

Feel Better!

CELEBRATION OF HEALTH ASSOCIATION

NEWSLETTER



2016

From Dr. Chappell's Desk

This fall issue of our newsletter covers:

- ♦ *Our revised macular degeneration treatment, which is now less complicated and less expensive*
- ♦ *The importance of maintaining optimal blood sugar levels and natural approaches to doing this*
- ♦ *Three big problems with prescription drugs in the U.S.*
- ♦ *Approaches that can improve brain function*

I'm also pleased to announce I have a book Powerful Protocols for Optimal Health available as a free download on our website www.HealthCelebration.com.

To your health,

A handwritten signature in black ink, appearing to read 'L. Terry Chappell, M.D.'.

L. Terry Chappell, M.D.



L. Terry Chappell, M.D.

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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

www.healthcelebration.com

www.terrychappell.blogspot.com

Facebook-Celebration-of-Health-Association

The TACT-2 Study Has Begun

The second Trial to Assess Chelation Therapy to show whether intravenous chelation can prevent future heart attacks and strokes in diabetic patients with previous heart attacks started with the first investigators' meeting in Florida at the beginning of October. COHA and Dr. Chappell participated in TACT-1, but for various reasons, we will not be a part of TACT-2. Dr. Jim Roberts in Toledo will be a TACT-2 investigator for our region in Northwest Ohio. Since we are no longer restrained by the publicity rules of the Institutional Review Board, we can be much more vocal in spreading the word about the fantastic results of TACT-1.

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!

WINTER SPECIALS!

See back page

Update on LDA and LDI

Environmental medicine specialists from around the country have been extremely frustrated that the ingredients for Low Dose Allergen (LDA) and Low Dose Immunotherapy (LDI) have been available only in 13 states since August. According to a meeting of this group in San Diego in early October, the new compounding pharmacy is working diligently to complete the approval process as soon as possible. Hopefully by the time you read this, Ohio will be approved. We certainly will let you know as soon as the treatment becomes available again.

Furthermore, none of the patients being treated with chelation in our office will be getting placebos, which is a big relief. We encourage all of our patients to speak to their friends and relatives about chelation. It is truly a lifesaving treatment.



Have a Happy Thanksgiving!

Revised Macular Degeneration Treatment

After working with detailed protocols for treating adult macular degeneration (AMD) over the years, we have streamlined the treatment to make it more affordable, while retaining its effectiveness. Chelation therapy coupled with oral and IV (intravenous) nutrients are our primary treatments. VibaBody treatments for further detoxification and oxygen therapy can be added, if needed. Microcurrent treatments, which require

the purchase of an expensive machine for home use, are of lesser importance, in our opinion. In most cases, we are able to do without them. If you already have a microcurrent machine and it is helping, there is no harm in continuing its use.

AMD is a terrible disease that can lead to blindness, in both its wet and dry forms. By improving circulation to the

back of the eye, we expect to get good results without the expensive and traumatic shots directly into the eye that is the current "standard of care" by ophthalmologists. Early treatment is always better, so contact Dr. Chappell if you have AMD, glaucoma, or diabetic retinopathy.

Importance of Blood Sugar Levels

New research is raising concerns about levels of blood sugar that we previously thought were safe. A fasting blood sugar (FBS) of 126 or higher on at least two occasions or an HbA1C greater than 6.5 is diagnostic of diabetes. Patients with FBS levels of 100-126 or HbA1Cs from 5.7-6.4 are considered pre-diabetic. Now FBS levels of 90-99 are listed as a risk factor for Alzheimer's disease.

At the very least, we suggest that pat-

ients with elevated blood sugar levels take herbal preparations such as cinnamon, chromium, and/or berberine. However, diabetes carries a substantial risk for heart disease and strokes. With the latest findings, if these sugar numbers put you at risk, you should consider taking a course of IV chelation therapy with maintenance for prevention. According to TACT-I, you might lower your risk of suffering a heart attack, memory loss, or early death.



Big Problems with U.S. Prescription Drugs

There are three big problems with prescription drugs in the U.S. The first is opiate drugs, which are being overused. Many are being diverted illegally for drug abuse. The second is that some drug companies have outrageously increased their prices so that the meds are becoming unaffordable. Third is that the drugs have become stronger and stronger, which leads to more side effects.

The Governor's Opiate Action Team in Ohio has enacted several measures that should help all three problems. Not only must the prescribing doctor use the lowest dose that is effective and carefully monitor the progress of the patient, but also the doctors must try non-drug therapies before prescribing drugs whenever possible. Thus doctors are strongly encouraged to use such therapies as chiropractic, acupuncture, massage, pain neutralization treatment, aromatherapy, laser, hypnosis, and other energy therapies before resort-

ing to controlled drugs. Patients who cannot afford expensive prescription drugs are now encouraged to use alternative medicine, which is both cheaper and safer than conventional medicine and its prescriptions.

With such recommendations being required reading by all Ohio M.D.s and D.O.s, insurance companies will be pressured to cover the treatments, especially if patients write letters, appeal denials, and complain to their representatives in Columbus.



