

Feel Better!

# CELEBRATION OF HEALTH ASSOCIATION

# NEWSLETTER



2017

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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 regenerative medicine. His office, COHA, offers traditional family health care and services, plus innovative treatments for "hard-to-treat" medical problems.

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

## **COHA Expands in Bluffton and Phases Out Toledo and Lima**

*I have greatly enjoyed going to Toledo and Lima, each once a week, to see patients. This has brought me together with special people who need my services but find it difficult to drive to Bluffton. However, I want to continue to practice medicine as long as I am able. Much has happened recently that tells me it is time to focus my energies on my home base in Bluffton. It looks like our Toledo lease will not be renewed, as the office building is being sold. My lovely wife is struggling with a chronic illness and needs more attention from me. I am spending three hours per week with several of my staff traveling back and forth to Toledo. We are stretched too thin and we are spending too much time on the road. I now see only a few patients at my free clinic at the Lima YMCA. These are precious hours that could be spent with my wife Bobbie and nurturing myself so that I can stay healthy, function well, and continue to practice medicine for many years to come.*

*As you will read in the rest of this newsletter, rather than cutting back, we are expanding our services in Bluffton so that our staff can do more to help people in need. This should enable me to eventually attract a partner to practice first class integrative medicine.*

*I hope as many Toledo patients as possible will be able to drive to Bluffton to continue to see us here. Our plan is to gradually cut back on the number of Thursdays we go to Toledo and stay open for some of those hours in Bluffton. Eventually, we will close both Toledo and Lima. If needed, please contact us to get medical records for other doctors or for your own use. Our contact information is the same in Bluffton as it has been in Toledo.*

*I always come back with new ideas from the semi-annual meetings of the International College of Integrative Medicine. I served as president of this organization for six years. My daughter, Wendy, the Executive Director, makes each meeting a spectacular blend of science, innovative ideas, fellowship, and sharing with colleagues. The fall meeting this year was in Grand Rapids, right in the middle of its famous art fair. I learned several new therapies that will greatly enhance our ability to treat our patients effectively at COHA. Actually, one thing I learned was not to use the word "treat." State medical boards are much more open to innovative therapies if we describe what we do as "managing" the patient's problems. Speaking of medical boards, ours in Ohio has recently given us new guidelines for informed consents. We will add that to the patient's shared decision making process to be sure that you all are well informed about our therapies.*

*This newsletter will describe our newest options blended with ones we have had for some time which avoid drugs and surgery as much as possible and provide powerful healing. Included are hyperbaric oxygen, ozone therapy, NanoVi, ultraviolet blood light, portable saunas, and stem cells. The underlined therapies listed on next page are new. The far infrared sauna, Bio-mat, bounce chair, and VibaBody can be tried out for free. You can purchase these devices to be used as frequently as you like at home. We are dedicated to making our Bluffton office one of the best integrative centers in the United States.*

To your health,

L. Terry Chappell, M.D.



## Light therapies

- Far infrared sauna - to relieve stress and pain
- Ultraviolet blood light (UBL) - for infections, autoimmune problems
- Cold laser - for pain and to reduce inflammation

## Oxygen therapies

- Hyperbaric oxygen therapy (HBOT) - promotes healing of wounds and fractures, aids in cancer immunity, infections, and circulation problems, improves performance
- Ozone - similar to UBL but applied into the rectum, IV or into joints
- High dose IV vitamin C - increases H<sub>2</sub>O<sub>2</sub> into cells and boosts immunity
- NanoVi - provides antioxidants to enable greater use of oxygen, increases energy

## Waves and Stress Management

- Far infrared sauna - to relieve stress and improve immunity
- Sound waves - for pain
- Brain waves - to improve memory and brain function
- Neurotransmitters - for anxiety and depression

## Digestion and Detoxification

- Metal Chelators - to detoxify
- Enzymes, probiotics, and other digestive aids, yeast control
- VibaBody - for detoxification and to improve circulation
- Ozone - for infection and inflammation

## Regeneration

- Prolotherapy - to strengthen joints
- Neural therapy - to relieve pain
- Stem Cells - contain many growth factors to manage chronically inflamed joints

## Pain, Allergy, and Autoimmunity

- Bio-Mat - for pain and inflammation
- LDI/LDA (Low Dose Immunotherapy)
- Ozone - for infection and inflammation

## Intravenous (IV)

- Meyer's short IV - for energy and to help immunity
- V2 IVC - for infections
- Super-immuno IV - strongest immune and energy builder
- High dose vitamin C - for cancer and other chronic disease
- Chelation - for circulation and heart
- NMTE (phosphatidyl choline) - for neurologic problems and circulation

## Hormones

- Thyroid - for energy and to improve metabolism
- Adrenal - for stress and fatigue
- Bio-identical hormone replacement - to balance hormones



## Ozone, Ultraviolet Blood Light, and Hyperbaric Oxygen

Dr. Frank Shallenberger, one of the leaders of the functional medicine movement, says, "If I were forced to choose only one treatment for the rest of my life, I wouldn't even hesitate. It would be ozone."

