

Feel Better!

# 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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## Website and BLOG

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# NEWSLETTER SUMMER

2017

## Medicine Advances—Pay Attention!

Every five years, medical knowledge doubles. Half of what we have learned proves to be incorrect. The problem is that we do not know in advance which half will turn out to be wrong. There is so much information that I don't always know what to believe. I have to rely on what makes the most sense and what is consistent with my experience and the results I see with my patients. Recently I attended a great meeting in Savannah, Georgia for both dentists and physicians that explained some of the cutting edge research for integrative medicine. I am ready to admit that some of the advice I gave previously was inaccurate. Now I am prepared to tell you what I have learned so that together we can help you feel better, live longer, and avoid the ravages of chronic illness as you continue to live your life. A few of you might even be able to say, "I told you so," as you read what I have to say.



**From Joseph Hickey, M.D., Internal Medicine specialist in Hilton Head, South Carolina: "Environmental Toxins and Their Relationship to Heart Disease, Osteoporosis, Dementia, Fibromyalgia, Chronic Disease and Cancer."**

Lead, mercury, and cadmium are positively charged while bone is negatively charged. They neutralize each other and react to stop the normal process of bone repair, leading to osteoporosis. High levels of bone lead are associated with death from many causes, including cardiovascular diseases, diabetes, and cancer. This was shown in the TACT trial and was explained in an article that I wrote for the Townsend Letter in the May 2017 issue, with many recent references. They put my picture on the cover of the magazine.

Mercury and lead combine with the wrong genetic brain chemicals of ApoE 2,3, and 4 to create Alzheimer's disease. Lead blocks insulin degrading enzyme, whose role is to clear beta amyloid at the blood brain barrier, thus leading to brain damage. According to the Agency for Toxic Substances, lead, arsenic, cadmium, nickel, and uranium increase the risk for cancer, and mercury makes these metals greatly more toxic. The village of Bluffton recently sent a pamphlet to all residents warning about the dangers of mercury.

Women release toxic metals they have stored in the bone as they donate ten percent of their own bone to the fetal skeleton during pregnancy. Women also release toxic metals during lactation, menopause, and if they happen to fracture their hips or undergo joint replacement. This can contribute to postpartum depression, toxemia, and hypertension. Women have increased levels of toxic metals in their breasts, which might promote cancer. Fibromyalgia often responds very well to removal of toxic metals that have accumulated in the fat and muscle tissue.

Dr. Hickey contends that "our most colossal blunder is not measuring the presence of metals properly." I agree with him.

**From Boyd Haley, PhD, professor emeritus at University of Kentucky, spoke primarily about his new chelation agent** which appears to be especially effective for mercury removal. Hopefully it will be available next autumn. He also stressed the need to encourage production of glutathione in the body.

Continued...

## Continued from page 1

### From Thomas E. Levy, M.D., J.D., Cardiologist from Centennial, Colorado: “Apical Periodontitis, Heart Attacks, and Chronic Disease: the Hidden Epidemic”

Chronic apical periodontitis are infections usually where a root canal was created. This can cause blood clots that result in heart attacks. The cavitations that were formed can be detected with a 3D digital x-ray, but not all dentists have this machine. Thermography and injections next to the tooth with local anesthetics might be helpful. The infections can be completely asymptomatic, but the organisms can still spread to other areas of the body. The infections can also cause oxidative stress and release of toxins that promote autoimmu-

nity and chronic degenerative diseases. Root canals are frequently infected with viruses, fungi, and/or bacteria. Four-hundred and sixty different types of bacteria have been implicated. The DNA of pathogens usually found in periodontal infections have been consistently found in the blood clots aspirated from patients with acute myocardial infarctions. Breast and other cancers, thyroid disease, and chronic sinusitis are also a risk. The asymptomatic affected tooth is even more dangerous than a symptomatic tooth. The tooth

must be removed by an experienced endodontist. The CRP blood test can be used to monitor the results of treatment. The level should be kept below five. David Minkoff, M.D., of the Lifeworks Wellness Center in Clearwater, Florida, further revealed the link between dental disease and systemic illness. He stressed the need to detect autoimmunity and autonomic dysfunction for Lyme disease, Grave's disease, and chronic fatigue syndrome.

