



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
- Hyperbaric Oxygen Therapy
- Dr. Oz
- Blood Microscopy Class begins Sept. 30

Patients and Friends,

We have reached Sept. the ninth month of our 12 month program of fitness. Our goal this month is to join a running club or at least a walking club. You can search for a club at rrca.org/find-a-running-club/. Form your own club or just ask a neighbor.

Healthy food consumption is common in the healthiest peoples diet. Currently, carbohydrates are taking the same type of beating as fats did in the 1980's. Ridiculous statements like eating too much fruit(not fruit juice, but whole fruit) is fattening. How many people do you know who are 20 pounds overweight because of those late-night binges of apples, oranges, strawberries or melons?

Often it is the high consumption of "high-fructose corn syrup" which rose from 0.4 pounds per person per year in 1970 to more than 44 pounds per person, per year in 2000— that's a 10,000 percent increase in 30 years. See "U.S. Food Consumption Data Is More Accurate" Dec. 2005.

Note: You would have to eat more than 30 grapes to equal the amount of calories in a single popular sandwich cookie.

Teens who drink soda, energy drinks and other sugary beverages are guzzling about 327 calories a day from them, which is equal to about 2 1/2 cans of cola per a new government data study. Other analysis shows that half of the people in the USA drink sugary beverages on any given day, and about 25% consume at least 200 calories a day from them. About 5% of people ages 2 and older consume at least 567 calories a day from such drinks.

That's a national problem, nutrition experts say, "Sugar-sweetened beverages are the No. 1 single source of calories in the American diet and account for about half of all added sugars that people consume," says Rachel Johnson, a spokeswoman for the American Heart Association and a nutrition professor at the University of Vermont. (See USA Today Sept. 1, 2011)

We applaud those who watched "Fat, Sick, and Nearly Dead" and to our winning couple who are still juicing on day 54 of their 60 day juice diet. They are both morphing back into their teenage body, and congrats to those whose did it for 10 days. Our hats off to you!!!

The journey begins with the first step.

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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What's new in our office? We are in the process of purchasing the last of the top three anti-aging therapy devices as stated by Dr. Oz. It is the Hyperbaric Oxygen Chamber to be in our office this month or early October. What are the other two?

What are the benefits of a Hyperbaric Oxygen Chamber Therapy session?

Hyperbaric medicine, also known as hyperbaric oxygen therapy is the medical use of oxygen at a higher than atmospheric pressure. Hyper means increased and baric relates to pressure. Hyperbaric oxygen therapy (HBOT) refers to intermittent treatment of the entire body with 100-percent oxygen at greater than normal atmospheric pressure. That pressure is defined as one atmosphere absolute (1 ATA). In the ambient atmosphere we normally breathe approximately 20 percent oxygen and 80 percent nitrogen. While undergoing HBOT, pressure is increased up to two times (2 ATA) in 100% oxygen. This increased pressure, combined with an increase in oxygen to 100 percent, dissolves oxygen in the blood plasma and in all body cells, tissues and fluids at up to 10 times normal concentration. The use of increased atmospheric pressure for medical therapy has intrigued many physicians and scientists for hundreds of years.

Though not new, HBOT has recently gained importance for treatment of chronic degenerative health problems related to atherosclerosis, stroke, peripheral vascular disease, diabetic ulcers, wound healing, cerebral palsy, brain injury, autism, multiple sclerosis, macular degeneration, and many other disorders. Whenever blood flow and oxygen delivery to vital organs is reduced, function and healing can be aided with HBOT. When the brain is injured by stroke, CP, or trauma, HBOT may activate stunned parts of the brain to restore function.

Results can be dramatic. Patients with cerebral vascular disease commonly recover from complications of stroke more readily after HBOT. This is also true for potentially gangrenous legs and feet caused by blocked circulation, and for slow-healing diabetic ulcers. HBOT relieves pain, helps fight infection, and keeps threatened tissues alive.

In recent years, news media has featured Jenny McCarthy who autistic son used this daily and is now a normal boy. Many professional football players use it along with athletes to help with inflammation.

FFI: Internet and youtube search this topic.....What were the other two? Colon Hydrotherapy and Far Infrared Sauna

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.

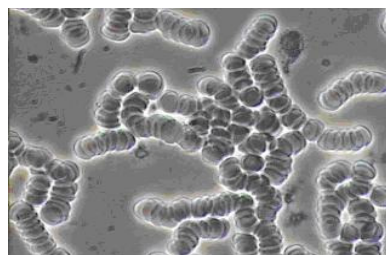
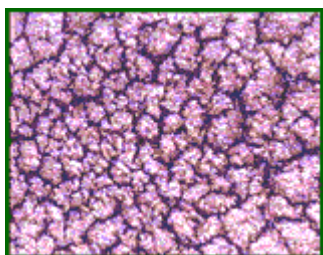


Even a small fall, sudden jerk or slip can cause a whiplash or subluxation. Have regular checkups and tests on your spine to stay in place and stronger.

What can one see in their blood with a Nutritional assessment?

Live Blood Cell Viewing is a simple procedure for obtaining a quick and accurate assessment of your blood. With only a few drops taken from your finger, the test is able to provide a composite of aspects from your live blood. Dark field Microscopy now allows us to observe multiple vitamin and mineral deficiencies, toxicity, and tendencies toward allergic reactions, excess fat circulation, yeast accumulations etc.

Along with a 212 question symptom survey, pH test, blood sugar, etc., we can make an accurate program to obtain optimal health. As you can see from the pictures below, blood can be a key to your health issues.



K a t e s C o l u m n

Sat. afternoon Pot Luck: We will have our next Pot Luck on Oct. 10th. We will be at a GMO seminar in Dalton, OH (See www.RightToKnowOhio.com)

RSVP if you plan on attending the second Sat. of Oct. and it will be held next door. 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, 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

Colon Hydrotherapy Testimony:

I have had bowel problems and constipation for over 10 years along with sleep disorders of over 20 years. I have taken laxatives, sleeping aids which just led to more constipation and tiredness. I also took medication and the drug ambien

I found their office on the internet and since then I really do feel better, less cramped, sweaty, and my sides no longer hurt and I have no cravings. My bowel movements are much better. I would recommend everyone to try CHT to look and feel betterDave

Books to read:

The Amen Solution by Daniel G. Amen, M.D.

God's Way to Ultimate Health by Dr. George H. Malkmus

The Liver and Gallbladder Miracle Cleanse by Andreas Moritz

Renew Your Life by Linda Watson, C.T. with Susan Stockton, M.A.

Not only should you read one or all of the above books, but then act and follow their advice.

Blood Microscopy Course: Our next class will be 9/30-10/2/11. Reply if you are interested.

September Special:

Foot Levelers company special on reorders at \$219. If you have had your orthotics for less than 24 months, it will save you money to take advantage of this offer.

And for our new clients, there is \$50 off your first pair of orthotics ordered.

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 this September: Hyperbaric Oxygen Chamber Treatment

Quotes for thinking or laughing!

"Without health life is not life; it is only a state of languor and suffering—an image of death".....Buddha

"He who takes medicine and neglects to diet wastes the skill of his doctors"....Chinese proverb

"Happiness is a conscious choice, not an automatic response".....Mildred Barthel

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

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.