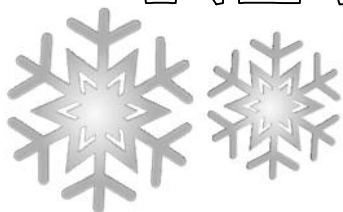


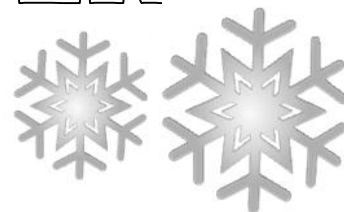
Feel Better!

CELEBRATION
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NEWSLETTER 2017



WINTER



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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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www.healthcelebration.com

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From Dr. Chappell's Desk

Ideal Patients

Every now and then, a patient will ask me if I plan to retire soon. After all, I just turned 74, and I have had a career of 47 years. Many of my colleagues in family medicine have become tired of the paperwork and regulations of a medical practice, and they decide to move to Florida or elsewhere to do something different. However, along with my fellow physicians in integrative medicine I have spent my career learning new ways to help people. By utilizing nutritional and functional medicine, we have often been able to help patients who otherwise would continue to suffer even after receiving the best that conventional medicine has to offer.

Ideal patient #1—has positive risk factors and a family history of heart problems or strokes. We review his lifestyle, do a few tests such as the CardioRisk and Max Pulse, prescribe some supplements, and offer chelation therapy. The patient feels much better. The pain goes away. Instead of a future with heart attacks, stents, and an early death, this patient will live longer and enjoy life.

Ideal patient #2—has an old sports injury to her knee and a whiplash car accident. She has constant pain, which drags her down. She needs daily medications that upset her stomach and leave her with concerns that she might be developing an ulcer. The accident might have left her with post-concussion syndrome. We treat her with laser, Kaufman, and prolotherapy. Her ligaments grow stronger, and her pain goes away. She no longer needs pain meds to get through the day.

Ideal patient #3—has extreme fatigue, many allergies, digestive problems, brain fog, and diffuse muscle aching. She has been to many doctors with no help. We treat her for yeast imbalance and adrenal and thyroid problems using desensitization, low-dose Naltrexone, brain mapping and neurofeedback. Within weeks she starts to feel better. Her quality of life improves dramatically. She tolerates most foods and no longer needs to avoid perfumes. Her brain function has returned to normal.

I see patients like this every day, and I can usually help them a lot. Why would I want to retire from this? I am blessed with good health and with the patients who continue to come my way.

To your health,

L. Terry Chappell, M.D.



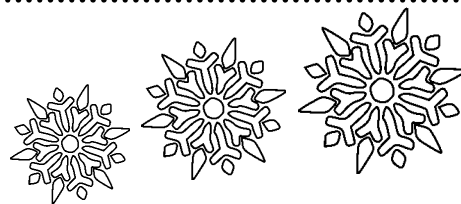
Have a friend you think would like this newsletter?

Give us their email or phone number and we'd be happy to email or mail it to them!

Hidden Causes for Chronic Headaches

Tension headaches, sinusitis, and migraines are commonly reported problems. Not infrequently treatment is ineffective, or drugs are prescribed that cause side effects. Some of the most famous headache clinics in the world will sometimes treat the symptoms with three or four medications. We find several underlying causes that are commonly missed. First is the use of other drugs, such as antidepressants, and even caffeine.

Food allergies that may or may not have other symptoms of the allergy can also precipitate headaches. Elimination of the suspect(s) for one to four weeks can provide the answer, then avoidance or desensitization can be the treatment. Other possible cause of headaches include yeast dysbiosis which can occur with or without food sensitivities) or an imbalance of neurotransmitters (which can be detected with a urine test and treated with specific



amino acids).

Brain mapping and neurofeedback can also provide an answer. Finally, if tender trigger points are detected, they can be eliminated by soft laser, injections with local anesthetics, or Kaufman's pain neutralization technique.

Evidence-based Complementary Therapies

Very slowly, evidence for the use of natural complementary therapies is accumulating. The reason for the slowness is cost. Who will fund huge controlled clinical trials without the probability of getting a patient? And then the price to a consumer skyrockets. The chelation trial (TACT) was funded for \$30 million, and follow-up study for \$37 million.

