

Feel Better!

**CELEBRATION
OF
HEALTH
ASSOCIATION**

NEWSLETTER



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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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Message from Dr. Chappell for the Holiday Season

I have served on the Board of the International College of Integrative Medicine (ICIM) for many years. I was president of ICIM for five terms. We have scientific meetings on integrative medicine every six months. The October meeting of ICIM this year was packed full of new ideas and advancements for therapies that have been around for a while. I have put some of these innovations along with a couple of others into this newsletter as my gift to you. I hope that you will find something herein that will be valuable to you in your quest for excellent health.

To your health,

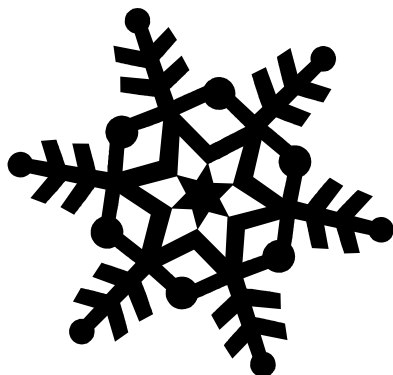
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Liposomal Therapies Greatly Improve Absorption of Key Nutrients

Phosphatidyl choline (PC) from lecithin is being used as a carrier to enhance the absorption and maintain blood levels of key nutrients longer in the body. The products are called "liposomal." PC is not just a carrier, though. It also has a therapeutic effect itself of improving circulation and enhancing brain function by increasing the neurotransmitter acetyl choline. The liposomal products we now carry have the added advantage of being in liquid form so that they are easy to swallow and act rapidly. We use the following liposomal products:

1. Methyl B12 to improve energy, reduce inflammation, and help brain function. This might replace the need for B12 shots.
2. Glutathione as a major antioxidant to reduce inflammation, enhance circulation, and improve neurologic diseases. It also can help to remove heavy metals.
3. Vitamin C and Vitamin D, both of which might improve immunity, fight infection, and reduce the effects of chronic diseases.
4. Curcumin to reduce inflammation, especially arthritis.
5. Melatonin to help with sleep.
6. Resveratrol to boost energy and reduce the effects of premature aging.



A Comprehensive New Way to Eliminate Nutritional Deficiencies

Genova Labs and College Pharmacy have combined forces to meet the needs of those who want a complete assessment of their nutritional deficiencies and toxic status, along with an easy way to correct any deficiencies or toxicities which might be revealed. The NutrEval test from

Genova Labs measures antioxidants, vitamins, amino acids, fatty acids, nutritional

and toxic elements. Then we can forward the results with our prescription to correct any deficiencies to College Pharmacy, which will put everything you need into MicroTabs, which are tiny pellets that are much easier to swallow than pills and capsules.

The cost of the test is around \$800, but

that can be reduced to a co-pay of \$164 if you have insurance coverage. The MicroTab cost depends on what we need to put into it, but the total amount comes to less than if you purchased the individual ingredients in separate pills.

Mannitol Injections Can Improve Energy and Dramatically Reduce Pain

Some of you might remember George Kindness, who ran a lab in our facility years ago. He introduced us to the use of intravenous mannitol along with high dose vitamins and minerals to boost immunity and improve energy. Mannitol is a simple sugar known as a diuretic that gets rid of excessive fluid retention and reduces brain swelling, especially after traumatic injuries. We still have that available. The usual course is a series of four to six IV treatments.

However, Dr. Sherri Tenpenny has introduced us to a new technique that was discovered in Australia. By injecting small amounts of mannitol with tiny needles into the tissue just below the skin, we can eliminate pain that relates to the nerve supply of a muscle or joint. This is completely different from prolotherapy, which consists of different injections into the attachments of ligaments and tendons.

Mannitol injections can treat stubborn arthritis inflammation and neuropathies that might not respond to prolotherapy. This therapy is one more piece of the puzzle in a natural approach to treating chronic pain. As you know, that is a special interest for COHA.



