

Feel Better!

# NEWSLETTER



2013

## CELEBRATION OF HEALTH ASSOCIATION



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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.

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### From the Desk of Dr. Chappell

*In this newsletter I will tell you more about the TACT study, our new services we are offering, Healing your eyes, and Erectile Dysfunction.*

#### Announcements:

*For our Fall seminar line up, first I will be speaking about breast health awareness, thermographies, about our chelation therapy for circulation and heart problems. Also on our new treatment for men's health and erectile dysfunction and an introduction to our Healing the Eye program.*

*We are having guests speakers this fall at 2 of our seminars. On October 24, Claudia David of Health Food Claudia's will join me and speak about breast cancer awareness month, I will explain our breast testing-thermography, and the significance of the Trial to Assess Chelation Therapy. Everyone with circulations problems should be given the option to get chelation. On November 18th we will be having another seminar with Dr. Edward Kondrot presenting our exciting new treatment for the eyes- details about his program on page 3. Please see our seminar schedule on the back page.*

*To your health,*

L. Terry Chappell, M.D.



### REFERRALS

A SINCERE THANK YOU TO ALL WHO HELP SPREAD THE WORD OF OUR OFFICE!  
NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

- |                     |                         |                 |
|---------------------|-------------------------|-----------------|
| Adelina Grimes      | Dr Sharon Cole          | June Cunningham |
| Amy Amstutz         | Dr. Karatsoridis        | Kara Davidson   |
| Angela Carnahan     | Dr. Simons              | Kathy Phillips  |
| Angie & Dennis Wyss | Dr. Steven Reed         | Kim Geddis      |
| Antonia Jensen      | Dr. Wayne Feister       | Lea Cullison    |
| Arnold Wright       | Dr. Ed Wetzel           | Leland Good     |
| Barb Pedroza        | Dr. David Nebbeling x 2 | Lori Rupp       |
| Becky Unverferth    | Fern Stutzman           | Lou Rubino      |
| Bill Howser         | Frances Benavides       | Lynn Dye        |
| Carlos Vega         | Jane Slavik             | Marge Gerber    |
| Carol Shapter       | Jeanine Nickels         | Mark Crandall   |
| Claudia's x 2       | Jenny Rymer ND          | Mary Bruns      |
| Chris Benson        | John Butler             | Mary E. Hohn    |
| Dave Gross          | John Sammons            | Mary Shomon     |
| Diane Verb          | Julie Arent             | Mike Otto       |

*continued on page 2*



## TACT—Dr. Chappell Helps Send a Message to the Medical Community

There might be half a dozen important articles coming from the Trial to Assess Chelation Therapy (TACT). The first was published in the AMA journal in March, 2013. It showed that patients who had a previous heart attack had fewer subsequent cardiac events over a five-year period when given EDTA chelation therapy than those who received a placebo.

The second publication is in the form of a poster presentation which will be shown and discussed at the American Heart Association meeting in Dallas in November. It shows even better results with chelation therapy and high-dose vitamins compared with placebo and low-dose vitamins. Dr. Chappell is listed as one of the authors of that study,

along with researchers from Miami, Harvard, Duke, and the NIH. One hundred thirty-four centers in the U.S. and Canada participated in the study.

Both articles show the best results in diabetic patients. Dr. Chappell has been communicating with Dr. Lamas, the chief investigator for TACT, about interest shown by diabetic researchers nationwide in further investigating the treatment of diabetic ulcers and neuropathies with chelation and nutritional supplements. Recently Dr. Chappell has been using chelation and other holistic treatments to treat retinopathy and erectile dysfunction, which also can be complications of diabetes. This new approach to

treatment is probably related to a removal of toxic metals, which are known to increase free radicals in the body. Diabetics appear to be particularly susceptible to free radical damage. The doctors agreed that all diabetic patients might benefit from treatment with chelation therapy.

The TACT study is unique in that it linked the expertise of university researchers with the clinical experience of office-based clinicians. The NIH has expressed that similar collaborations in the future will accelerate medical knowledge to the benefit of patients worldwide.



## Men's Health Issues--Erectile Dysfunction (ED)

Millions of men have problems with erectile dysfunction that does not respond to Viagra or similar medicines. For some, the side effects from these drugs are prohibitive. This common problem is too often swept under the rug. Fortunately, ED is very treatable utilizing natural remedies, bio-identical hormones, and/or other FDA-approved medications.

Our goal is to restore normal function. We offer an individual protocol for each patient, enhancing our success. We expect a good result, beginning with the first office visit, for almost every patient, even if the problem is due to diabetes, poor circulation, prostate surgery, old age, or other chronic diseases. Do not hesitate to discuss this problem with the doctor at your first opportunity.

