

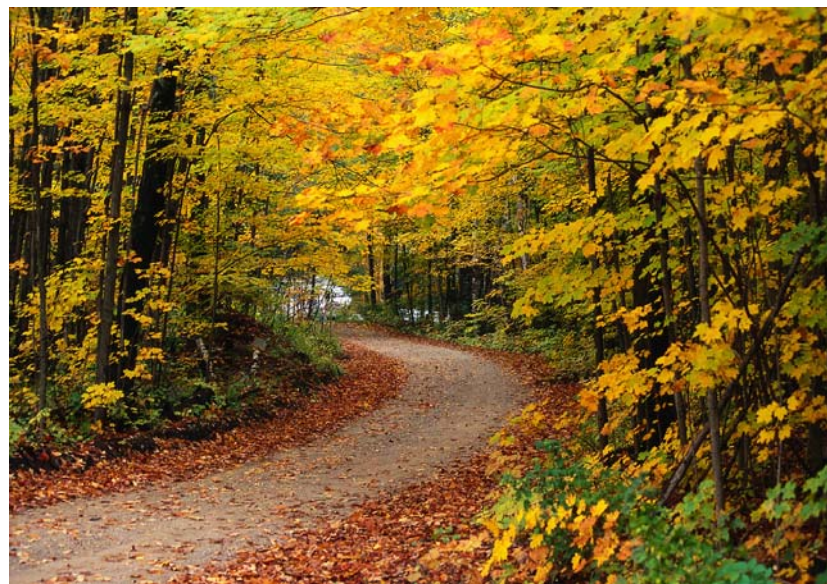


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*Chiropractic and Medicine Working Together*



## OCTOBER NEWSLETTER 2006

### THE SEASONS ARE CHANGING

HELLO FRIENDS-WELCOME TO AUTUMN. The leaves are falling along with the temperatures. The seasonal changes are due to the magnetic effect of the sun and moon on the earth. This magnetic flux is what prompts the body to change “detox programs.” In late summer the body is cleansing and repairing the stomach/spleen organs. On or about September 22 the body changes programs to clean the lung/large intestine. Autumn is a time of preparation for the season of rest. Changing seasons takes a lot of body energy and you should not push yourself, get your rest and sleep. Autumn’s first day is September 23, the equinox day. In autumn, our time seems to turn toward work, family, and home projects in preparation for winter. Now is the perfect time to cleanse your body and lighten yourself for fall’s work. Change is an inherent process in our lives. If you adapt yourself to the changes that come with the seasons, you will maintain health, and we can help you on that journey.

In the Chinese system the autumn season is associated with the lung and large intestine. This is a good time to keep those organs strong and healthy. If you are one of many who have bowel disturbances, digestive problems, or seem to be prone to cold and lung problems, now is the time to help the body with this process and staying well this fall and winter. We have many products including Flu Tonic, Cellular C, Fiberclenz, and many digestive enzymes to help you stay healthy.

It is easier to stay well than to get well. Stop in and pick up your nutritional supplemental needs today. Our staff will be happy to answer any questions you may have and assist you as best we can. Dr. Fischer recommends the book Staying Healthy with the Seasons by Elson Haas, MD to learn how to change your dietary choices to the season. We have that available for you to purchase in the office or on-line.

### FLU SEASON IS HERE

We have many supplements to help your body fight off the flu. These include Echinaplex, Mulleinplex, Propoloplex, Bronchiforce, Inflammation 1, Influaforce, BAC, Virotox, Lymphoplex, Bronchi-HP, Grippe-HP, Scrofulous-HP, V-HP, Flu Tonic, Thymus, DHEA Forte, Hyposcorbate, Bio-Colostrum, and BioActive Bioprotein Plus. Call as soon as you have any symptoms and we can ship the products to you or you can order on-line. The sooner you get started feeding your immune system the better your chances of fighting it off without a lot of lost work/school time.

The flu (influenza) is an illness caused by a virus that comes on suddenly, and causes symptoms such as fever, body aches, headaches, fatigue, loss of appetite, a dry cough, and a sore or dry throat. The flu is not the same as the common cold; flu symptoms are usually more severe, and you will often miss more work or school than with a cold.

Most people recover without problems, but sometimes the illness leads to a bacterial infection, such as an ear infection or sinus infection, or bronchitis. Good home treatment may help prevent these infections. More serious complications, most commonly pneumonia may develop in some people. People at risk for complications that require hospitalization are young children, adults age 65 and older, and those with serious medical problems.

## **MASSAGE THERAPY NEWS**

We would like to welcome another massage therapist to our team of grand healthcare workers. Kendra Meyer recently graduated from Missouri College and is now available to relax and soothe your aching muscles.

Doti Harrison, NCTMB recently was invited to be an assistant teacher in Lymph Drainage Therapy Level 1 class through the Upledger Institute using Dr. Chikley's method. Doti is a Level III Lymph Drainage Massage practitioner.

This class is an introductory class to educate therapists in improving the flow of the lymphatic system.

Massage is available at Natural Healing Centers 6 days a week. Make your appointment today to distress your life. You deserve it!

## **FIRST LINE THERAPY**

This is a free weight loss and healthy lifestyle training at Junie Moon. Thanks for all the positive response to our lecture series. This is a reminder that our First Line Therapy lectures will continue through December on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month. These professional presentations offer lots of practical information on making healthy lifestyle choices and provide plenty of opportunities to ask questions about your unique situation. Thanks to the folks at Junie Moon who are giving us wonderful examples of good food choices from the First Line Therapy recipe book. Healthy food can taste great! Check out the fresh produce store while you are there.

Here are the remaining dates and topics we encourage you to attend:

October 18, 2006 Detoxification

November 1, 2006 You Are Doing the Right Thing

November 15, 2006 Exercise For Life  
December 6, 2006 Catalysts and Spark Plugs  
December 20, 2006 More Catalysts and Spark Plugs

We look forward to seeing you there!!

## **NATURAL HEALING SYMPOSIUM**

Dr. Fischer and Dr. Winton will speak at the 5<sup>th</sup> annual Natural Healing Symposium in Columbia, MO on November 17<sup>th</sup>-18<sup>th</sup>. Dr. Fischer will be speaking on Biodetoxification with supportive nutrients & Far Infrared Sauna Therapy. Dr. Winton will be speaking on the basics of CranioSacral Therapy. There will be many more speakers, and the general public is welcome to attend. Stop by the office or call for more information.

## **HAPPY THANKSGIVING!!!**

We extend a great thanks to all who trust us with their healthcare needs. We hope you all have a safe and wonderful Thanksgiving celebration with the ones you love.