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

Revised Brain Mapping and Neurofeedback prices

The Process

- 1. Run a Brain Map**
- 2. Analyze Results**
- 3. Neurofeedback Sessions**

COSTS:

BRAIN MAP: \$395
PREPAY 15 SESSIONS: \$1500
INDIVIDUAL SESSION: \$115

A powerful and non-invasive process that can eliminate or improve symptoms of

ADHD	ADDICTION
ANXIETY	AUTISM
BRAIN INJURY	CHRONIC FATIGUE
DEPRESSION	EPILEPSY / SEIZURES
FIBROMYALGIA	INSOMNIA
LYME DISEASE	MEMORY LOSS
MIGRAINES	OBSESSIVE / OCD
PTSD / STRESS	STROKE
SUBSTANCE ABUSE	AND MORE!

Many Approaches can be Utilized for Brain Function

Depression, anxiety, stroke damage, addictions, memory loss, post traumatic stress disorder (PTSD), and post concussion syndrome are some of the ways that show the brain is not functioning correctly. Medications sometimes help, but natural treatments should be tried first, if possible, in order to avoid side effects, complications, and long-term dependency.

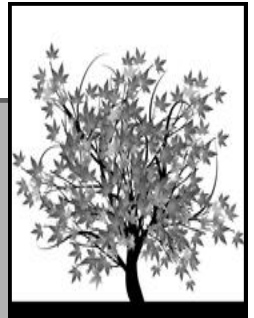
Herbals, homeopathics, SAME, 5-HTP, theanine, and GABA are some of the agents that can be helpful instead of medications. Urine neurotransmitters can be measured and supplements prescribed to build up the ones that are low. Several measurements might be required to establish optimal levels. Allergy treatments can

be helpful, especially Sensitivity Reduction Technique (SRT). Acupuncture and cold laser treatments are particularly effective for PTSD, post concussion, and memory problems. Chelation and oxygen treatments might be needed to improve circulation and provide detoxification. Phosphatidyl choline with glutathione IVs are effective for neurologic problems. Brain mapping with subsequent neurofeedback sessions can be very helpful.

Obviously, a careful history and physical exam will help us decide which modality might be the best fit for each patient. Sometimes, more than one modality might be needed to get optimal results over time.

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



Dr. Chappell's Latest Book is Available Free on Our Website!

Powerful Protocols for Optimal Health is the title of Dr. Chappell's book that you can download and print from your home computer. Protocols are given for prevention and early detection of health problems with detailed questionnaires that you can complete in your home at your convenience. The book describes most of the therapies that we offer at

Celebration of Health Association. Twelve chapters and several appendices are packed full of valuable information.

You can use this book yourself or you can print a copy for a friend or relative who might be interested in what we do. If you don't use a computer yourself, just ask a youngster for help.

REFERRALS

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

NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

ACAM	Dr. Lyons	Lisa Moeller	Jennifer Cheeseman
April Hull	Dr. Marra	Lori Kosch	Ray Erickson
Albert Bachmayer	Dr. Robin Waggoner	Marion Stolle	Cheryl-Van Wert Health Food Store
Anita Scheiderer	Dr. Roy Kerry	Mary Jo Roth	HealthFood Claudia X4
Billie Madison	Dr. Dave McCarthy	Mike Russell	Heidimarie Hunsaker
Cheryl Barron	Dr. Steve Reed	Stacey Ricker	Joseph & Mattie Schwartz
Cynthia Reed	Dr. Wayne Feister	Tim Arant	Joseph's Herbs & Vitamins
Dana Nissen	Dr. Jean Thresher	Tracy Foos	Lisa Opfermann/Alive Naturally
Deb Maag	Keith Reed	Trisha King	Ron & Nancy Floriana
Dr. Boyles	Khani Begum	Victory Center	Wishing Well Clinic
Dr. Dzugan	Koni Riegsecker	Wayne Wilson	Natural Health Care Center
Dr. Nitschke	Kim Geddis	Dennis Klopfenstein	
Dr. Deborah Nash	Linda Davis	Hendrik Wigmans	

THANK YOU!

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CELEBRATION

OF

HEALTH

ASSOCIATION

A private group devoted to health-
so that you can Feel Better, Live
Longer and Start Now!

Phone: 419-358-4627 or 800-788-4627

WWW.HEALTHCELEBRATION.COM



Celebration of Health Association

Carotid Intima Media Thickness (CMT) testing, also known as CardioRisk Screening, has been proven to be more effective at identifying soft plaque in the arterial system than any other current standard screening test. Soft plaque is considered vulnerable and may even be the cause of most heart attacks, strokes, and cardiovascular death. The intima represents the health of your entire vascular system. Research provides ample data of the link between IMT and current risk but an even better picture based on the rate of change in the IMT and future risk of cardiovascular disease.

This technique has been used for decades, but with some difficulty coming from how exactly to measure the results. CardioRisk uses edge detection software that has improved reproducible results. Their equipment is calibrated regularly with the highest standards at the University of Utah Medical School.

**CARDIORISK
HEART SCREENING
Wednesday
NOVEMBER 9th
&
MARCH 22nd
BLUFFTON OFFICE**

FOR AN APPOINTMENT CALL:

419-358-4627 or 800-788-4627

Non-patients welcome

RETURN SERVICE REQUESTED

Winter specials!

**Sensitivity Reduction Technique
(SRT) for allergies and more.**

\$15 off January & February 2017

Chelation IVs—

Starting January 2017

**10 chelation IVs and get the 11th
one FREE! Schedule your IV and
pick up a card by March 30, 2017.**

**Redeem your card by April 30,
2018. Non-transferable.**

**Watch for other last minute
specials in our online newsletter.**

**Give us your email so you are
aware of last minute specials!**