## Women's Health Issues—Decreased Libido

Many women have a problem with decreased libido, and are reluctant to talk about it. The first thing we look for is an underlying cause for fatigue, such as low thyroid function, adrenal exhaustion, or yeast imbalance. Often it is helpful to correct hormone imbalances with bio-identical hormones. There are several nutritional sup-

plements that can be helpful as well, some of them new.

If this is a problem for you, be sure to ask about what can be done to help at your next visit or annual exam. As always, our goal is to help you restore normal function.

### REFERRALS

A SINCERE THANK YOU TO ALL WHO HELP SPREAD THE WORD OF OUR OFFICE!

CONTINUED FROM PAGE 1

NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

Nicole Keck	Sherri Tobias	Tina Walton	Tamara Schroeder x 3!
Paula Jauert	Sherry Niese	Wallace Byler	Jayne Barne's mother
Pierre Peters	Sheryl Haushalter	Beverly & Kevin Schmersal	Schwiterman's Health Foods
Rachael Rauch x 2	Shirley Musgrave	Charmaine Bassett-Trimmm	
Rene Cheney	Shirley White	Daniel &Kylie Grohoske	
Sandy Rudder	Tina Maurer	Monica Terry	

*THANK YOU!*



# Healing Your Eyes: Improvement For Chronic Eye Problems—Confirmed

Dr. Ed Kondrot, world famous homeopathic ophthalmologist from Florida, demonstrated to a small group of physicians this spring how he treats glaucoma, macular degeneration, retinopathies, cataracts and certain other chronic eye problems with great success. Dr. Chappell was delighted to be one of the participating doctors. The treatment program begins with a three-day intensive session utilizing five holistic modalities. If a patient shows measurable improvement during those three days with visual acuity and/or visual fields testing, he or she can continue with the full treatment, mostly at home, over the next three to five months.

We hosted Dr. Kondrot for a seminar in Bluffton in May, and seventy-five people attended. Comments were very positive. Thus far, five COHA patients have completed the intensive sessions in Bluffton,

and every one of them showed improved test results after three days of treatment! Each patient decided to continue with the treatment program.

It is a frightening prospect to be losing your sight. Many of the conventional therapies only hope to slow the process. They can have side effects and are sometimes very expensive. We are very pleased to be able to offer excellent treatments for existing and new patients that actually improve eyesight. If you or a friend or a loved one are losing vision and/or are not happy with your current treatment, call for an appointment. For a limited time, Dr. Chappell will schedule free phone consultations to discuss whether we are likely to be able to help. Call 419-358-4627.

**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
- Treatment of erectile dysfunction
- Sports injuries
- Cystic acne and rosacea
- Thyroid and adrenal imbalance
- Yeast

## Measuring the Tendency to Clot

For many years we have used the Peripheral Blood Analysis (PBA) to measure platelet aggregation and the tendency to form blood clots, which increase the likelihood of heart attacks and strokes. We found the PBA to be a very useful test. Periodically, CLIA from the government would inspect us (a routine procedure), and they even helped us set up an alternative to running controls, which are impossible with a live blood procedure. This summer a new group of inspectors arrived

and concluded that we can no longer use this procedure. We have searched thoroughly and found a test for blood viscosity that we believe will replace the PBA, at least for its major indication. This new test requires a specimen to be sent off-site, but it will suffice for our purposes.

## How Do You Get Your Friends and Relatives to Come See Us?

Many of our patients tell us that they have friends and relatives that really need to see us, but they are reluctant to stray from the care of their current doctors. For that very reason, we offer free phone consultations with Dr. Chappell by telephone. No obligation, just a friendly conversation to see if we might be able to help them. We have put a lot of new information on our newly revised website, and we have joined Health Connect, which is featured on all the Lima TV stations. We also have added on-line webinars on the website. For those whose email addresses we have,

we send short online newsletters with articles, and of course our blog goes out twice a week. We are on Facebook and Twitter. We have new brochures, articles, business cards, and packets of information about our major therapies. Take what you find, or ask for information if you do not see it. The greatest compliment you can give us is to spread the word about what we do. You would be surprised how many new patients tell us, "I never knew you were here!"



**NOTICE:**

**OFFICE WILL BE CLOSED**

**October 9 & 10th & November 28th**

**Website and BLOG**

**[www.healthcelebration.com](http://www.healthcelebration.com)**

**[www.endfatigue.com](http://www.endfatigue.com)**

**[www.getprolo.com](http://www.getprolo.com)**

**Give us your email address to get free online newsletters!**

**OCTOBER IS BREAST CANCER AWARENESS MONTH-  
HAVE YOU HAD YOUR THERMOGRAPHY?**