### From David Brownstein, M.D., Medical Director of the Center for Holistic Medicine: “Iodine: the Universal Cancer Agent”

Iodine is stored in breast tissue and is secreted from the breast. It is an antioxidant and alkalinizing agent that changes breast and thyroid tissue from inflamed to normal tissue. Reports have appeared that claim that patients who take T4 might have a higher risk for thyroid cancer. However, over the last 40 years, iodine levels have decreased dramatically and thyroid diseases have increased as well. The combination of iodine and

iodide reduces the incidence of various cancers. The Great Lakes basin has the lowest levels of iodine and the highest breast cancer rates in the United States. One-seventh of women get breast cancer in the USA. Japan has much higher iodine levels and much lower incidences of breast, uterine, and ovarian cancers. This difference disappears when Japanese women move to the USA. Prostate cancer is also linked to iodine deficiency. All thyroid diseases, including

cancer, are more common in women who are iodine deficient. Chronic obstructive pulmonary disease might also improve by bringing iodine up to optimal levels. Iodine is a detoxifying agent for bromide, chlorine, and fluoride. The best way to detect iodine deficiency is with an Iodine Loading Test, although allergy to iodine occasionally occurs. Magnesium and iodized salt are good for maintenance.

### Anju Usman, M.D., and David Quig, PhD, both of Chicago spoke about biofilms and bacterial dysbiosis

Biofilms are a collection of microbial communities surrounded by a slime-like matrix which protects them from invaders such as antibiotics. They occur in susceptible areas of the body such as the intestinal tract, joint prostheses, lungs, sinuses, and tonsils. They communicate with each other and are responsible for most major infections in the body. They can cause “leaky gut.” They are difficult to diagnose and treat. They might be responsible for the

development of autism, at least in some cases. Cyrex Labs has a pathogen-associated screening test that can be very helpful in detecting hidden infections. LDI (Low Dose Immunotherapy) can be used for treatment. Various probiotics are indicated, depending on the clinical picture. Testing for Zonulin (a molecule that aids the transfer of nutrients and other molecules through the intestinal wall) can monitor for the progress of “leaky gut.”

### What should we do differently, now that another five years have passed?

1. Just about everyone should do a metals challenge test. Oral DMPS or IV EDTA are the best choices for testing. If we have too many toxic metals, we are at risk for some serious diseases and they can be prevented or treated!
2. Try to avoid root canals, even though in the short run, they might be helpful. If you have had one or more, it would be best to get a 3D dental x-ray or perhaps a thermogram that we offer in the office to detect infection. Antibiotics, neural therapy injections, and laser therapy might work to treat the initial infection. Some doctors who treat toxicity ask patients to remove root canals and replace amalgam fillings before they come to be seen at an integrative practice (although cost can be a significant factor).

3. Get a challenge test for iodine deficiency and start treatment with a combination of iodine and iodide. This might help your thyroid and help prevent several different types of cancer (especially if you or your family are prone to have breast or prostate cancer). Iodine helps to alkalize the body.
4. Leaky gut and various neurologic problems have been linked to biofilms which protect bacteria and other organisms from the usual treatment with probiotics. More powerful supplements might be needed to penetrate the slime, which is usually located in the GI tract. Treating biofilms might produce a breakthrough treatment for difficult problems, even in the neurologic system.



