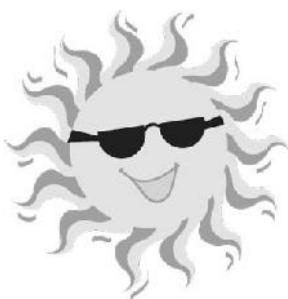


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NEWSLETTER

SUMMER

2018

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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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From Dr. Chappell's Desk

Revolution Medicine at COHA

We have made some remarkable upgrades at COHA in the past few years. We are positioned not only for me to practice medicine for a long time yet, but also to maintain our excellent staff while adding a key person or two as the need arises. For many years we have embraced membership medicine. Team Care has enabled us to better utilize the skills of our nursing staff. We set up a system of Direct Pay before it became called that by opting out of Medicare and avoiding assignments from insurance.

I've been reading that across America family doctors and specialists are becoming "burned out" due to the swampland of regulations, maintenance of certification, and electronic medical records that are dragging down our medical industrial complex. Doctors are becoming depressed and many are retiring early.

So that doesn't happen to me, I decided to attend a recent meeting of the International College of Integrative Medicine called Revolution Medicine by Dr. Ellie Campbell. Dr. Ellie showed how we can preserve the joy of practicing medicine. Doctors from around the country are declaring their independence. Some of the same business concepts that we have been using are being adopted by the Mayo Clinic, Harvard, and the University of Michigan. However, alternative doctors like me are going much further. We are finding the causes of chronic illnesses instead of just treating the symptoms, while using natural remedies and avoiding drugs and surgery as much as possible. Today's newsletter will describe the latest advances in Revolution Medicine at COHA.

To your health,

L. Terry Chappell, M.D.



Fatigue

There are multiple possible causes of fatigue. After checking for common illnesses such as anemia, we check for yeast imbalance, allergies, and especially food sensitivities. We test for thyroid and adrenal function. Thyroid antibody testing and thermography might uncover avenues to successfully desensitize and clear up the problem. We also desensitize food and other allergies as well as various autoimmune diseases such as rheumatoid arthritis, digestive issues, Lyme, and multiple sclerosis with

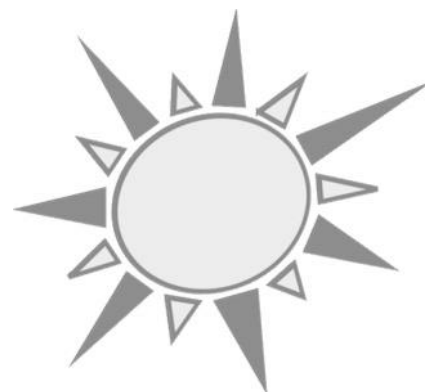
LDA/LDI (Low Dose Allergens/Low Dose Immunotherapy). Digestive problems are often connected with yeast, inadequate probiotics, reduced enzymes, and inadequate hydrochloric acid. A stool culture, food allergy test, and urine amino acids can detect these deficiencies. Bio-identical hormones are next on the list. They can be of great benefit for patients experiencing fatigue.

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!

Heart and Vascular Disease

We are known nationwide for detecting toxic metals and treating vascular problems with chelation therapy. Intravenous chelation can prevent heart attacks, strokes, and small vessel disease. We look for a variety of risk factors that can be corrected. The most dangerous is hypertension, and there are new guidelines to reduce that risk safely. Many of our patients want to

avoid drugs as much as possible, especially statins, to treat vascular problems. The CardioRisk and the calcium score CT scan are inexpensive ways to detect plaque in the arteries. Oxygen treatments are powerful adjuncts. All patients should be tested to see how much stress plays a role with a Max Pulse test.

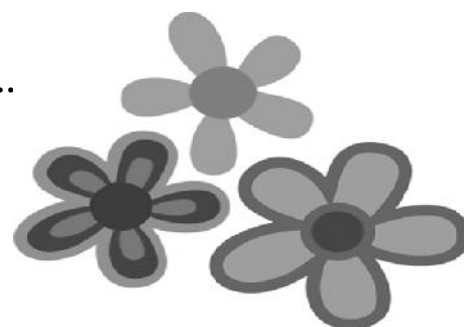


The Oxygen Revolution

Oxygen is crucial to a healthy life. By utilizing it carefully, we can guide our patients to high-level wellness. Ultraviolet light with ozone given intravenously is a powerful treatment for infections, vascular, and autoimmune problems.

Patients often feel considerably better with treatment. Pain dissolves and function improves. Hyperbaric oxygen heals wounds, including brain and neurologic malfunctions. Even PTSD and autism can improve. Oral adjuncts

that might enhance the effect include vitamins E, D, and C, and resveratrol. NanoVi breathing treatments and IV vitamin C can also help.



