



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
- Applied Kinesiology discussed

Patients and Friends,

We have reached May, the fifth month of our 12 month program of fitness. Are we still on track with our New Year resolutions(See Jan. 2011 Newsletter)? Our goal this month is to take a free yoga class in our community. We have a free class offer that you may pick up at the front desk that is next to Traders Joe in Dublin.

I came across the youtube video "GenerationRx" which all of you should view. Our children are becoming addicted to drugs-the legal drugs. It is also important that you set an example, of NOT popping a pill everytime you have a symptom but look at why you are and what you are doing wrong. If I asked everyone of you to go to your medicine chest and inventory what is there and what is in your house, what is the number of drugs(OTC or Rx) would you have?

Pediatric prescription rates are skyrocketing and medical doctors increasingly turn to an ever-expanding medicine chest to treat childhood conditions-many of which have little data to support prescription use in the pediatric population and/or have been treated effectively without drugs for years. What can parents do about it?

In short, limit the number of prescriptions for all family members, poor lifestyle choices have led to childhood obesity, further complicated by type 2 diabetes, high blood pressure and high cholesterol. Limit the amount of dairy, meat, sugar, trans fat, junk food and drinks, etc. Instead, emphasize fruits and vegetables, exercise, and water.

You are the parents, the teacher of the family, and the example. I have attached the full article along with this newsletter for your reading.

Others use chiropractic as a way to maximize sports performance, improve overall health, and enhance balance, strength and fitness.

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: Can you explain Applied Kinesiology?

Kinesiology is the study of the mechanics of bodily motion, especially muscle movements and their relationship to our body system. Viewing the body as a “holistic triad” composed of structure, chemistry, and mentality/emotions. Applied Kinesiology can pinpoint the underlying cause of a problem at its early stage or current stage by using set procedures approved by the ICAK.

A competent applied kinesiologist(100 hour course and successfully passing an exam) can within minutes evaluate bodily functions and provide you with a readout on the workings of your glands, organs, lymphatic system, nervous system, circulation and muscle-bone structure.

The history of muscle testing and the motion of the human body is defined as kinesiology and the rating comes from civil, government, military and medical disability. As you may not know, a “zero” represents paralysis and up to “five” represents normal resistance against gravity when force is applied to a muscle. Now with Applied Kinesiology, we look at why a muscle is not a five and look for treatments and causes to get the muscle to fire and lock the way it should. Whether it is a chiropractic subluxation, an imbalance from some other part of the body, or one of many other causes. Unfortunately, we may fall apart slowly and then one day, an excruciating pain or backache will suddenly come on with little or no activity. Can it be weak abdominals, weak back muscles, flat feet, constipation, dehydration, subluxations, stress, gravity, poor nutrition, diet? Yes.

Therefore, in an office visit we recommend that you be checked for all of these things. I have seen too many patients that come limping in, hobbling in, that have failed to take the time and effort to protect themselves from what I will call “negligent pain”.

I have also seen and talked to elderly patients who wish they had started chiropractic care many years earlier and taken the steps to protect themselves as they have gotten older. So if you are concerned about the next 20 or 50 years, schedule an appointment to have yourself analyzed to the best that we can do for you. Take the time now.....before it's too late.

Visit www.icakusa.com for more information or a referral to others not in this area.

From past newsletters, “If I had known I was going to live this long, I would of taken better care of myself.”

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.



Your life shall blossom with health and bring joy to all those that view you.

Spring Cleaning:

Step 1: Cleanse your body, improve your mental function and clarity. Choose healthy skin care products and household cleaning supplies.

Step 2: Get healthy by choosing foods designed to detoxify and supply you with many of the essential nutrients for optimal health.

Step 3: Let weight loss be the side effect of a healthy diet and exercise program.

Step 4: Eliminate potential food allergens that may be clouding your brain and causing digestive discomfort.

Step 5: Learn which ingredients on food labels you should be avoiding.

Step 6: Find out what personal care products and cosmetics are safe and which to toss.

Step 7: Attend classes or read books on healthy recipes.

Step 8: Take a liquid or powder Vitamin and mineral supplement, fish oils, probiotics, etc.

K a t e s P a g e

Sat. afternoon Pot Luck:

May 7 was our first meeting. We have emailed out a flyer with all the details. RSVP if you plan on attending the next one June 4th.

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

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

B Vitamins are known as the "energy vitamins" acting as coenzymes, B vitamins unite with protein to form an active enzyme which is responsible for transferring energy from the food you eat to your body.

B6 or riboflavin is required for energy production and oxygen utilization.

B6 is responsible for the production of serotonin and dopamine, which are important for mood and alertness.

B12 aids in the formation of myelin sheath, for blood cells and aids in boosting immunity.

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.

May Special:

Foot Levelers company special on Sandals

NAOT Sandal with built in orthotic: \$309

CAOS Sandal with removable 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 for better health.**



God helps those that help themselves

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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 \$85, 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.

"A man is as great as the dreams he dreams. As great as the love he bears".....unknown

"I submit that scientists have not yet explored the hidden possibilities of the innumerable seeds, leaves and fruits for giving the fullest possible nutrition to mankind..... Gandhi

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.