



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
- Blood Microscopy Class begins Oct. 28-30

Patients and Friends,

We have reached October, our tenth month of our 12 month program of fitness. Our goal this month is to buy a new pair of shoes. A tennis shoe lasts 300-500 miles or at least twice a year get them replaced. We have had many patients be more fit and reports of 18-32 lbs. lost, by participating in one of the many forms of lifestyle changes and/or diets in our clinic since New Years Day.

Do you know someone with back pain? It is stated that 80% of the population of the U.S., at some point in their life, is going to have back pain. Could you fall into this percentage? The human back and spinal structure is a highly complex part of the body. It consists of bones, discs, muscles, and ligaments that all play a critical role for movement of all extremities. The back is a strong and fundamental part of the body, but it does have its weaknesses.

The lower back is the most common area for pain and can limit everyday activity. In order to help prevent it, it is important to know the causes.

Acute low back pain is considered to be any discomfort in the lower back region that begins suddenly and is most cases treatment is resolved in less than three months. In order to prevent this from happening again, it is important to have an active, healthy lifestyle to reduce symptoms and to follow the treatment protocol for a faster and stronger recovery.

Chronic low back pain is if it lasts longer than three months or you know that it is something you have on a regular basis. There are many causes, a few include degenerative disorders, scoliosis, bone disease, work or personal injuries, lack of exercise, fatigue, mineral deficiencies, poor posture or daily habits, digestive disorder and stress to just name a few.

We have the full length article for you to read at the office, so on your next appointment please pick up a copy for your review. On page two, I will give you a list of things to do to lessen your odds of back pain and suffering.

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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How can I prevent becoming part of the 80% of Americans with back pain?

Start a wellness goal for yourself. Making a few changes in the way you live can help reduce the chances of establishing persistent back pain. Here are a few choices that can be implemented in everyday life.

1. Exercise daily to help increase blood and oxygen flow in the body, at least 30-60 minutes.
2. Eat foods that are rich in vitamins and nutrients, primarily organic
3. Don't excessive amounts of junk/fast foods, best would be to eliminate them all. Go for at least 35 grams of fiber a day.

There are many habits that occur throughout the day that can induce back pain. Some things have become so routine in our lives that we do not realize they could be harmful. Here are a few of the daily occurrences that can cause low back pain:

1. Sitting on a wallet all day at work, it is best to put it in your shirt pocket and carry less in it.
2. Sleeping on your stomach, it is better to sleep on your back or side.
3. Wearing uncomfortable and unsupportive shoes. Check your shoes for wear, you may need orthotics.
4. Slouching in a desk chair at work.
5. Smoking tobacco and other bad habits.

A chiropractor's expertise in spinal manipulation and extremity adjustments can be beneficial for low back pain. Chiropractors can also provide techniques for at-home recovery, starting with exercises and nutrition.

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 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 and testimonial section.

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.



Have regular checkups and tests on your spine to stay in place and stronger.

News Release:

Boniva admits misleading the public about its product, “An important correction from Boniva for women with post-menopausal osteoporosis. Our ads stated that after one year on Boniva, 9 out of 10 women stopped and reversed their bone loss. The FDA has found that there is not enough evidence to support this statement and wants us to clear up any misunderstanding. Boniva has been shown to help increase bone mass and help reduce the chance of having a spinal fracture.

In the article, there are numerous side effects of back pain, heartburn, stomach area pain, pain in the arms and legs, diarrhea, headache, muscle pain and flu-like symptoms. To us that indicates low calcium and minerals, and to deal with these side effects may be worse than the solution.

Our answer is Cal Apatite with Boron, or Cal Apatite with Magnesium. Both have magnesium and other minerals which will help supply the bones and muscles with the minerals one needs

“ K a t e s C o l u m n ”

Sat. afternoon Pot Luck: We will have our next pot luck in November at a new location. We were unable to get the space next door for this month.

RSVP if you plan on attending on Nov. 12 with a Mexican Theme!

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

Please go to youtube and type in raw recipes.

Gifts of Health:

Certificates for any service or products in our office, cervical pillows and orthotics

Fluoride free toothpaste with essential oils and zinc!

Chemical free shampoo (does not contain Sodium Laurel Sulfate which is used as an engine degreaser)

Face and Body wash , Crystal Stick Deodorant, Mouth-wash, 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

Colon Hydrotherapy Testimony:

“Having used a closed hydro system, this open system FAR exceeds what I experienced. I will only use an open system”....Mark R.

“I have more energy and I feel better than I have felt in a long time. Kate is a very nice person and is very helpful. I recommend this experience to everyone. It is life changing and it makes you look and feel young again”.....Mario B.

Flaxseed info:

They are high in fiber, very nutritious, and have a nutty flavor. They are digested best when they have been ground. A small coffee grinder is ideal for this job. Ground flaxseeds help soften the stool and relieve constipation. They can be sprinkled on salads, cereal, soups, and yogurt, etc.

They contain omega-3 essential fatty acids, protein, B vitamins, magnesium, zinc, and potassium.

October Special:

Foot Levelers company special on a second pair, order any orthotic and receive the second pair for only \$175. This can be a savings of \$100 or more.

We have many pairs of shoes and each orthotic is designed for different shoe styles or activities. Ask Dr. Mike for a full demonstration and report.

It pays to be a Foot Levelers customer.



When you do the right things... life is more right

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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 \$90, expect 2-3 treatments

Weight Loss Management

Ion Cleanse & Far Infrared Sauna Detox

Foot Orthotics: the first level of support, soft and comfortable (Warranted for two years from the original pair purchase date)

Raindrop Technique & Colon Hydrotherapy

Animal adjusting (cats, dogs, horses) www.vomtech.com

Coming Soon: Hyperbaric Oxygen Chamber Treatment

Quotes for thinking or laughing!

"We find comfort among those who agree with us-growth among those who don't".....Frank A. Clark

"Standing in the middle of the road is very dangerous; you could get knocked down by the traffic from both sides".....Margaret Thatcher

"Statistics are no substitute for judgment".....Henry Clary

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". Waiting too long is dangerous.

We appreciate all referrals; pleasekeep 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

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.