Neurofeedback

We have seen some great results with neurofeedback for anxiety, depression, PTSD, stroke recovery, and other diseases related to stress. All patients with heart disease and hypertension should be treated. The results with a series of treatments might be permanent. You usually begin to see improvements after only four sessions. We no longer have to do brain mapping, as was previously

required. We also can measure neurotransmitters and boost them if needed with oral amino acids. Low level laser treatments might help. Herbal treatments and low dose Naltrexone can also relieve pain and stress. We don't carry CBD and hemp oil at this time, but many of our patients report good results.

Tell your friends

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

Regenerative Medicine

Prolotherapy and neural therapy have been mainstays in our clinic to rebuild ligaments and restore nerve function. The results are usually long-lasting. Now we can help regrow cartilage and reduce inflammation with ozone injections and donated umbilical cord stem cell treatments. Kaufman's Pain Neutralization

Treatments can relieve pain and restore function. This treatment is painless and inexpensive but patients need to commit to at least six treatments. Acupuncture is also available, expecting improvement in four treatments.

Staff changes

We said goodbye, and happy retirement to Marlyce Gundy at the front desk. We now have Janet "JP" Schumacher at the front desk. She is a local Bluffton gal that many of the staff knew previously. Please say hello to her the next time you are in the office.

Many may remember Esther Brauen, our IV nurse for many years, she passed away on April 7 at age 87.

Malnutrition

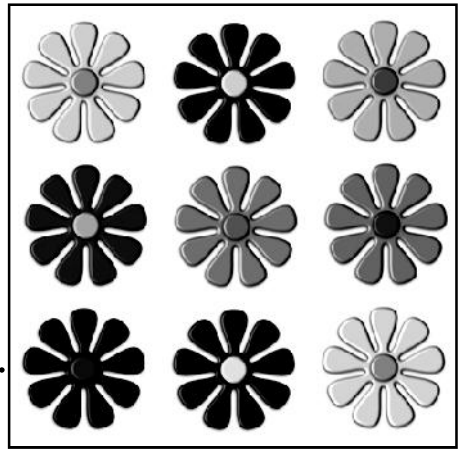
If you have been sick for a period of time, you might get better faster if we jumpstart your treatment with IVs. We can provide you with inhaled NanoVi treatments to boost your anti-oxidants, high

-dose vitamin C, superimmuno nutrients, and amino acid IVs. Sometimes a combination of these treatments is most effective.

Lifestyle Coaching

Diet, exercise, stress control, and managing metabolic disorders such as diabetes and hypoglycemia go beyond the usual office call to really turn these problems around. The metabolic syndrome is particularly insidious and needs to be addressed. Thermography for breast screening, colonoscopy, natural flu prevention

and other preventive measures are strongly encouraged. Family history is important. Genomics can be useful. A recent study of 512 patients showed patients with at least four coaching sessions lived six years longer and spent \$19,000 less on medical care.



A Simple, Effective Nutrition Tip

Eat five servings of fresh fruit and veggies, including one green drink per day to live longer and sharpen your memory, guaranteed!

Hypertension Becomes a Much Bigger Threat

Dr. Chappell published another article in the Townsend Letter in May about controlling blood pressure with lifestyle improvements and natural therapies. New guidelines are out, and he shows how they

can be met to extend your life and avoid heart attacks and strokes. Pick up a free copy at the reception desk or on our website healthcelebration.com.



Milestones from 1968

On April 19 fifty years ago, Linus Pauling invented the phrase Orthomolecular Psychiatry in the journal Science, "Orthomolecular therapy is the treatment of...disease by the provision of the optimal molecular environment..." Along with Abram Hoffer, Pauling led the emergence of a new type of natural medicine. Many people have had their

health restored without the use of drugs and surgery.

50th

Soon afterwards on June 8, Terry Chappell and Barbara Heiks were married, the beginning of a long and fruitful life together.

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

REFERRALS

A SINCERE THANK YOU TO ALL WHO HELP
SPREAD THE WORD OF OUR OFFICE!
NEW PATIENTS MENTIONED THE
FOLLOWING BY NAME:

Becky Riepenhoff
Betsey Angus
Betty Shappie
Camille Green
Christina Walton
Donna McHaffie
Dr Heymeyer

Dr Joseph Hickey
Dr Matt Thiel
Dr Rick Plumb
Dr. Marra
Dr. Morman
Dr. Reed
Haily Kinn
Joyce & Tom Martin
Joyce Allen
Kim Stevenson x2

Lisa King
Marjorie Bruey
Megan Siebeneck
Michelle Labis
Rhonda Perkins
Roger Watercutter
Ron Marchal
Scott Sharik
Steve Troyer
Sue Homan

Susan Hoover
Tiffany Baumgartner
Wendy Hutchinson
Claudia's Health Food x3
Becky-Dr Edward Heymeyer's office
Claudia's Health Food -Victoria x2
Natural Health Care Center

THANK YOU !

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RETURN SERVICE REQUESTED

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

FOR AN APPOINTMENT CALL:

419-358-4627 or

800-788-4627

Non-patients welcome