



# 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
- Heart Health & Tips
- Milk Safety

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### Patients and Friends,

We have reached August, the eighth month of our 12 month program of fitness. Our goal this month is to buy an at home fitness kit so you can exercise in the AC, unless you are a frequent user of your health club. For less than \$25 you can get a stability ball, a resistance band and an exercise cheat sheet at [spri.com](http://spri.com)

This month we would like to refer you to watch the movie "FAT, SICK AND NEARLY DEAD", (See YouTube extended trailer) which is a documentary of how you can change your health by eating less and exercising to achieve your God given right of health. The story begins businessman Joe Cross, from Australia who spends 60 days in the U.S. of juicing to rid his body of a skin condition (chronic urticaria/hives) and the extra weight. He states he will not eat any of our (typical) food. In that time he meets other people and tells his story and they too jump on board to do at least 10 days and see how they feel. Joe, 100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe is at the end of his rope and the end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well- with one foot already in the grave, the other wasn't far behind. FAT, SICK & NEARLY DEAD is an inspiring film that chronicles Joe's personal mission to regain his health. With doctors and conventional medicines unable to help long-term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with a juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for the next 60 days. Across 3,000 miles Joe has one goal in mind: To get off his pills (11 bottles) and achieve a balanced lifestyle. While talking to more than 500 Americans about food, health and longevity, it's at a truck stop in Arizona where Joe meets a truck driver who suffers from the same rare condition. Phil Staples is morbidly obese weighing in at 429 lbs; a cheeseburger away from a heart-attack. As Joe is recovering his health, Phil begins his own epic journey to get well. What emerges is nothing short of amazing - an inspiring tale of healing and human connection. Part road trip, part self-help manifesto, FAT, SICK & NEARLY DEAD defies the traditional documentary format to present an unconventional and uplifting story of two men from different worlds who each realize that the only person who can save them is themselves.

Anyway, not to ruin the movie, I will end by saying the educational benefits are worth the time, take notes during the movie and enjoy the happy endings for those that took part. Dr. Mike and Kate started the juicing diet along with colon hydrotherapy on Monday July 25 of which will consist of eating fruits and juicing vegetables. Already, we have both lost over 8 lbs. each and our energy has gone up. Congrats, too for Michael and Cinnamon who started a week earlier.

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:** What are some keys to help my heart and circulatory system?

First we must drink an adequate amount of water to supply the blood(83%), lymph, sweat, urine and digestive juices.

Second, proteolytic enzymes or protein digesting enzymes(bromelain, pancreatin, trypsin, chymotrypsin, rutin) can increase blood circulation by making the cells less sticky, decrease fibrin, platelet aggregation and debris. Our office has Professional Trevinol which has many benefits including relief of fibroids.

Thirdly, fish oil which helps to lower triglycerides, slow the buildup of atherosclerotic plaque (hardening of the arteries), decrease the risk of arrhythmias which can lead to sudden cardiac death, and reduce blood pressure. It has also been shown to help mental attitudes.

Fourth, magnesium can act as a vasodilator lowering blood pressure and help to regulate heart rate.

Fifth, lecithin act as a fat emulsifier, breaking down cholesterol and fat, and helping to prevent these substances from sticking to the walls of the arteries and vital organs. In this way, lecithin helps to prevent circulatory problems and guard against heart disease.

Sixth, L-carnitine and L-lysine are two amino acids that have so many benefits I will let you re-search them. The former is known to help with burning pain the legs that comes and goes, increases with walking and goes away with rest.

Seventh, hawthorne berries is an herb that is known as a heart tonic, helps to strengthen and normalize the heart beat, prevents and reduces heart arrhythmias, guards the heart from oxygen deficiency, enhances coronary circulation, reduces high blood pressure, and reduces cholesterol, etc.

## **I n - O f f i c e   S e m i n a r s   o r   C l a s s e s**

### **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 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 and testimonial section.

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.



One can live on less meat, dairy, breads, and proteins. Using fruits, vegetables, nuts, beans, and seeds. Juicing with cucumbers, kale, celery, spinach, beets, lemons, etc.

**What's in your milk?:** A story run on July 21, 2011 on 10TV news asked the question about milk safety after the FDA found a high number of drugs in dairy products. Of the 3,000 dairy farms in Ohio, there were 180 instances of high levels of antibiotics in the last 3 years of which the milk was dumped and fines issued to the violators. For example, penicillin which is used for sick cows as an antibiotic which may cause problems for people that are allergic to penicillin.

Beverly Byrum, DVM, PhD, Ohio Dept. of Agriculture, "There has not been an antibiotic found in a finished milk product for the last 15 years". The state only tests for 6 of the most common drugs and not for dozens of any other drugs. Once a month all milk is tested from every dairy producer.

In Ohio, 14 dairy farms were cited, four for using Flunixin for anti-inflammation in meat which is a drug not currently being tested. Also, four for Tilmicosin used to treat pneumonia in dairy cows, and another for Genomysin which tends to stay in the kidney for a long time. This brings up the question, if drugs are found in the meat, could they be in the milk.

In a letter the 10TV, the FDA stated, " While only 7.7% of cattle are slaughtered in the U.S. are adult dairy cattle, they represent an average of 67% of the tissue residue violations reported by the USDA during the past 5 years.....the FDA has not previously held the view, nor does it hold a view, that the nations milk supply is unsafe due to animal drug residues....the FDA is targeting the few members(tissue residue violators) of an otherwise compliant industry, that the same poor management practices which led to the meat residues may also result in drug residues in milk.

Lastly, a few years ago the FDA wanted to expand to test for 26 drugs but due to protests the new protocol was dropped. If you must drink milk, look for hormone free and/or organic on the label, etc. We drink almond, rice, or coconut milk.

## K a t e s C o l u m n

**Sat. afternoon Pot Luck:** We will have our next Pot Luck on Sept. 10th. Due to our schedule we will not be able to host it this month. RSVP if you plan on attending the second Sat. of Sept. and it will be held next door. Mexican Theme!

The potluck will be from 3 to 5 pm and we will have a speaker and a food demonstration each time.

Please go to youtube and type in raw recipes or call our office for ideas. The sky is the limit!

### Gifts of Health:

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

Fluoride free toothpaste with essential oils and zinc!

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.

## O f f i c e N e w s

### Colon Hydrotherapy Special:

During the month of Aug. purchase 3 sessions at \$187.50 and receive a Free Ion Cleanse foot bath with each session.

The foot bath is a total body detoxification device that will help assist in the elimination of toxins from the body such as heavy metals, chemicals, cholesterol deposits, uric acid, and much more.

If done separately, this could be a savings of \$90. See our website for more information.

Offer expires August 31, 2011.

### Grass Fed Beef for sale:

Ground beef at \$4.50 per lb. is available from the office. It is frozen in one pound packages. Limited supply and will not be for sale in September.

Contact Kate and set up a time for pick up.

### August Special:

Foot Levelers company special on reorders at \$219. If you have had your orthotics for less than 24 months, it will save you money to take advantage of this offer.

And for our new clients, there is \$50 off your first pair of orthotics ordered.

It pays to be a Foot Levelers customer.



When you do the right things... life is more right

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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 \$90, 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

Quotes for thinking or laughing!

"It is better to know some of the questions, than all of the answers"...
.....James Thurber

"Any fool can criticize, condemn, and complain—and most do" .....Dale Carnegie

"Make no judgments where you have no compassion." .....Anne McCaffrey

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

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.