Nitric Oxide Might Help to Counter the Bad Effects of Aging

The 1998 Nobel Prize for medicine was awarded for the discovery of the critical role of nitric oxide (NO) in cardiovascular disease. Fifteen years and 100,000 scientific papers later, we now realize that NO is a signaling molecule that passes through cell membranes to tell arteries to relax and expand, to activate immune cells to kill infectious agents, to reduce inflammation and destroy cancer cells, and to enhance brain cell communica-

tion. NO also plays an important role in dissolving clots, improving diabetes and preventing its complications, protecting the bones, enhancing sexual activity, and improving chronic fatigue, hypertension, and depression.

NO production in the body declines in the twenties and most are deficient at age forty. We can now measure your NO activity with a simple saliva test. If your level is low, we can

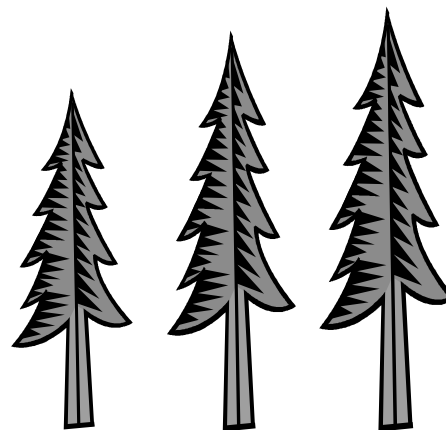
improve your production with L-arginine in younger folks or with an herbal combination as you begin to show signs of aging. The effects of the therapy can be documented with pre and post thermography, which should show improved circulation.

Finally, a Laboratory that Finds Missing Causes of Chronic Diseases

Fry Labs in Scottsdale, Arizona, was founded after Stephen Fry, M.D., made the remarkable discovery that many difficult-to-treat diseases are triggered by infectious agents that are hidden and protected by a biofilm. He developed an advanced microscopic DNA fluorescent stain that detects the biofilm and the viruses and bacteria that can sometimes cause such diseases as chronic fatigue, fibromyalgia, autoimmune diseases, osteoarthritis, Gulf

War syndrome, ALS, Parkinson's disease, MS, and autism. The lab also has the best test available for Lyme disease.

If you have any of these problems that are not responding well to our usual treatments, it might be worthwhile to send a specimen to Fry Laboratories. If a hidden trigger is found, innovative treatments are available.



Heimlich Writes an Amazing Book

At ninety-three years of age, Dr. Henry Heimlich has written a remarkable book about his lifetime of discovery and battles with the medical-industrial complex. He asked me to write a comment about the book to be placed on the back cover. Here is what I wrote: "Innovation in medicine is too often greeted with ridicule and suppression. Dr. Heimlich has overcome such resistance repeatedly to save many thousands of lives over the last seventy years. Thank you,

Henry Judah Heimlich, for giving us a brilliant, warm, caring, life story to appreciate over and over again." The book is scheduled to be published in February, 2014.

By the way, if you have asthma, doing the Heimlich maneuver on yourself regularly might give you long-term relief. Let me show you how to do it.

Dr. Chappell



ANNOUNCEMENT:
We are now offering
thermography
in our Toledo office!



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

DO NOT FORGET

- Dr. Edward Kondrot**, the world-famous ophthalmologist who has helped us start the Healthy Eye program at COHA, will **present a seminar** on his very effective natural treatments for glaucoma, macular degeneration, retinopathies, and other chronic eye problems on November 18, at the Village Hall in Bluffton at 5:30 P.M.
- Whether you like mammograms or not, you **should get breast thermography screening** to help prevent breast cancer. Mammograms only detect cancer that is already growing. We **now offer thermography at our Toledo office** as well as Bluffton.
- If you have **fibromyalgia**, read the articles in this issue on nitric oxide and Fry Labs. But also be sure to be tested for heavy metals and food allergies. We are dedicated to finding a good way to give you relief.
- If you are **really tired and your libido is gone**, let's talk **bio-identical hormones**. We have many patients who feel dramatically better with treatment.

Website and BLOG

www.healthcelebration.com

www.endfatigue.com

www.getprolo.com

Give us your email address to get free online newsletters!

Have a healthy and safe holiday season!

Dr. Chappell and staff