



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
- Myths discussed

Patients and Friends,

We have reached June, the sixth 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 do interval training. For those that made a weight loss commitment, one should be 10-20 lbs less when they step on the scale. Dr. Mike is at 14 lbs and only wants to go another 2-3 lbs. In May when I had to make a trip to Wisconsin, my cousin asked me, "How do you not gain any weight?". I said, "I walk the talk". As a health care doctor I want to set the example of what you should be or could be. In many past newsletters, I have talked about setting an example for your family by what you do daily in your manners, fitness, food and drink choices, actions, etc.

Dr. Jeremiah Kennedy, in his preachings said, "Put on the girdle of armor, carry the sword of truth in your belt", so when you are confronted by Satan, you can speak the word of the Bible and there will be no argument. So it is also true in the truth of health, we must do and act according to the laws of health. By our structure, by our diet, and by our emotions.....or to be said as by our temple, fruits, and words so goes our life.

I grew up in a family that sought out chiropractic care. I was taught health and wellness from the beginning and I have never seen a reason to waver from that path. Embracing prescription drugs as a health choice is dishonest to who I am as a chiropractor. Will I ever take a drug, probably so but just in cases of emergency or short term.

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: Is back surgery really necessary?

There's an 80% chance you'll suffer back pain during your lifetime, for which your medical doctor will likely recommend OTC pain medicine or prescription medicine to relieve the pain temporarily. The downside to that is he may not really look at the underlying causes. Depending on your Dr.'s assessment and how you respond, they may even consider you a candidate for spine surgery at some point.

Then there is chiropractic, which research and experience show is the safest, most effective option for most cases of back pain. Research suggests that of the 500,000 plus disc surgeries that are performed annually, as many as 90% are unnecessary and ineffective states. Richard Deyo, MD, a professor at Oregon Health and Science University. A 1994 study conducted by Deyo and Cherkin compared interventional rates of back surgeries and discovered that the rate of American surgery is unusually excessive and directly attributed to the supply of spine surgeons. The rate in the U.S. was at least 40% higher than any other country and was more than 5 times those in England and Scotland.

What is the cost of various types of surgery?

Anterior cervical fusion: \$44,000

Cervical fusion: \$19,580

Decompression surgery: \$24,000

Lumbar laminectomy: \$18,000

Lumbar spinal fusion: \$34,500

Due to the cost and time lost, it would appear that chiropractic is the winner.

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.



Ease into that summer tan, if too much sun occurs take extra calcium and Vitamin E.

Subclinical Iron Deficiency: It is probably best said that in many people they have deficiencies, but when the lab test come back within range, they may label it as fibromyalgia, hypothyroid, stress, or a myriad of other syndromes. One condition that is really common in women is iron deficiency. The current clinical range is 40.00-150.00, but the healthy range is 85.00-120.00 for serum iron.

A common symptom is low energy, but there can be countless causes of low energy. In women, sleep, low iron, and a slow or underactive thyroid are involved in a high percentage of problems. In a typical case, a female will present with sleep deficiency, excessive menstrual flow, cold hands and/or feet, brain fog and very sleepy in the afternoon. There may also be headaches, and poor exercise tolerance. The final clue may be loss of hair, sometimes to the point to where it is highly noticeable.

What to do? In this situation, we recommended a nutritional product for hair and nail, iron, and some other basic nutrition to support her entire body.

Optimal wellness begins when you are born, not when you get symptoms. The goal is to remain healthy all your life and not depend on lab tests to have an educated opinion or a guesstimate of what is wrong with you.

K a t e s P a g e

Sat. afternoon Pot Luck:

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

The potluck will be 2 hrs. from 3 to 5 and we will have a speaker and a food demonstration each time. At our June pot luck we had eleven participants.

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

Patient CHT Testimony:

I was referred from a chiropractic office who thought CHT would be of benefit. I have had pain in my right abdominal area for 2 years. After 3 sessions and a couple of supplements the pain is gone. I am very happy and it was very easy and non-invasive.....Roberto P.

Nutrition testimony: I have had diabetes for ten years. I saw Dr. Fritz on television and with the nutritional advice my total body has been transformed and there is no pain in my legs.....Freddie

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.

June Special:

Foot Levelers company special on reorders. If you have had your orthotics for 1-2 years or more it will save you money to take advantage of this offer.

Only \$222, it pays to be a Foot Levelers customer.



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!

"I trust me..... and thee.....I have my doubts about thee"...Old Amish saying

"A lot of luck happens when a lot of work is done".....Zig Ziglar

"Pay the farmer now or pay the doctor later".....Unknown

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 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.