 Hilliard, OH

Suzuki Piano Instruction:

Cheryl: 614-761-8264 Dublin, OH

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