

Feel Better!

CELEBRATION OF HEALTH ASSOCIATION

NEWSLETTER

2019



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COHA NEWSLETTER is a communication with our patients and others exploring the potential of progressive medicine.

Dr. Chappell is a family physician specializing in nutritional and preventive medicine. His office, COHA, offers traditional family health care and services, plus innovative treatments for "hard-to-treat" medical problems.

Publisher: L. Terry Chappell, M.D.

Layout design: Betsey Angus

Website and BLOG

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From Dr. Chappell's Desk

Combination Treatments Show Even Better Results!

At COHA we are constantly seeking ways to improve the results of our treatments. For years we have offered zinc and selenium IV treatments that were discovered by my friend Jonathan Wright to treat dry Macular Degeneration. 70% of patients stabilized or improved their condition with these minerals. We have added ultraviolet light with ozone treatments, 20 of each, and the improvement rate is close to 90%. This issue describes how PEMF (pulsed electromagnetic field) treatments regenerate cellular function and improve energy. This effect is boosted incredibly by adding the NanoVi breathing device to boost mitochondria anti-oxidants inside the cells. We have provided chelation to increase circulation for many years. Now we can add hyperbaric oxygen to increase the oxygen levels that are carried by the micro-circulation to the cells.

We don't always have to use dual treatments to get excellent effects, but it sure is great to have them available when we need them. Don't hesitate to ask for more information, any time.

To your health,

L. Terry Chappell, M.D.



Josiah Wagner, MPH & Holistic Health Coach

We're pleased to welcome Josiah Wagner to the staff at Celebration of Health. Josiah was born and raised in Maumee, OH and currently resides in Sylvania, OH with his wife. He earned his B.S in Environmental Science from the University of Toledo and worked in organic farming for a few years. He continued to pursue his education and received his Master's Degree in Public Health from The University of Toledo with a focus in epidemiology and health education. During this time he became incredibly passionate about holistic health and attended trainings on different alternative and holistic therapies. Throughout the years he has worked with private clients as a well-

lifestyle coach by emphasizing lifestyle changes, holistic nutrition, and encouraging alternative medicine therapies. Josiah has interned with naturopathic doctors in Ohio, always striving to increase his knowledge base, and most recently taught free workshops about healthy living to low-income families in Toledo. He has decided to return to school to pursue his nursing degree with the intention of going on to become a Nurse Practitioner. Josiah currently runs the PEMF therapy sessions (see info on next page) at our office as well as assisting Dr. Chappell with day-to-day patient relations. We hope you'll join us in welcoming him to our staff.

Have a friend you think would like this newsletter?

Give us their email or phone number and we'd be happy to email or mail it to them!

Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy (HBOT) is a medical treatment which enhances the body's natural healing process by inhalation of increased oxygen in a total body chamber, where atmospheric pressure is increased and controlled. It is used for a wide variety of treatments usually as a part of an overall medical care plan.

Under normal circumstances, oxygen is transported throughout the body only by red blood cells. With HBOT, oxygen is dissolved into all of the body's fluids, the plasma, the central nervous system fluids, the lymph, and the bone and can be carried to areas where circulation is diminished or blocked. In this way, extra oxygen can reach all of the damaged tissues and the body can support its own healing process. The oxygen

greatly enhances the ability of white blood cells to kill bacteria, reduces swelling and allows new blood vessels to grow more rapidly into the affected areas. It is a simple, non-invasive and painless treatment.

What are the benefits of HBOT?

It has long been known that healing many areas of the body cannot take place without appropriate oxygen levels in the tissue. Most illnesses and injuries occur, and often linger, at the cellular or tissue level. In many cases, such as: circulatory problems; non-healing wounds; and strokes, adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. Hyperbaric oxygen therapy provides this extra oxygen naturally and with minimal side effects.



Hyperbaric chamber

Hyperbaric oxygen therapy improves the quality of life of the patient in many areas when standard medicine is not working. Many conditions such as stroke, cerebral palsy, head injuries, and chronic fatigue have responded favorably to HBOT.



WE HAVE SPECIAL INTERESTS IN:

- Allergies
- Arthritis and unstable joints
- ADHD and autism
- Autoimmune diseases
- Back and neck pain
- Bio-identical hormone replacement
- Chronic fatigue and frequent infections
- Depression
- Diabetes
- Digestive disorders
- Fibromyalgia, natural pain relief
- Heart disease and circulation problems
- Heart attack and stroke prevention
- Macular degeneration, other eye problems
- Immune and nutritional factors for cancer
- Longevity medicine
- Memory problems
- MS and neurologic disorders
- Rheumatoid arthritis
- Sports injuries
- Thyroid and adrenal imbalance
- Yeast

For years we have offered zinc and selenium IV treatments that were discovered by my friend Jonathan Wright to treat dry Macular Degeneration (see page 1, from Dr. Chappell).

Tell your friends Dr. Chappell offers a free telephone consult to see if he can help them!

\$\$\$\$ Want to save money? \$\$\$\$ see back page!

REFERRALS

A SINCERE THANK YOU TO ALL WHO HELP

SPREAD THE WORD OF OUR OFFICE!

NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

Susan Miller	Dr. Kim Lyons
Lois Marker	Deb Ford
Rick Fruth	Dr. Walter Kim
Rita Roberts	Hanne Swartz
Amy Roof	Denise Snook
Janet Petrella	Becky Howser
Leslie Botello	Dr. Kelley Borchers
Anne Ardner	Danny Prewit
Julie Roof	Danae Cockerham

Lora Dugger	Carol Thomas
Mary Kra	Jane Kraf
ACAM search	Kristen Weaver
Dr. Jay Nielsen	Sharron Coeurvie
Kendra Sindelar	Jo Mohr
Stacey Ricker	Rebecca Vagedes
Dr. Don Snyder	
Jason Simpson	
Food Store-Blufft	
Health Food Claudia	
Danae Cockerham	
Dr. Annie Thompson	
Schwieterman Pharm	

THANK YOU!