

# Alternative Health Oasis & Nutrition Store Newsletter

**Special points of interest:**

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

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Patients and Friends,

Examination to diagnose a patient's condition is standard procedure in any doctors office. This is the doctor's means of arriving at a treatment plan. However, your chiropractor takes this a step further. He/she provides a careful chiropractic structural examination, with emphasis on the spine. Because the condition of your spine can affect your nervous system, a slight dislocation or misalignment can mean a wide variety of health problems, depending on its location. Problems in various areas of the spine affect specific parts of your body.

Stress, tension, unhealthy diets/foods, slight falls and accidents and many other factors can bring about these slight displacements. These result in irritation or decreased flow to the spinal nerve roots or blood vessels, either directly by pressure or indirectly through reflexes. In turn, the irritations cause malfunctions in your body. Chiropractic teaches that nerve pressure or nerve reflex can cause a disturbance of delicate body function resulting in an increased susceptibility to disease processes. Chiropractors alleviate the irritation with adjustments that re-establish normal spine alignment and allow your body to function normally.

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

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### What did Dr. Mike learn at his Neurolink Integrative System seminar?

The topics of this seminar included brain reorganization and communication for all parts of your body. This will help with dyslexia, focusing problems, ADD, ADHD, motor and sensory skills, and much more. See [www.neurolinkglobal.com](http://www.neurolinkglobal.com) .....for the complete background and history.

With NIS the guess work is removed, as there is no need to label anything. Under ONE umbrella NIS is a systematic means of evaluating all the **underlying** issues that could lead to one or more of those 600,000 symptoms.

By evaluating ALL the body systems that make up physiological function collectively – for each individual - real causes can be addressed and sustainable result achieved. With NIS everything is accessed for YOU the individual. It is very possible that 2 patients presenting with the same 'labeled' complaint will have quite different causal factors and treatment requirements. Everyone's individual make-up is different and that is what makes an NIS treatment unique.

Take allergies for example: 'Allergy' can be a label given to a 'group of symptoms'. By following the same series of protocols, the practitioner could find an emotional, pathological, or chemical issue.

So rather than taking the one approach treating ALL allergy patients in the same way, with NIS the practitioner is able to take a 'closer look' at what is happening for that individual, and treat accordingly. The end result is to make your brain "high speed" and "linked together".

The complete course will be completed this year by Dr. Mike, but already those patients who have had treatments done on them are amazed.

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**Overseas news:** The Scots are not renowned for their clean living. A recent study has found 97.5% of the Scottish population are either overweight, smokers, heavy drinkers, take no exercise or have a poor diet compared with the English who do not fare much better with 94% having some form of poor lifestyle.

Scotland has long suffered from a reputation for ill-health and has higher death rates from cancer, heart disease and stroke than anywhere else in the U.K.

This is despite Scottish health spending being up to 16% higher per head than it is south of the border-giving them access to a wider range of drugs than the English. Last month the Center for Public Policy for regions found more money was spent per person in Scotland than in England.

In the United States, we are on the philosophy that the more money we spend the better our health will be. We know this is not true since the U.S. ranks dead last in overall health. We have to each be responsible for our health, doctors in most cases only try to get rid of symptoms. Whereas, the doctor must educate the patient as to what to do so as to never get sick. If the patient doesn't listen or change their ways, the problems will keep returning and in some cases will get worse.

## 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.**

### **Cell Power and Silica:**

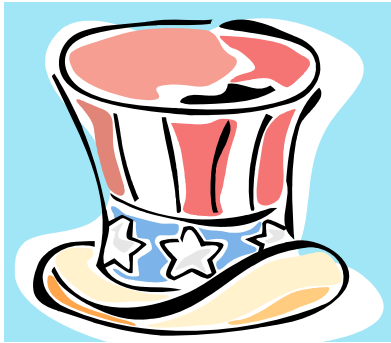
We are proud to carry these new products to increase the alkalinity of the body and support the destruction of the bad organisms, e.g. yeast and bacteria in our body.

We also have in stock pH paper so you can monitor yourself.



**Please thank a veteran and appreciate a soldier in duty**

# 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.

## July 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 and juice bar. They are expecting to be open in August per our latest info.

### 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.

& How to use kitchen equipment.

This two hour class will cost:

\$30.00 each

Includes handouts and food tasting:

Desserts, Snacks, and Samples !!!

\*\* Monthly “Healthy Eating Potlucks” coming soon. Call to express interest and be put on our list.

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:

1. **Compression of neighboring organs disappears** when volume reduces in the colon. This has a relaxing effect on organs above the intestines such as the liver, heart, and lungs. A sensation of lightness may be experienced.
2. **Reduces pressure in the intra-abdominal area** which improves venous return from lower extremities and pelvic zone. Relaxes pressure on the hips and lumbar column and is beneficial to their mobility. Relaxes abdominal muscles from the action of water temperature and massage. Increases abdominal muscle tone due to the reduction of intestinal residues.
3. **Stimulates peristaltic action of intestines** restoring normal muscle tone and therefore removing constipation. Could potentially correct
4. **Sensation of well being** due to the elimination of mucus, alimentary remainders not digested, gases, and toxic bacteria. Relieves inflammation and edema due to the elimination of irritating substances.
5. **Expels parasites.** Decreases demineralization of the body by improving metabolism.
6. **Relieves gynecological disorders** such as cystitis and dysmenorrhea due to the reduction of a prolapsed intestine. Reduces risk of complications after surgery because it reinforces natural immunity. Colon hydrotherapy improves the function of the large intestines, lymph, and nervous system because a relationship exists between them in the GI tract.

intestinal transit problems such as constipation and diarrhea without resorting to prescription drugs.

7. **Reduces weight** and slims by activating elimination. Creates an increase in mental capacity and rejuvenation since it decreases the degenerative process, normal or accelerated, by removing toxic substances that affect biological aging.

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

614-717-9144

### 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.



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 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**

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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.