Controlled ozone gas can be administered into the blood, rectum or joints. It rapidly bursts into powerful oxygen molecules. Ozone boosts your immune system to fight most infections, combats fatigue, quiets allergies, flushes out toxins, helps control blood sugar, relieves pain and swelling, supports eyesight, improves moods, and cleans the skin. It might soothe heartburn and might even give you some of the benefits of vigorous exercise.

Ultraviolet blood light begins by withdrawing a small amount of blood which is exposed to ultraviolet light and then injected back into your body. This creates an immune "signal" that rapidly spreads throughout the body. You can see the activated oxygen molecules transform the blood into a bright red color. Infections melt away, sometimes with a single treatment. Autoimmune problems often settle down and are better managed with a few treatments. UBL is used more commonly in Europe and in some third world

countries to manage viral and bacterial infections. It is sometimes called ultraviolet blood irradiation, but it really does not involve radiation. Thus Dr. Chappell calls it a "light" treatment (UBL).

Conventional medicine discourages the overuse of antibiotics and rightly so. However, nothing is offered in their place. Ozone and UBL are powerful infection fighters without side effects. Sometimes we use one and sometimes the other. Since they have different mechanisms, we frequently use them together.

Hyperbaric oxygen treatment (HBOT) delivers oxygen under pressure into a large capsule with chairs inside that can easily fit one or two persons. The oxygen penetrates into the tissues, cells, and mitochondria. Added oxygen over a one-hour treatment time can increase energy, improve the immune system, stimulate healing, and have a powerful effect on the neurologic system. Difficult problems such as post traumatic stress disorder (PTSD), traumatic brain injury (TBI), Alzheimer's disease, autism, cerebral palsy, Parkinson's disease, ALS, and memory loss might become much more manageable.

Recent evidence has shown that the oxygen in

compressed room air can often work as well as higher concentrations of oxygen. Using lower pressures than previously thought necessary also does as well as the higher pressures that were previously used. These changes have avoided the risks of too much oxygen and decreased pressure in the ears, which were sometimes uncomfortable in the high-pressure chambers.

Many professional sports teams use HBOT chambers to speed the healing of fractures, wounds and other injuries and to attempt to improve performance. Oncologists will sometimes use HBOT to help their patients recover from chemotherapy. Innovative cardiologists might utilize it to improve oxygen rich circulation to the heart and brain. Functional medicine doctors use HBOT as an anti-aging measure, to help prevent cancers and to reduce wrinkles, cellulite and acne scars.

We are delighted to have all these oxygen modalities available for our patients. Some of them must be administered by Dr. Chappell or by our highly trained staff. Patients can opt to get a small device to administer rectal ozone to themselves at home, if they so desire.

## Stem Cells Now Available at COHA

Conventional medicine has been providing stem cell therapies for several years on a research basis. The results have been good and sometimes spectacular. Cells are harvested in various ways from a patient's own tissue or from donated umbilical cord blood, which is then concentrated. The resulting stem cells contain powerful cellular and extracellular growth factors that can promote healing. The problem is that the research protocols used are terribly expensive, often costing \$100,000 or more and they are usually not covered by insurance, even if the results are extremely good.

At our ICIM meeting, Dr. Chappell spoke with several physician colleagues who have been working with an excellent blood bank company, BioBurst Rejuv, that is dedicated to providing stem cells to office-based physicians using FDA-approved procedures for safety. He spoke with the company's representatives and enrolled in their program. We can now provide stem cells for a tiny fraction of the cost charged at university centers. The stem cells

from BioBurst might not be quite as precise as those from universities, but they are usually effective and also carry less risk.

After it is determined that stem cells are indicated, the prescribed specimen is sent to me frozen in dry ice. It is thawed, diluted, and immediately injected into a joint or vein by Dr. Chappell. The rejuvenation of ligaments, cartilage, and soft tissue begins immediately. The cells injected into veins migrate to the areas of the body in most need of healing. The whole process is organic. The donors of the umbilical cord blood are screened and tested thoroughly. The process is extremely safe. One injection of the stem cells has a 60-70% chance of long-lasting improvement for many conditions.

If additional therapy is needed for unstable joints, prolotherapy can be used before or after the stem cells with expectation of further improvement. A lesser number of prolo injections might be needed than if prolo were relied upon by itself.



## Mammograms Do Not Prevent Cancer

The message implied by public service advertisements and by many physicians is that women should get regular mammograms as preventive medicine. That is clearly "fake news." Mammograms can detect cancer that is already growing. They do not prevent cancer. The common message is that a woman may expose herself to surgery, chemo, and radiation if she does not get her mammograms. X-ray screening might detect a cancer at an earlier stage, but there is no good evidence that such detection improves the outcome. Mammography is painful and demeaning. Compression and multiple views might even increase the risk if done too frequently. Studies show that women who get regular mammograms do not live longer than those who avoid them altogether.

