

Feel Better!

NEWSLETTER



CELEBRATION OF HEALTH ASSOCIATION



MAY 2014

From the Desk of Dr. Chappell

COHA Offers True Preventive Medicine

Conventional medicine talks about prevention a lot, but its plan to prevent disease, disability and premature death is limited. The goal of most recommended screening procedures is to detect diseases that are already growing. For example, mammograms detect early cancers in the breast and colonoscopies detect precancerous polyps in the colon. Vaccines have their place, but some of them are not as effective as we would like and might cause side effects. A healthy diet and regular exercise are basic preventative recommendations.

At COHA we are much more aggressive in our prevention activities. We want to prevent heart attacks, strokes, bypass surgery and stents, Alzheimer's disease, falls and fractures, joint replacements, cancers, headaches, blindness, diabetes and its complications, and many other chronic degenerative diseases.

This newsletter will describe some of the key services we offer to achieve our goals. Keep in mind that these services are for your benefit. "An ounce of prevention is (still) worth a pound of cure."

Rae Neal, R.N., will be joining us one day a week this summer for her clinical preceptorship. She is currently enrolled at Ohio University as an MSN/FNP student. She is a long-time environmental activist and started the Earth Day Awareness Lima Celebration in 2000. Rae says "I have practiced natural medicine with my family for over 20 years. I am excited to get to practice with a medical professional who believes in the power of alternative medicine."

To your health,

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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REFERRALS

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

NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

Dr. Kondrot	The Reinharts	Dave & Cindy Kistner	Natural Awakenings
Dr. John Biery	M. Kuckaburg	Health Food Claudia	Dr. Michelle Simons
Monica Heineman	Tammy Klipstine	Koni Riegsecker	Dr. Heather Huntington
Bonnie Bell	Rita Richards	Dr. Don Schmidt	Stephen & Mark Crandall
Russ Maxwell	Deb Sines	Amos Wagler	Carolyn McCorkle
Dr. Gary Petro	Ted Powers	Bill Gavales x2	Sonny Hostetler x2
Dr. Schmidt	Joyce Fritz	Dr. Sherry Tenpenny	

THANK YOU!

The Toxic Metals Time Bomb

Many of us have accumulated elevated levels of lead, mercury, aluminum, and other toxic metals. These metals have been linked to an increased risk of various conditions, including heart disease, hypertension, cancer, Alzheimer's

disease, yeast imbalance, autism, and autoimmunity. We offer a challenge test to detect them, and various forms of chelation to treat them.



Detoxification

We live in a toxic world filled with many man-made chemicals, some of which are hazardous. If we suspect that you have accumulated more than your body can handle, we might suggest a better diet, more fiber, certain herbs like milk thistle, activated charcoal, chelation, colonics, or other appropriate treatments.



Breast Thermography

The goal of breast thermography is to detect the tendency for developing breast cancer so that we can take measures to reduce the risk. Recent studies have shown that mammograms do not increase the life span and one out of five women who get them undergoes unnecessary treatment. Thermography does not require radiation exposure or compression.

The Threat of Blindness

Macular degeneration, glaucoma, retinopathy and other eye diseases can lead to inability to read, difficulty driving, and even to blindness. We offer the Kondrot healthy eye treatment program. We are seeing significant improvements in visual acuity and visual fields for patients we treat.



Diabetes and Its Complications

A few simple supplements and the powerful effects of chelation are major breakthroughs in helping to control diabetes and metabolic syndrome and preventing their complications. Much has been learned in the past year. Let us take a fresh look at the best way to avoid the serious problems that these diseases can cause.

TACT

The trial to assess chelation therapy is turning out to be even more successful than we originally thought. Comparing chelation and high-dose vitamins to placebo IVs and low-dose vitamins showed a major reduction of cardiac events including

death for both vascular and diabetic patients in the treated group. Any doctor who advocates evidence-based medicine should now be a chelation advocate. Instead, most are simply calling for more studies to confirm the results.

Your CHAS Score Gives You a Choice!

Let us help you calculate your CHAS score (comprehensive risk score for heart disease). By looking at the many risk factors of your medical history, test results, and blood parameters, we can give you an overview of your chances of having a heart attack, stroke, or Alzheimer's disease over the next ten years. The best part of knowing your

various risk factors is that all but two of them might be improved with various action plans, thus decreasing your risk, often substantially. You can choose which risk factors you want to modify. You do not have to be perfect. For example, if you do not want to take a drug to lower your cholesterol but you choose to reduce several

other risk factors, you might get a better result than the patient who takes a statin drug. Of course, modifying as many risk factors as makes sense to you might be a good idea. Based on the TACT study, the biggest impact of all might come from taking chelation therapy.



Stop Pain, Preserve Your Joints

Millions of Americans are walking around with artificial joints. Sometimes the joint replacements are helpful, but other times the result is not what was hoped for. Some of those artificial joints have even been recalled. We have several measures that

have the potential to stop your pain and prevent the need for joint replacements or other surgeries. Included are prolotherapy, supplements, the Kaufman technique, laser therapy, and acupuncture.

