



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 March, the third 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 recruit a workout buddy if you haven't already.

This is also the month where spring happens and those who are due for their 12 week check up need to have their spine checked and adjusted. If you have also been forgetful about your nutrition program, schedule your blood retests, too. As a chiropractor and-naturopathic physician(whose philosophy is rooted in the belief that the body has the ability to heal itself), look to the inside for the cause and solution.

The last component or topic of our triangle is emotional health. Make sure you read, think and do things by your actions to have positive outcomes and beliefs.

This is a quick summary of goals from Bob Mills, businessman:

B = be the best you can be

E = elevate yourself

L = love your fellow man

I = imagine your possibilities

E = estimate your commitments

V = visualize your successes

E = energize your dreams

Health is seeking and acting in as many directions to build, rebuild, repair and eliminate the daily processes of life.....NOT just to say I am symptom free, therefore I am healthy.

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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Dr. Mike's Column:

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best and more powerful when eaten raw. We're such slow learners...God left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.
A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.
Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.
A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function and are full of omega -3's.
Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.
Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium(living and usable) in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).
Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.
Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries. Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Does it make any sense to eat fat, sugar and junk food? Yet, many Americans do every day.

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.



Lets kick this stranger out of our house: A few months before I was born my Dad met a stranger who was new to our small Tennessee town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger quickly accepted and was around to welcome me into the world a few months later.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors; Mom taught me the word of God, and Dad taught me to obey it. But the stranger? He was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies. If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to her room and read her books. I wonder now if she ever prayed for the stranger to leave.

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home...not from us, our friends or any visitors. Our long-time visitor, however, got away with four-letter words that burned my ears and made Dad squirm and my Mom blush.

My Dad was a teetotaler who didn't permit alcohol in the home, not even for cooking. But the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly and pipes distinguished. He talked too freely about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked.....and NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly fascinating as he was at first. Still, if you were to walk into my parents' den today you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures. His name? We just call him TV.....Spring into action and have better emotional health by having less of or eliminating this stranger.

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

Colonics are NOT about losing weight. They can help, yes—but please don't come in thinking it's a quick fix. The better you prepare for a treatment, the more alkaline your body, and the more willing it will be to release the old waste. I can advise a general de-tox, raw food transition, more fruits and vegetable, or a fasting program to have a better cleansing session. Colonics are not about relieving constipation.

The minute your colon is empty, it starts to fill up again with backed up waste from the lymph system, blood deposits,

and liver toxins—there is always more and just because you think you are regular, doesn't mean that you don't need some detoxing. It is estimated there are over 80-85,000 toxins that we are exposed to.

We are clogged and congested on a cellular level—most people are carrying too much weight, suffer from diseases that didn't exist 100 years ago and rarely die of just 'old age'.

Many people do lose weight but gain health and years in their life.

March Special:

Foot Levelers company special on Sandals

NAOT Sandal with built in orthotic: \$309

CAOS Sandal with built in 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.



God helps those that help themselves

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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.

Magic Reckoning:

Take your house number and double it. Add five. Multiply by half a hundred, then add your age(if you're under 100). Add the number of days in a year, and subtract 615. The last two figures will be your age; the others will be your house number.

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.