



# Alternative Health Oasis & Nutrition Store Newsletter

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### Special points of interest:

- Chiropractic News for Patients and Friends
- Dr. Mike's Column
- Osteoarthritis
- Vitamin B

### Patients and Friends,

We have reached July, the seventh month of our 12 month program of fitness. Are we still on track with our New Year resolutions(See Jan. Newsletter)? Our goal this month is to be fit enough for a new swimsuit and make a splash at the beach.

This month I would like to talk about body replacements.....or in a literal sense, hip and knee replacements, or even heart bypasses. Does this mean that now that you have a new part you are as good as new? Not at all, what it does mean is that you are deteriorating all over and you are getting bits and pieces replaced. Does bone loss just occur in the hip? NO! Does cartilage just disappear in the knee? NO! And why did these things happen? This is just the first sign that it is happening all over.

And for the heart- is replacing 7 inches of blood vessels during a bypass surgery going to help the 60,000 miles of blood vessels in your body? NO, but it will keep you alive, but not as long if you don't add fixing the rest of your circulatory system. How about listening to our Trevinol CD on our website and using that for a solution!

Now you must ask yourself, do I want to rebuild and repair my body on a daily basis so it can maintain it perfect performance or choose to get new parts that don't work as well as the original. Ask us for guidance on getting started or continuing the journey to good health all your life.

Did you know that 9 out of 10 physicians surveyed in the U.S. say they practice defensive medicine—ordering tests, hospitalizing patients and prescribing medication and surgical procedures they consider medically unnecessary—in an attempt to avoid lawsuits.....Natural Health Magazine, July/August 2010

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

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### **Ask Dr. Mike:** I have been diagnosed with Osteoarthritis, what can be done?

Osteoarthritis(OA) is the most common form of arthritis, affecting approximately 27 million Americans. It is thought to be from being overweight, aging, joint injury or stress, muscle weakness, among others. There are many theories of the causes but still no definite causes. It is known as the wear and tear disease of the body.

It is different than Rheumatoid Arthritis in that there is lack of the disfiguration of the joints or crippling nature, and enlargement of the joint bones. In most RA patients, there will be a deviation of the joints and a flexed position that prevents movement.

In OA, there is loss of the joint space and constant pain is common. Some simple things to do are to increase your fish oils, water intake, and take our Alpha G product to rebuild and replace the worn out areas in the joint. A vegetarian type diet with emphasis on vegetables, cooked or raw and all available greens. Alfalfa, fresh and tablets, and alfalfa seed sprouts daily. It is also a sign of your body's pH being too acid, therefore alkalizing minerals and foods will benefit you.

Have you ever thought what pain is? Pain is nature's burglar alarm. When it sounds, it means that something is trying to steal your health. It means that something is tampering with your correct body function. It means you had better start doing something to stop the theft.

Destroying pain through the use of sedatives or analgesics makes as much sense as turning off a burglar alarm in the belief that the act will also stop the burglary. The purpose of pain is to act as a stimulator of action. It is produced to make you act to correct the cause of the pain.

Relief of pain is good—if the real goal of correcting the causes is not forgotten or thwarted. Your life may depend on it.

## **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.

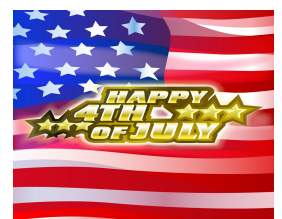
**Notice:** Our new website has our television interview on it with Dr. Mike demonstrating the blood assessment and Olivia's testimonial. More can be read in the Nov. 2010 newsletter.

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.



"Liberty is the breath of life to nations"... George Bernard Shaw

**Tongue Diagnosis:** A useful method of determining the need for B vitamins can be performed by an examination of the tongue. A normal tongue will generally be an even red color, smooth, but not shiny and without cracks, fissures or indentations. Long term need for B vitamins can cause the taste buds to clump together, forming grooves, ridges, etc. with resulting indicators as listed below:

Scarred tongue	Vitamin B1:	Thiamin Pyrophosphate
Purplish or Magenta tongue	Vitamin B2:	Riboflavin
Brilliant Red tongue, sore gums, inflammation of throat/mouth/tongue	Vitamin B3:	Niacin-Niacinamide
Burning Sensations in the mouth	Vitamin B6:	Pyridoxine
Enlarged Beefy tongue	Vitamin B5:	Pantothenic Acid
Smooth, shiny tongue, ulcerated lips, sore mouth/throat and esophagus	Vitamin B12-Folic Acid	
Coating or fuzzy debris on tongue	Protein putrifaction in the gut:	Enzymes
Fissures and cracks in the tongue	Severe overall Vitamin B deficiency	

Note: I hope this helps you out, but daily Mega B Plus helps with stress, memory, heart disease, and many other things.

## K a t e s P a g e

### Sat. afternoon Pot Luck:

We will have our next Pot Luck on Sat. July 9th. RSVP if you plan on attending and it will be held next door at Swades.

The potluck will be 2 hrs. from 3 to 5 and we will have a speaker and a food demonstration each time. The theme will be

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 with essential oils!

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

### Chiropractic Testimonies:

"I have been a chiropractic patient as a baby and now I am 81 years old. I have gone to chiropractors all my life. Chiropractic has enabled me to competitively fence at 81".... Ruth A.

"I had my first car accident which resulted in severe spine problems and neck pain...now I am able to keep up with my busy lifestyle"..... Joyce K.

"Emotionally, physically, and spiritually...chiropractic has gotten me back on top of things. I am feeling great again"...Otis C.

### 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.

Contact Kate and set up a time for pick up.

### July Special:

**Kale is on sale for \$6.50 reduced from \$8.**

**Flavors are American, Italian, Mexican and Indian.**

**Limited quantities on hand.**



The most difficult patient is one who wants to be the doctor

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E-mail: docmikecanhelp@gmail.com
Emergency: (cell) 614-582-3978

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

You must believe the human body was designed to be healthy or designed to be sick.

Quotes for thinking or laughing!

"You can't turn back the clock, but you can wind it up again"...Bonnie Prudden

"The art of teaching is the art of assisting discovery".....Mark Van Doren

"If you would know strength and patience, welcome the company of trees"....Hal Borland

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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.

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.

We Refer to:

Fitness Trainer:

Tony (Atlas)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.