

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,

Autumn signals a time for change and renewed vitality. Mother Nature displays her bright colorful wardrobe, then drops it on our yards, and children exchange long hours of summer activities for classroom studies and team sports.

The cool air of Autumn awakens in each of us which gives us a feeling of boundless energy and enthusiasm to plunge in and tackle the job at hand, whether it is school, a new job or just re-dedication to our goals.

Autumn is a great time for a check-up to guard against possible ills and ailments that old man winter will bring on or the over activity of summer play and fun. Good spinal care including taking care of the nutritional components of your body and is a great way to keep both young and old, active and more efficient. Is it time for your 12 week check up? Is it time to be retested in our nutritional assessment?

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 in vitality,

Michael Fritz, D.C., N.D., C.M.

Chiropractor and Naturopath

Cert. Applied Kinesiologist and Microscopist

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Ask Dr. Mike:

Why do we recommend nutritional products to patients? In today's mass produced food supply, the Standard American Diet(SAD) is about 65% fat and sugar. This contains zero nutritional value and in some cases a negative nutritional value or effect. We need approximately 90 different nutrients daily to have optimal health to support the biochemical and enzymatic activities that happen in our body. We can only rebuild a good body with good nutrition. What are the top three causes of death in America?-answers below. All three are preventable diseases/conditions and in fact there are approximately 160 metabolic(nutrient) deficiency diseases. What are some of these? Beriberi(a B1 or thiamin deficiency), Pernicious anemia(folic acid and B12), Scurvy(Vitamin C), Osteoporosis(a calcium and mineral deficiency along with being too acidic), etc. Guess what.....this is biochemistry taught at colleges, but mostly ignored by Big Pharma, M.D.'s, and hospitals.

Why do M.D.'s recommend drugs to patients? It is a bandaid for a transgression and rarely does it get to the root of the problem. It does work, but at what cost? Many patients will tell me that the side effects they hear on television are worse than the problem they are trying to get rid off. Is it a cure? Well, if it was a cure than after you were done with the prescription it would never come back. The question is does the condition go away or is the plan for you to be on the drug for short term, for years, or for the rest of your life?

Answer: #1 Heart disease, #2 Cancer, and #3 Western health care.

Cleansing and Fasting: Since the Fourth of July, we have been fasting one day a week. The first one for myself was 48 hours, which brought up some experiences like those in Dr. Paavo Airola's book, "How to Get Well" and "The Miracle of Fasting", by Patricia and Paul C. Braggs .

During a fast a huge amount of morbid matter, dead cells and diseased tissues are burned; and toxic wastes which have been accumulated in the tissue for years, causing disease and premature aging, are loosed and expelled from the system.

My first 24 hours I only drank water and experienced mucous and phlegm coming out of my body, toward the end of the day I felt a little light headed. The second day I only drank apple juice and water and I was feeling fine. I did notice my energy level was still good and along with a colon hydrotherapy my belly was less and at the end of the two day fast I weighed about 6 lbs. less.

So if you decide to fast, have something to drink every hour, whether it be water, herbal tea, juices such as apple, grapefruit, pineapple, etc, or even lemonade. Expect good things from fasting as stated in the Bible.

In - Office Seminars or Classes

Healing Oils 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.

Optimal D-Tox Special:

Buy one get one free!

-helps to normalize blood pressure

-aids digestion and absorption of fats

-helps to offset stress

-helps to heal, plus much more!!!



This is the month where our young patients return to school. Look out for them!

KATES PAGE

PHARMACIES VS. HEALTH FOOD STORES



September Classes

Live Again Meet Up Group:
Thursday Sept. 16th 6:30-8:00 pm

Talk on "Safe Sweeteners" and one food demo by Kate

Optional: bring an organic type dish to pass. Kate will be your speaker. If you need ideas, go to youtube or call our office. If you missed the August meeting we had banana deserts and

apple pie.

Tuesday: Sept. 21 6:30 - 8:00

"The Dirty Secrets of the Green Beauty" with Organic Spa Treatments at 7:15

Please call to reserve your spot .

Healing Oils of the Bible Class:

Class from 10:00 am to noon

Cost is \$30

Please call to register as seating is limited.

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!

Office News

Our Patients Speak!

I am a 42 year old male who sought help to maintain my excellent physical condition by way of the nutritional evaluation to increase my physical performance. After following Dr. Mike's recommendations, my physical performance has increased dramatically. My heart rate is down to 64 beats per minute consistently. My pulse oxygen is up to 98%. I have reduced my 3 mile run time by 20 + seconds per mile. My upper body strength has also increased by 20+% across the board.

I feel that Dr. Mike is the chiropractic version of the P90X workout.

Mike M.

Full Testimonial available at the office.

"It's great to see what nutrition and a healthy lifestyle, attitude and fitness program along with adjustments can do for someone".....Dr. Mike

*We also have all most of our newsletters available at the office since 2007.

If you any questions about this therapy and how you may benefit from it, please feel free to call me at: 614-717-9144

Good news: Our second colon hydrotherapy table is installed which means increased opportunity to have timely appointments. You will still need an appointment, so please call our office.

We ask that patients refrain from wearing perfume or colognes when visiting our office. For the health of our chemical sensitive patients.

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

*This is an extended office visit fee.

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 .**

"Health is a matter of choice, not a mystery of chance".....Robert A. Mendelssohn, M.D.

"Most health problems begin in the kitchen".....Paul White, M.D.

"In the hand of the physician, nutrition can be the highest and best remedy"....Paracelsus

"Very few people know what real health is because most are occupied with killing themselves slowly"....Albert V. Szent-Gyorgyi

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. Show them they are special.