



# 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

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**Patients and Friends,**

We have reached April, the fourth month of our 12 month program of fitness. Are we still on track with our New Year resolutions(See Jan. 2011 Newsletter)? This month we are to go shopping for outdoor workout clothes at "shopittome.com/running" and "steepandcheap.com"

The chiropractic profession discovered that internal structural distortions called subluxations can cause serious health problems. Subluxations stress your nervous system and interfere with communications among your organs, glands, muscles and other body parts-including your brain and your immune system. Subluxations can be caused by any trauma: difficult birth, falls, accidents, emotional upset, chemical toxicity, overwork or a combination of factors(i.e. physical, chemical or emotional stress while you are tired, overworked, malnourished, etc.)

People sometimes ask how chiropractic can improve their health. The answer depend on whom you ask. For example, a woman now free of monthly pain may say, "Chiropractic is for menstrual problems." A pregnant woman may say, "Chiropractic is for a comfortable pregnancy." A mother whose child was helped may say, "Chiropractic is for ear infections(or fevers or asthma or colic)." A teacher may say, "Chiropractic is for dyslexia, vision and learning disorders." Another person may say "Chiropractic is for headaches," while others may declare chiropractic is for backaches, hearing problems, disc problems, arthritis, high or low blood pressure or a host of other problems.

Others use chiropractic as a way to maximize sports performance, improve overall health, and enhance balance, strength and fitness.

Instead of just masking your symptoms, utilize 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

**Ask Dr. Mike ? Can you cheat Death?**

NO, but you can negotiate and do things to have a better quality of life. Life expectancy for the average American man is 75.2 years; for a woman, it's 80.4. Factors beyond our control-family medical history, nationality, geography-can stretch or shrink one's probable life span. But what's in your hands? If you want to increase a few more birthdays:

You have a blood relative who lived to be 95 or older:	+10 years		
You regularly play puzzles like Scrabble, Crossword, etc.	+5	You're a married man	+5
You take 81 mg of Aspirin a day	+5	You eat five servings of fruits/veggies daily	+3
You floss daily	+2	You regularly eat nuts	+2
You regularly go to church	+1.7	You're a married woman	+0
You drink more than five cups of coffee a day			-.5 years
You get less than 6 to eight hours of sleep a night			-1
You have a family history of diabetes			-1
You don't wear sunscreen, and you're outdoors a lot			-2.5
You are slowly putting on weight		You frequently feel stressed out	-5
You eat red meat more than twice a week			-5
You have less than 12 years of education			-5
You engage in unprotected sex with multiple partners			-7
You smoke		You use IV drugs	-15

Source Newsweek: Journal of American Board of Family Medicine 2006

Comments: Even though this is from a medical perspective, you can see that the more things we in a positive way can increase the years in your life. What you do after age 45 is more on lifestyle choices, NOT on genes. And if we can have better nutrition with supplements and 8-10 servings of fruits and veggies daily is even better. Follow our "Health Notice" and extra years can be added.

FYI: Anthem Insurance Solicitation "Don't wait until you're hit with a huge medical bill March 2011". A typical hospital stay(4 day)will cost you \$23,289.81 Appendectomy with complications(2006 rate): \$22,250.95 Knee surgery(hospital costs only average) \$24,513.000

**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 which includes handouts.

**Notice:** Our new website has our television interview on it with Dr. Mike demonstrating the blood assessment and Olivia's testimonial. More can be read in the Nov. 2010 newsletter.

Also, click on the audio file to hear Dr. Sas speak on the benefits of Alpha glycans. Our new product called Alpha G is new and improved and at a lower cost.

**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.



The most dangerous subluxation is the one between your ears.

**WITHOUT:**

**Without music our hearts would be hollow chambers of silence.**

**Without books our minds would be shorn of the challenge of achievement.**

**Without love our souls would be empty of joy.**

**Without children our future would be lacking the promise of peace.**

**Without prayer our days would be barren of beauty, our nights void of hope.**

**Without a Creator our lives would be fraught with feelings of fear.**

**Without friends our years would be parched deserts of loneliness**

**.....by Wm. Arthur Ward**

**K a t e s P a g e**

**Sat. afternoon Pot Luck:**

May 7 will be our first meeting. We will be email out a flyer with all the details very soon.

The potluck will be 2 hrs. and we will have a speaker and a food demonstration each time.

Please go to youtube and search or call our office for ideas.

**Gifts of Health:**

Certificates for any service or products in our office, cervical pillows and orthotics

Fluoride free toothpaste

Chemical free shampoo (does not contain sodium Laurel Sulfate which is used as an engine degreaser)

Face and Body wash , Crystal Stick Deodorant, Mouthwash, Vitamins & Minerals.....plus much more to have less chemical exposure in your lifetime.

**If you wear out your body, where are you going to live?**

**Let us support your spine, feet, diet and emotions 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.

**C o l o n H y d r o t h e r a p y N e w s**

**Newest 7 day SUCCESS** for health in our office this past month.

**LOST 20 POUNDS in 7 !!**

**SIGN ME UP...RIGHT?**

A woman in her thirties came in to reduce the toxic load in her body and gut area as she was feeling bloated all the time. By doing an extremely simple 7 day fasting cleanse of combining a few nutritional supplements, and drinking plenty of water with bentonite clay and powdered fiber. She also included colon hydro-therapy, far-infrared sauna's, enema's,

along with some light exercise.

She still was very capable to perform daily life tasks which included working her job.

She is convinced she should do this every 7 weeks for a year to completely cleanse her 30 feet of intestinal track. Then it is recommended to do the cleanse 4 times yearly with each season change.

I am IN and have started my 7 day cleanse on Sun. April 10th. Will give a full report at our first Living Food Pot-Luck on Sat. May 7th! Hope to see you then! If you want to start your own cleanse ..... Call Me! In Amazing Health, Kate

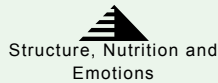
**April-May Special:**

**Foot Levelers company special on Sandals**

**NAOT Sandal with built in orthotic: \$309**

**CAOS Sandal with removable orthotic: \$265**

**\$100 off any orthotic over \$300 and \$50 off all others.....to save your feet, knees, and spine... SPRING into action this month for better health.**



God helps those that help themselves

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The office will now charge a \$50 missed CHT appt. fee if not given a 48 hour notice(May 2010).

Our many Services include:

Family Chiropractic Care & Sports Care

Applied Kinesiology & Cranial/TMJ

Naturopathy & Nutritional Consulting

Neurological Integration Technique: 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 and corrections.

2. See also www.neurolinkglobal.com

\*This is an extended office visit fee at \$85, expect 2-3 treatments

Weight Loss Management

Ion Cleanse & Far Infrared Sauna Detox

Foot Orthotics: the first level of support, soft and comfortable

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.

" Learn to see things as they really are, not as we imagine they are." .....Vernon Howard

"Many of life's failures are people who did not realize how close they were to success when they gave up." .....Thomas Edison

Leadership: True leaders illuminate the path to success, believing the best way to predict the future is to create it.

There is no obligation when you call to see if your case may be helped by chiropractic. Please feel comfortable calling our office with your questions. We are here to help. See our website for more testimonials.

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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 or at the 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

Suzuki Piano Instruction:

Cheryl: 614-761-8264 Dublin, OH

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