## Why is it SO Hard to Lose Weight?

### Why do Some People Get Sick and Others Stay Well?

The answers to these difficult questions are the same. All of us have different genetic patterns. Enter the science of genomics. We can now measure your gene makeup by taking a swab of the cells in your mouth. Once we have that information, we can determine which foods and exercise patterns you can emphasize in your daily routine to effectively lose weight or to live longer and help avoid most

chronic degenerative diseases. If you already have a disease, this knowledge might help you minimize your symptoms. Your report will contain 10-20 pages of information specifically about you and your genes. Our staff has been trained to interpret the report and guide you on what you should do to optimize your health. Ask us for more information if you are interested in the medicine of tomorrow.

## Townsend Letter

### Chelation Approved for Cardiovascular Disease

By Terry Chappell, M.D.

To read the article, please call us for a copy or pick one up while at your next office visit.

Read your article and really liked it. Balanced and accurate. Congratulations.

from

Gervasio A. Lamas MD FACC FAHA

Chair of Medicine

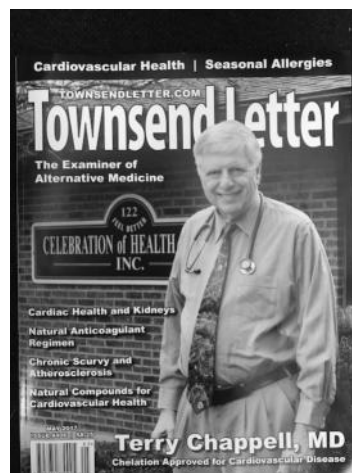
Mount Sinai Medical Center

Chief of Cardiology

Columbia University Division of Cardiology at Mount Sinai

Professor of Medicine

Columbia University Medical Center



## 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

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

## Update on Nature-throid Availability

While RLC Labs is going through the process of updating their equipment, the 30 count bottles of Nature-throid are not currently available for most strengths—only the 100 count bottles are being made at this time. Some strengths may also be on back order. We are doing our best to maintain your supply of Nature-throid, so in some cases will substitute a different count bottle or strength than you are used to. While we have been giving this information for phone orders, please be sure to read the

instructions that we will include with your shipment so you continue to take the correct dosage. Now some good news—those of you that need a 1.5 gr. dosage, we do now have a supply of those in a 100 count bottle. Other dosages can also be special ordered such as 1.75gr, 2.25gr and we will stock these if there is a large demand. Let us know if you are interested, and thank you for your patience while RLC Labs completes their update.



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## CELEBRATION

OF

## HEALTH

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so that you can Feel Better, Live  
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Celebration of Health Association

We are sad to announce that long-time employee **Robert "Bob" C. Angus, N.D.**, 70, died on June 14, 2017. Bob was born in Grand Rapids, Michigan, to Robert and Violet (Deiters) Angus who preceded him in death. On May 27, 1995, he married Elizabeth "Betsey" Travis, who is also a long-time employee at COHA. Bob graduated from Rogers High School in Wyoming, Michigan, and later received his Bachelor's of Science in Nutrition at Donsbach University and his Ph.D. in Therapeutic Philosophy from World University. He was a naturopathic physician since 2000 at Celebration of Health. He held numerous other professional certifications. He was a member of the Bluffton Presbyterian Church where he was a Session member and former deacon. Bob was a veteran of the U.S. Air Force where he was a K-9 trainer. Survivors also include a son, Robert (Michelle) Angus; step-daughter, Annie (Steve) Weihrauch; step-son, Ian (Jenna) Stitzel; four grandchildren, Fox, Ella and Sawyer Angus, and Willa Stitzel; and a brother, Barton (Lorena) Deiters. Bob was preceded in death by a sister, Wendy Fleming. A memorial service was held on Monday, June 19, at Bluffton Presbyterian Church. Memorial contributions may be made to Bluffton Presbyterian Church. Condolences may be expressed to the family at [www.chiles-lamanfh.com](http://www.chiles-lamanfh.com).

RETURN SERVICE REQUESTED



Savannah, GA Conference

Past Presidents of the International College of  
Integrative Medicine

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John Wilson, MD, Charles Adams, MD,  
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