

Alternative Health Oasis & Nutrition Store Newsletter

Special points of interest:

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

Inside this issue:

Ask Dr. Mike	2
Chiropractic Study	2
Kate's Page	3
June Classes	3
Jennifers Column	3
Services	4
Philosophy	4

1 0 2 2 3 S a w m i l l P k w y P o w e l l O H 4 3 0 6 5

Patients and Friends,

About 2,400 years ago, Hippocrates, the father of modern medicine, said to all his patients and doctors of Greece: "Let food be your medicine, and let medicine be your food. Each one of the substances of a person's diet acts upon his body and changes it in some way, and upon these changes his whole life depends."

So if you want protection against cancer, eat foods such as strawberries and cherries.

Just one carrot a day slashes your risk of stroke by 68%. Beta-carotene is found in abundance in brightly colored vegetables like carrots, pumpkins, sweet potatoes, and red peppers. It is estimated that there are over 500 carotenoids acting as siblings.

Did you know that your immune system makes more than 100 billion types of medicines, called "antibodies", to attack just about any unwanted germ or virus that enters your body or a renegade cancer cell manages to set up shop inside you and multiply. Make sure you eat foods rich in Vitamin C and supplement yourself daily.

If you or a loved on is suffering from gout, in your daily diet add six fresh cherries. You can also drink pure cherry or black cherry juice.

If you want a heart protector, studies show that garlic lowers cholesterol(87%) and makes the blood cells less sticky, helping you avoid heart attacks and stroke. It also lowers your triglycerides(64% fewer in the liver).

And don't forget about the minerals, over 60 are needed but most importantly calcium and magnesium.

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

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

Why Doctors hate or are informed about Chiropractors :

If you've ever complained of a terrifically sore neck or lingering back pain, I'll bet someone suggested that you see a chiropractor. I visit my chiropractor when I have a pain that flares up (as in, when I spend too many hours in front of my computer for too many days in a row), and I know lots of other people who see chiropractors, too. Now research is affirming the efficacy of chiropractic care for a number of conditions, and this trend may be further stoked by changes brought about by health-care reform. For many complaints, including such varied and seemingly unrelated ones as headaches and digestive distress as well as back and neck problems, chiropractic care can often provide safe, effective and fast-working treatment -- and (unusual for natural therapies) most insurance plans cover it. However, many mainstream medical doctors aren't fans. Their reasons aren't always clear but seem to lie somewhere on the spectrum between being worried that chiropractic care is not safe and feeling threatened that good chiropractors may take away many of their patients.

The Time is Right: In a glass-is-half-full kind of way, today's troubled health-care environment actually presents an opportunity for chiropractors to gain some long overdue respect - at least that's a hope that's currently afloat in the chiropractic community, I heard from Robert A. Hayden, DC, PhD, spokesperson for the American Chiropractic Association. A critical-care nurse for 20 years before becoming a chiropractor himself, Dr. Hayden explained that the nation's ongoing and pressing concern about health-care costs and treatment efficacy is a good backdrop against which to understand the many ways chiropractic care can help patients. Why are doctors skeptical? Dr. Hayden told me that one of his regular patients is an orthopedic surgeon -- but another orthopedist in his community won't accept patient referrals from Dr. Hayden, and a nearby hospital won't perform MRI scans for his patients. He believes this lack of acceptance is fueled by the very fact that chiropractic **does not** involve drugs and can be an effective alternative to hospitalization and surgery, which makes it attractive to both patients and the bean counters of health-care costs. The fact that Medicare now covers some chiropractic services enhances its credibility but also adds weight to worries that this natural, less invasive and less expensive alternative will divert health-care dollars away from medical doctors and hospitals.

What Will It Take? The key to the growing acceptance of chiropractic care is evidence-based research demonstrating that it is safe, clinically effective and cost-efficient. In the latest such effort, funded by Mercer Health and Benefits in San Francisco, Dr. Niteesh Choudry and colleagues reviewed existing literature on the efficacy of chiropractic. Their conclusion is that it works as well as or better than conventional modalities, including exercise programs, drug regimens and surgical intervention, for treating many forms of low back and neck pain, two of the most common medical complaints. Numerous other studies also support the effectiveness of chiropractic treatment for spine and neck issues in particular. For instance, a 2002 study of patients with nonspecific neck pain found that pain was reduced and function improved for 68.3% after seven weeks of chiropractic care, while the success rate for those in the care of general practitioners was only 36%. The patients of chiropractors missed work less frequently and needed less pain medication.