Headaches and Migraines

Some of the above techniques can also work well for headaches. Food allergies are frequent triggers. There is a simple, safe exercise called the brainstem stretch that you can learn that might be an effective preventative. Just ask.



Do You Have Enough Key Nutrients?

We now have free office tests with instantaneous results that can test you for deficiencies of vitamin C, zinc and nitric oxide. Let us know if you want to see how you stand with these important nutrients that

can affect your immunity and cardiovascular system. The vitamin D3 blood test takes a little longer to do, but has equal importance in assessing for a variety of problems.

How Much is Stress Affecting Your Body?

We have three tests that can measure different aspects of the effects of stress on your body. The Adrenal Stress Index measures cortisol levels, which help you deal with stress. A urine test can determine if you have deficiencies in your neurotransmitters. The Heart Rate Variability test shows how well your stress hormones (sympathetic nervous system) are balanced by your parasympathetic output. Relaxation exercises and supplements can be very helpful.



Protection Against Radiation Exposure

You can get low-grade radiation exposure from the environment, or you can be exposed to a higher degree with procedures like CT scans and mammograms, or you might have radiation therapy recommended for breast or other cancers. Some degree of protection against the harmful effects of radiation might be obtained by taking chlorella, miso broth,

We are really excited to now be able to offer the Max Pulse test at COHA. If you have any risk of vascular disease, even borderline high blood pressure, sugar, or cholesterol, a positive family history, or an abnormal Cardio Risk test, the Max Pulse test can detect ways your vascular system is starting to show strain. This enables us to pinpoint the best therapy for you. The Max Pulse is also an inexpensive way to monitor the results of therapy by detecting improved vascular function.

turmeric, seaweed, and/or holy basil before and after exposure. You could also take a hot bath with a pound of epsom salts or sea salts and a pound of baking soda, soaking until the water cools.

Afterwards, do not shower or rinse the salt off for at least four hours.

From *Superfood Therapeutic Guide*, by Robin Murphy.

Prevention of Breast Cancer

Commonly recognized risk factors for breast cancer include excessive radiation, first-degree relatives with diagnosed breast cancer, synthetic hormone replacement, early menarche or late menopause, no births, and no breastfeeding. Other important factors are underwire bras, wearing bras for 12 hours or more in a day, excessive caffeine, low vitamin D, and high toxic metals, including aluminum found in deodorants. Restrictive

bras can inhibit the flow of lymph and thus block an important mechanism by which our bodies cleanse themselves of carcinogenic chemicals and cancer cells. Thermography can identify vascular patterns in which breast cancers are more likely to grow. Abnormal thermogram results can often be improved with a few nutritional supplements, such as vitamin E with mixed tocopherols, selenium, and vitamin D3. Women who appear at risk

of developing breast cancer might have accumulated elevated levels of toxic metals such as lead, mercury, and aluminum from the general environment. A simple "challenge test" can detect these metals. We believe that removing them might substantially lower the risk of cancer as well as heart disease.

See *Dressed to Kill*, by Sydney Singer.

The TACT Study Produces Amazing Stats for Chelation Treatment

Gervasio "Tony" Lamas, Chief Investigator for the Trial to Assess Chelation Therapy (TACT), electrified the International College of Integrative Medicine audience in March in Nashville, Tennessee with the latest findings from the clinical trial funded by the National Institutes of Health. He listed five important conclusions from the study. The first is that EDTA-based chelation therapy reduces combined cardiovascular events in post heart attack patients treated with optimal medical therapy. Second is that high-dose oral vitamins and minerals demonstrate an additional 11 percent reduction in cardiac events. Third is that compared

with placebos for both chelation and vitamins, active treatment demonstrates an enhanced reduction in cardiac events. Fourth is that those patients with diabetes demonstrate enhanced efficacy with chelation. There was a 41 percent reduction in cardiac events and a 43 percent reduction in total mortality. Finally, adding high-dose vitamins to the diabetic group improved the results even more. These are incredible statistics. By comparison, one needs to treat 100 patients who have elevated cholesterol with a statin drug in order to save one life.

If these results were obtained for a new drug application by a pharmaceutical

company, the company would immediately seek FDA approval. However, due to the long-term controversy over EDTA chelation, another study will probably be required to confirm the results. The International College of Integrative Medicine's Board of Directors has offered a \$20,000 grant to the best proposal to plan the next great study on chelation therapy for vascular disease and/or diabetes.

1) Lamas G, Boineau R, Goertz C, Mark DB, Rosenberg Y, Styliou M, Rozema T, Nahin RL, Chappell LT, Linblad L, Lewis EF, Drisko J, Lee KL. EDTA Chelation Therapy Alone and in Combination with Oral High-Dose Multivitamins and Minerals for Coronary Artery Disease: The Factorial Group Results of the Trial to Assess Chelation Therapy. 2014 (in press).

WE HAVE SPECIAL INTERESTS IN:

- Allergies
- Arthritis and unstable joints
- ADHD and autism
- Autoimmune diseases
- Back and neck pain
- Bioidentical 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