One out of eight American women will get breast cancer. How can you prevent this from happening? You can lower the risk by taking regular iodine. You can also get regular thermograms safely, which detect whether the breast contains tissue which is ripe for cancer to grow in. This can be improved or stabilized by taking vitamins E and D3 and selenium. Such measures are true preventive medicine. Organized medicine, TV ads, and even some women's rights organizations are sending out the wrong message about true breast cancer prevention. Occasional diagnostic mammograms might be indicated, but annual screening mammograms do not prevent cancer.

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

## Bio-mat, Far Infrared Sauna, and VibaBody Have Tremendous Health Benefits



The Bio-mat combines state-of-the-art far infrared light and negative ion technology with the healing power of amethyst to deliver professional grade therapeutic results. Originally discovered by NASA, it is an FDA-approved medical device. You sit on the mat on a chair or lie on it for 30 minutes or more for its full effect.

Another option is the far infrared sauna, which contains 40 patented semi-conductor chips that convert electricity into 95% pure far-infrared energy that penetrates into human cells and resonates with water molecules. You sit on a chair fully clothed for treatment.

Both of these devices can be used free of charge at COHA. The possible effects are listed below. We can order one of these devices for you to use daily at home to get the best results.

- Improves circulation
- Improves immunity
- Relieves pain
- Burns calories
- Eases joint pain and stiffness
- Reduces stress and fatigue
- Helps sleep
- Alkalinizes the blood
- Improves skin
- Removes toxins

The VibaBody is a device that generates controlled vibrations at different settings. Regular use results in detoxification and has effects similar to aerobic exercise. Try these devices in the office for free to see if you want us to order one for your use at home.

## NanoVi Device has Wide-Reaching Effects

We all need oxygen to produce energy. Free radicals are generated as a side effect. If not controlled, free radicals cause cellular damage and diseases. In our diets we produce anti-oxidants from vitamins A, E, C, D, and selenium to help control free radicals. Unfortunately, the production of free radicals can sometimes overpower our anti-oxidant defense. The NanoVi device activates a mist of water to produce a major anti-oxidant signal in the body that helps you better utilize oxygen and reduce the toxic effect of free radicals. Cells all over the body begin to function more efficiently with NanoVi treatments. Free radicals can be a major factor in such diseases as:

Alzheimer's	Cancer	Fibromyalgia	Neurological disease
Attention deficit	Celiac	Hypertension	Parkinson's disease
Arteriosclerosis	Chronic fatigue	Hypothyroidism	Respiratory disease
Asthma	COPD	Bowel inflammation	Rheumatoid arthritis
Autism	Diabetes	Macular eye disease	Sleep apnea
Autoimmunity	Emphysema	Mitochondrial disease	Stroke
Cardiovascular	Erectile dysfunction	Multiple sclerosis	

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## Improving Cellular Function at COHA

Dr. Chappell has been practicing medicine since graduating from the University of Michigan in 1969. He has always been interested in prevention and a natural approach to healing. He has served as chief of staff at two hospitals, published many articles in medical journals, and served for many years as president of respected medical societies. His wife further stimulated his interest as an advocate for natural childbirth and offering nutritional therapies for many conditions.

The type of medicine that has evolved for Dr. Chappell is sometimes called "Personal Regenerative Therapy," which means an individual program to cleanse the body of toxins, enhance the tissues with nutrients, and repair the cells that have been injured or worn out from aging or abnormal stress. Aging is controlled by genes. Over time, genes lose their abilities to produce growth factors and cytokines which are needed to repair cells so they can function properly.

Instead of blocking multiple functions of the body with drugs or exposing it to radiation or surgery, regenerative medicine provides the body with nutrients that enhance normal

function. Stem cells stimulate growth factors and cytokines, prolotherapy causes new ligaments to grow and strengthen joints, chelation removes toxic metals and improves circulation, and oxygen therapies send signals from genes to promote healing.

Research confirms how these mechanisms work, but the large, double-blind studies that were designed to study drugs are difficult to perform on cellular function. Because of this, many of the treatments in regenerative medicine are not FDA-approved, and thus often are not covered by Medicare or insurance. Like exercise and nutritious diets, regenerative procedures can successfully manage the patient's condition. They do not treat a disease like drugs try to do. They are not "proven" using the definition that is used by conventional medicine, the FDA, and Big Pharma. Warnings are thus distributed by these groups that a more natural approach is ineffective and might be dangerous.

Regenerative procedures usually have an excellent scientific basis, and they have generally been shown to be very safe. Physicians who use them confirm their safety and often

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see excellent results, even in patients whose previous conventional treatments were unsuccessful.

Recently, the standard of care has been for doctors to discuss the quality of evidence for all therapies that are available for their patient's condition. The patient then has the responsibility to decide which therapy or therapies he or she wants to utilize. The choice is not to be made by the physician but rather by the patient. The physician then should be supportive of the patient's decision. Dr. Chappell offers such a choice to his patients. The medicine of tomorrow is here today, if a patient chooses that approach.

