

Alternative Health Oasis & Nutrition Store Newsletter

Special points of interest:

- Chiropractic News
- Dr. Mike's Column
- CT Scans
- Thought of the Day
- Colon Hydrotherapy

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,

What's significant about 2011? That's the year that the first baby boomers will begin accessing the benefits of Medicare. The full economic impact of this will hit full force in 2016. If you are in the workforce in 2016, you will be supporting the healthcare costs of not only the generation above you but the generation below, the first time this will happen in the U.S. economy. It is also reported that the 12 trillion dollar debt will quickly jump to 20 trillion.

How are we going to pay for it? Our new healthcare plan? Let's focus on something you can do for yourself. It has been estimated that one of every three children born after the year 2000 will develop Type 2 diabetes. This is the most expensive chronic disease (we believe lifestyle disease) to treat, and once its developed can take 10-15 years off of your life.

The annual medical cost is over \$10,000 yearly. There were only 16 million diabetics in 2000 and in 2010 there are 21 million diabetics, along with 6 million who don't even know they have it. This is a lifestyle disease that every doctor should be checking. One in five people have arthritis; \$1.5 trillion is spent annually on the diagnosis and treatment of chronic illnesses; and seven of 10 people die prematurely due to chronic illnesses in the U.S.

A study published in the American Cardiology concluded that many patients with conventional risk factors for coronary heart disease can reduce their risk without medications within 12 weeks of starting a therapeutic lifestyle change program. The evidence is overwhelming that care addressing lifestyle can have an incredible value in reducing your risk for chronic disease. It is not genetics that plays a big part when you are over 40, it is lifestyle choices.

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, 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

Inside this issue:

Ask Dr. Mike	2
CT Scans	2
Kate's Page	3
May Classes	3
Foot Levelers	3
Services	4
Philosophy	4

Ask Dr. Mike?

Is it safe to have a CT scan? Computerized Tomography medical scans cause at least 29,000 cases of cancer and 14,500 deaths in the United States every year according to a study published in the Archives of Internal Medicine, April 2010. Shocking as this figure is, a second study published in the same issue and conducted by researchers from the University of California-San Francisco suggests that the reality may actually be much worse.

CT scans are diagnostic tests in which radiation is used to take a cross-sectional picture of a patient's organs. They have become far more common in the U.S. over the past 30 years, increasing in frequency from 3 million per year in 1980 to over 70 million currently. In the first study, researchers from the National Cancer Institute used current estimates of CT scan radiation exposure to calculate the cancer risk produced by this procedure. They found that at current rates of use, the scans kill nearly 15,000 people a year, and cause twice as many cases of cancer. The risks vary with age, with younger patients at much higher risk because they have more time in which a cancer can develop.

The researchers estimated that a three year old female receiving an abdominal CT scan has a one in 500 risk of developing cancer as a direct result. The risk decreases to one in 1,000 by age 30 and three in 10,000 by age 70. The researchers found that actual radiation exposure was anywhere from 4-13 times higher than prior studies had suggested.

Thought for the day:

There is a time for everything, and a season for every activity under heaven:

A time to be born and a time to die, a time to plant and a time to uproot,

A time to kill and a time to heal, a time to tear down and a time to build,

A time to weep and a time to laugh, a time to mourn and a time to dance,

A time to scatter stones and a time to gather them, a time to embrace and a time to refrain,

A time to search and a time to give up, a time to keep and a time to throw away,

A time to tear and a time to mend, a time to be silent and a time to speak,

A time to love and a time to hate, a time for war and a time for peace.

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)

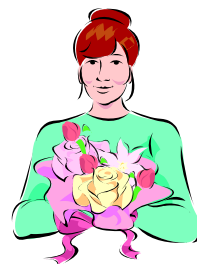
Thurs closed & every other Sat. by appt. only

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.

Product of the Month:

Cell power has a powerful alkalizing effect on the body. The more alkaline the blood the more oxygen is present which helps limit bacteria, yeast, fungus, and cancer cells.

A second benefit is that minerals will stay in your bones and muscles.



Health is Wealth

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.

May 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 late 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.

& 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:

I would like to say a quick hello to all the wonderful clients and patients served at Alternative Health Oasis and Nutrition Store and introduce myself as their new Colon Hydrotherapis. If you are not familiar with Colon Hydrotherapy, it is a natural therapy that has been practiced for thousands of years to cleanse the bowels of toxic plaque build up that accumulates over time along the colon walls and within all of its countless folds. Just as you periodically clean the pipes and drains in your sinks and bathtubs, so do we need to cleanse our bowels. If you think about it, everything that passes through any kind of pipe-whether in your sink or in your body-leaves a residue which builds up over time, fer-

menting, putrifying, and forming body toxins.

A toxic colon can lead to constipation, bloating, hemorrhoids, diarrhea, headaches, fatigue, bad breath, gas, weight gain, body odor, and lower back pain...just to name a few and can be a contributing factor to many degenerative diseases. It is said that 80% of your immune system is in the colon.

I myself have suffered from chronic colon problems since childhood. I changed my diet, juice cleansed, took probiotics, and fiber supplements, etc. but while all those helped to some degree, it wasn't until I started CH that my health dramatically began to improve.

My lower back pain has greatly decreased, my energy levels are sky high (first time ever), I sleep better and need less of it, my breath is fresher, my stomach is flatter, and most importantly, I have regular bowel movements. I am eternally grateful for this therapy.

As one who has walked the long hard road of suffering from chronic health problems and come out free on the other side.

I look forward to partnering with all of you on your own journey to vibrant health. It is possible!

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

www.alternativehealthoasis.com

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 appointment fee if not given a 24 hour notice.

We offer:

Family Chiropractic Care & Sports Care

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

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 .**

“The greatest thing in the world is not as much where we are going, but in what direction we are going...Oliver Wendell Holmes

“Our imagination is the only limit to what we can hope to have in the future”.....Charles Kettering

“Every time you stand up for an ideal, you send forth a tiny ripple of hope”.....Robert Kennedy

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.