Can It Cause Stroke?

One very specific concern voiced by many medical doctors is that chiropractic neck manipulation has the potential to cause stroke, or -- if done improperly -- even death. The basis for this is a fairly rare and often undiagnosed condition in which the vertebral arteries in the neck are weakened, possibly by high levels of homocysteine. The fear is that in a vulnerable patient, twisting or stretching those arteries during a chiropractic manipulation could cause them to rupture.

To investigate whether this is a real danger, researchers at the University of Calgary (Alberta, Canada) studied vertebral arteries from several recently deceased people and found that it would take nine times the force of a typical chiropractic adjustment to damage these arteries and mobilize plaque. In fact, according to Dr. Hayden, normal head and neck movement present a greater risk than chiropractic manipulation for the kind of weak arteries that are of concern. By that measure, it's risky to have your hair washed in one of those beauty parlor sinks where you have to lean way back (there's even a name for this one, "the beauty parlor stroke"), play sports or even to turn your head to complete a turn while driving. The condition that puts people at risk for this problem is very rare, Dr. Hayden said, noting that the statistics don't support the level of concern being expressed. He pointed out that chiropractic is so low-risk that practitioners' malpractice insurance costs only about one-tenth what an MD has to pay -- around \$1,300, on average, compared with \$10,000 to \$20,000 for general physicians.

The Trend Is Good...

Meanwhile though, patients are voting with their feet -- so maybe doctors should try to learn more about chiropractic care rather than stand in the way of progress. The number of chiropractic patients in this country doubled in the two decades from 1982 to 2002, and an estimated 10% of Americans have seen a chiropractor in the past year. As for me, well, when I hurt, I visit my chiropractor... and I feel better.

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.

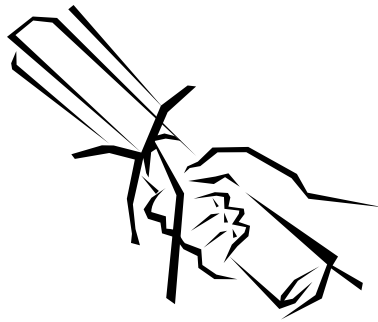
TENS Units:

We now carry TENS units for pain control and relief. The TENS supplier company will bill your insurance company if you qualify and there will be no cost to you.



Young and Old can still climb the ladder of success

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.
- Positive things to do in life: Nutrition, adjustments, orthotics, colon cleansing, laughter, exercise, faith, giving, and kindness are just a few.

June 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 soon.

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 !!!

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:

Constipation= a deadly enemy. Constipation can exist when bowel movements seem to be normal! It is still possible to have an accumulation of feces somewhere along the line in the colon. It is the primary cause underlying nearly every ailment in our bodies because it seriously affects the health of the colon and is 70-80% of our immune system.

The colon has many important functions besides just the evacuation of waste. Its nerves and muscles create the formation of peristaltic waves to propel waste material through for evacuation, it gathers intestinal flora needed to lubricate the colon walls, and it extracts and absorbs from the residue coming

from the small intestine. Lastly, it collects any nutrients that the small intestine was unable to collect.

Fecal incrustation or constipation creates a coating on the inside of the colon wall which resembles a layer of plaster in its consistency. Such a coating interferes with all the colon's functions and actually causes the colon to become a generator of toxins.

When feces are not eliminated in a timely manner it can create a condition call toxemia. It is when the blood contains poisonous products which are produced by the growth of pathogenic, or disease-producing bacteria.

For example, pimples are usually the first indication that the body is in a state of toxemia.

Colon hydro-therapy is the most efficient way of expelling large amounts of waste material as it is the only procedure that is able to gently propel water through all of the 5-6 feet of the colon as well as getting inside the many folds of the colon wall. It is the quickest way to detox the body.

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

614-717-9144

June Special for New Clients:

\$10 off first session-(normally \$75) New Client price till June 30 of \$65

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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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 .**

“A strong positive self-image is the best preparation for success for life”.....Unknown

“It’s a job that’s never started that takes the longest to finish”.....J.R. Tolkien

“A champion hates to lose even more than she loves to win”.....Chris Everet Lloyd

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.