



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,

We have reached February, the second 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 learn from fitnessmagazine.com/machines

It is heart health month, too, which goes along with Valentines Day. Besides dark chocolate, we want to emphasize consuming fruits and vegetables containing alpha-carotene, an antioxidant carotenoid found in many red, yellow and orange fruits and vegetables, as well as some green ones which may help defend cells from attack.

Researchers discovered that people with higher blood levels of alpha-carotene were less likely to suffer serious illness(particularly cancer and cardiovascular disease) and death over the 14 year study period compared with people whose blood levels of alpha-carotene were lower.

If you are not familiar with alpha-carotene, perhaps its antioxidant cousin rings a bell; beta-carotene, known for its presence in carrots, among other fruits and vegetables. Both alpha and beta-carotene are converted to vitamin A by the body.

The message is clear: Eat your fruits and vegetable, the darker the better and the fresher is better. If you want to add more without a lot of work, we have "Superfoods" for purchase in our store, one scoop equals 20 servings of fruits and vegetable which can be easily mixed in a smoothie.

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: My family physician says that I am genetically predisposed to a disease and obesity, what is your opinion?

A lot of my patients that come in are worried about the genes that have been passed down from their parents. Fortunately, recent research has shown that you can influence you and your children's cells based on healthy diet, environmental, and emotional choices.

In the field of epigenetic research scientists and doctors know the value that food has in the human body, and they are discovering more facets of this reality everyday.

Most of us know something about DNA, we all have it and we inherit it from our parents, and it comes packaged in a sort of instruction book called a chromosome. The part that is important is an epigenome that is a series of markers that sit on top of the genetic code and gives it further instruction of what to do and what not to do.

What it does:

1. The epigenome is a sort of a biochemical control panel that sits on top of the genetic code and turns the expression of this code either on or off.
2. Epigenetic activity can determine what your genes do and do not express.
3. It has been shown in several studies that epigenetic activity influences not only your DNA but also your child's DNA.
4. An epigenetic change can be inherited and passed on for four generations.
5. Epigenetic markers and patterns can shift throughout a person's lifetime, according to environment, and the foods consumed.

Most importantly, 75% of what happens to you after age 40 is what you do to your body, not your genes. Therefore, don't do the vices or things that turn on these switches.

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.

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)

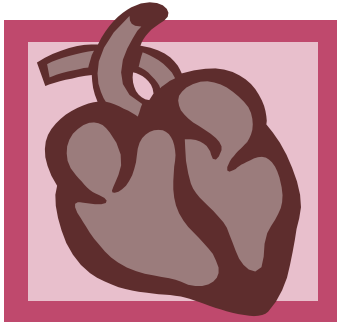
Thurs closed & every other Sat. by appt. only

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.



“Look at this body! It's a work of art. No improvements can be made...divinely put together”Dr. Bernard Jensen

Valentine’s Day Chocolate: Dark chocolate is rich in antioxidant compounds, particularly flavonoids, and previous studies have demonstrated the food’s beneficial effects of blood pressure and endothelial function. Luc Djousse, from Harvard Medical School, and colleagues studied the effects of total chocolate intake on coronary heart disease. The team studied 4,970 men and women, ages 25-93, assessing frequency of dark chocolate consumption and onset of coronary heart disease.



The researchers found evidence suggesting an inverse association between frequency of chocolate consumption and coronary heart disease(CHD); specifically consumption of chocolate more than five times a week was associated with a 57 percent lower prevalence of CHD, as compared to those subjects who did not consume chocolate.

Source: Djousse, L, et al. Clinical Nutrition, Sept. 19, 2010

K a t e s P a g e

Live Again Meet Up Group:

Class dates will be emailed out in a flyer when we determine a date and time.

For all our classes please bring an organic type dish to pass if asked to.

Kate will be your speaker. If you need ideas, go to youtube or call our office.

Gifts of Health:

Certificates for any service 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 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.

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

Despite all the scientific research, human health is continuously declining. Many nutritionists, connect human health problems with nutritional deficiencies. Humans have lost their natural way of eating.

What is considered good food today is; sweet, fat, chocolate, fast, filling, and cheap. Many years ago we had quality food with little or no sugar or fat. The fat we had was cis fat and families took time to have a garden and meals together.

What has changed is we are large city inhabitants and “can and/or box” food items. This has all led to little or no nutrition or fiber in our diet. One cannot be super healthy, you can get along but over time it will catch up to you.

We see this in many of our patients that live on numerous medications to get by with their daily activities.

If you are not detoxing or eliminating on a regular basis you are then accumulating toxins and poisons in your body. If you are regularly experiencing pain and fatigue these are signs that your quality of life is average or marginal.

What goes in the mouth must come out in a regular basis, the transit time should be 18 hours with every meal. If you have any of the numerous symptoms or complaints listed on our website, we recommend colon hydrotherapy.

February Special:

Three sessions for \$180
(Normally \$205)

When you call the office mention this ad.

Did you know that we have equal numbers of men and women using this service?

Even kids are being helped!!



God helps those that help themselves

Alternative Health Oasis & Nutrition Store
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Powell, OH 43065

Phone: 614-717-9144
E-mail: docmikecanhelp@gmail.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.

Quotes for wisdom:

"The prevention of disease is for the most part a matter of education, the cost is moderate, the results certain and easily demonstrated...Haven Emerson, (1874-1957) U.S. physician and epidemiologist

"Talent will get you to the top, but only character will keep you there"

"Successful people do what unsuccessful people refuse to do"

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon"....Doug Larson

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.