



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,

Harvard scientists have observed that the shortest living Americans are Native American populations in South Dakota, living an average lifespan of 66.5 years, whereas the longest living Americans are Asian American women living in Bergen County, N.J., who live an average lifespan of 91.1 years. That's nearly a 25 year difference("extra years"), particularly if you could enjoy them with a sound body and mind. So, what are some healthy habits to increase your lifespan by up to 25 years:

1. Not smoking at all or quitting smoking
2. Healthy diet with a high intake of fruits and vegetable(preferably organic)
3. Consistent physical activity in leisure time
4. Maintaining a healthy weight and avoiding obesity
5. Alcohol intake only in moderation
6. Stress reduction and controlling anxiety, anger, etc.

Many types and cases of cancer could be "prevented" by following #'s 1-4 according to the World Cancer Research Fund and American Institute for Cancer Research, at least a 2/3 reduction risk.

So as we look at the Triad of Health: Structure, Nutrition, and Emotions, all have to be in balance. "Many people believe we catch a germ, however, what it is all about is lacking the proper chemical or nutrient", says Dr. Bernard Jensen.

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: Testimonial- Olivia, 34 came to us for help with 2 1/2 pages typed of her past history since 6/92. Briefly, she states she has cough, aches and fever (2 months) shoulder pain(10 months), bowel issues(all my life), allergies, itching, hands and face swell, rash on back, pancreatitis which increased in size 5X which led to kidney and liver failure and almost ruptured spleen. In 1993, gallbladder removed, stents placed in pancreas, lots of pain, etc. In 1999 was hit by car, broke left leg, bed-ridden for 6 weeks, etc. And in 2007 because of redundant colon, lax bowels, and polyps had a colonoscopy. In 2008 moved into a house with mold and mildew and was hospitalized for unknown causes, maybe pneumonia, etc. Then went to OSU hospital for extreme toxicity and constipation, hiatal hernia, etc. Had surgery to remove a mesenteric cyst and lots of scar tissue from a spleen and for good measure the appendix removed. So since 1992 I have been hospitalized 31 times. Just to keep this short, my current complaints in search of alternative health care are: frequent viral infections, fatigue, fever, body aches, runny nose, sore throats(which I can cough up green, yellow, brownish phlegm for weeks), and painful urination.

My prescription list is guafinesin(Mucinex), pre-natal vitamins, stool softeners, Benefiber, Aviane, Pristiq(depression), Abilify(bipolar), Isotretinoin(acne), Lipitor, IC Hyoscyamine for IBS and GI disorders, Clonazepam(seizures), Nexium (but don't take), IC Zolpidem Tartrate(sleep aid) and am on a few nutritional supplements.....
(Note from Dr. Mike: If you are on more than 7 drugs you are poisoning yourself.)

Dr. Mike, I want health, vigor, strength, clarity and happiness for the next 2/3 of my life, can you help?

October follow-up in Olivia's words: I began care on 8/14/10 with the blood assessment, chiropractic care and colon hydrotherapy.

I would say that my overwhelming frustration with prescribed drugs, feeling of toxicity, inability to function and participate in basic activities, and the sadness and depression that came with feeling sick all of the time led me to researching alternative health options and, ultimately, Alternative Health Oasis. Within one week, my fasting blood sugar dropped over 20 points. After 2 weeks, my cough changed and soon disappeared, my skin began to glow and softened, the aches went away and I started to walk again. Within 2 months, the changes were so visible that my friends and family were amazed and delighted to see my stamina, energy, and strength begin to return. I am now on less than 2 prescription medicines, have cut out artificial sweeteners, and although I still am not in peak condition.

I have to remind myself that reversing what was done to my body is not an instantaneous thing--but I am absolutely 100% confident that had it not been for Dr. Mike and Kate's guidance and assistance, I would not be where I am today. Having been sick for over 2 years straight, I don't just hope to "one day" be better, but I know that I am on the right path and I will be healthy again. And it was about time! I can't thank you enough!

And last of all, I felt so bad that I had thoughts of cancelling my wedding in October due to my poor health or wondering how I was going to make it through what was supposed to be the happiest day of my life. Today I am happily married and returned from my honeymoon in Belize with my husband Hubert. Signed Olivia

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.

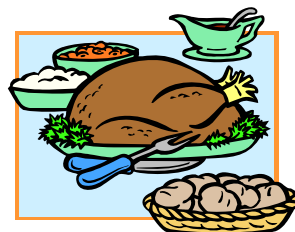
Office Hours: M-T-W-F 9-6
(closed 12-2 for lunch unless appt is made)

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.

Notice: November Classes are cancelled due to the Holiday Season.

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



"Give thanks daily for what you have, not for what you don't have"



“Thank You” by Karen K. Fritz-Klatt

Have you been a true Christian? Have you followed God’s love and mission?

Have you thanked him or taken him for granted? Are you responsible for his seed being planted?

Lord, thank you for summer and the soft gentle rain, Thank you for autumn and the rich harvest of grain.

Thank you for the snow that nourishes the land, Thank you for your protective guiding hand.

Thank you for a home where laughter and love live, Where people are willing and ready to forgive.

Thank you for rainbows with colors galore. For the innocence of children-whose wonders we adore.

This Thanksgiving think about what you are thankful for, Think of the families who are separated by war.

Remember the blessings you have accrued, Thank the Lord for all he has granted you.

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.

We are on ABC TV:

Monday Nov. 8 on the 11 o'clock news our office and staff will be featured on a 3 minute segment on alternative health and natural medicine.

The ABC spent 2 hours at our office interviewing Dr. Mike, Kate, and Olivia. What they produce or say about us will be seen then.

Healing Oils of the Bible Class:

Held when 4 or more people are interested in having a class.

Sat. Class from 10:00 to noon

Cost is \$30

Please call to register to be put on a list. Evening or Saturday classes are available, too.

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.

Office News & Testimonials

Our Patients Speak!

Since I have been doing colon hydrotherapy, I feel great, I lost 35 lbs. My anxiety has subsided with Sere-dyn and all those red dots under my arms are gone. My depression is gone, I take Amoryn for that. This is all natural and it works.

Testimony of Norman B.

Others have said:

“As a fitness trainer and first place figure competitor, the sessions I have received have greatly improved my energy level, overall well being and inch loss. I believe this has shifted my body into a more regenerating, healing direction”....Danielle M.

“My 13 year old daughter has been constipated since birth and after 3 sessions, she has been able to have regular bowel movements”.....Niki R.

“Your regiment of cleansing with training and educating me about diet and supplements really was the cornerstone for me to put my health challenges in full remission ! “ Josh J.

Note: We have two colon hydrotherapy tables which means increased opportunity to have timely appointments. You will still need an appointment, so please call our office at 614-717-9144

After CHT



Before CHT



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. Kuykendall" 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.

From Tennis Magazine Nov. 2010:

Every weekday at 11 a.m., 97 year old Leon Sanit arrives at Oakwood Apartments courts in Los Angeles to play singles for an hour or two with the teaching pro or a member half his age.

Beating most of his opponents, who are baffled by his endurance, slices, and spins that leave them huffing and puffing from corner to corner.

Yes, you can be young and old at the same time, but it take effort and plans. He turns 98 in Jan. so get in shape and sign up now to challenge Leon.

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 evenworse 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

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