Some studies, however, have been published recently. The *American Family Physician* listed several. A meta-analysis of 29 studies and

17,922 patients showed that acupuncture is effective for chronic low back pain. Coenzyme Q10 was shown to be helpful for congestive heart failure in a meta-analysis of 13 randomized controlled trials.

Thirty-seven studies of 42,264 patients demonstrated that anxiety can be controlled with regular exercise. Fish oils were used in multiple trials to reduce excessive triglycerides in the blood without risk of increased bleeding.

Ginkgo Biloba was at least as effective

as common drugs used to improve memory in patients with Alzheimer's disease, as long as 240 mg per day was the minimum dose. Various mind-body interventions were good for insomnia, including music therapy, hypnosis, guided imagery, meditation, cognitive behavior therapy, yoga, biofeedback, and tai chi. Three separate meta-analyses proved that probiotics could prevent or treat antibiotic-associated diarrhea. St. John's Wort was as effective and had fewer side effects for mild to moderate depression than antidepressant medications.

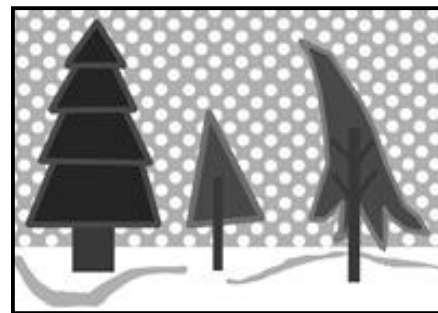
New Findings in Asthma

Christopher Ramsden published in the *New England Journal* that mothers whose children are predisposed to getting asthma can take fish oil supplements during the third trimester of pregnancy to substantially decrease their child's risk of getting this scary disease during the first five years of life. Lower respiratory infections were also reduced, but not eczema or allergies. Anecdotally, those doctors like myself who offer Low Dose Allergen (LDA) and Low Dose Immunotherapy (LDI) treatments can also prevent asthma, allergies, and eczema from developing for those at risk by starting treatment orally in newborns before symptoms develop. Great news for families with these problems!

Nutrition for Hearing Loss

There are recent reports that a combination of nutrients can sometimes be very helpful in improving hearing and reducing tinnitus, or "ringing in the ears." Alpha lipoic acid, ginkgo, and Acetyl-L-carnitine are essential, followed by six pills a day of a powerful multivitamin such as Theramill or Ultra Preventive. Green tea might provide some additional help. Improvement might be seen over a one-year period of treatment.

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



Improvement for Alzheimer's Memory Loss

Dr. Dale Bredesen of UCLA reports a study of ten patients with Alzheimer's disease who underwent a multi-faceted treatment program. Nine out of ten improved over a three to six month period of time. Improvements were sustained for up to two and a half years.

Some of the key treatments were:

- Adopting a low carb diet, eliminating gluten and processed foods
- Meditating twice a day
- Sleeping 7-8 hours per night
- Taking melatonin, B12, vitamin D3,

fish oil, and CoQ10

- Optimizing oral hygiene
- Balancing hormones
- Fasting a minimum of 12 hours between breakfast and supper. After supper remain awake and fasting for a minimum of three hours before going to bed. After retiring, remaining fasting until breakfast the next morning.
- Exercise 30 minutes 4-6 times a day
- Testing and treating for heavy metals



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

Improvement for Chronic Pain

For chronic pain, especially for arthritis, 25 grams daily of fiber can be very helpful, as shown in a study at Boston University. This is given in addition to other therapies prescribed. Also,

intravenous vitamin C and/or EDTA chelation therapy are readily available at COHA, and they often provide substantial relief from pain.

Hemp Oil is Available Now

I have had several inquiries about when patients can obtain marijuana, since the law allowing it was passed in Ohio. The regulations and certifications necessary have not yet been formulated. Hemp and marijuana are different strains of the same plant. Tetrahydrocannabinol (THC) is strong in marijuana, and it produces euphoria. Hemp has little THC but considerable cannibidiol (CBD), which gives pain relief and im-

proves circulation. Hemp oil is legal in all 50 states, unlike marijuana. At least until the legalities are worked out, you can get hemp oil on the internet at www.cbdformulations.com or by calling 800-230-1137.

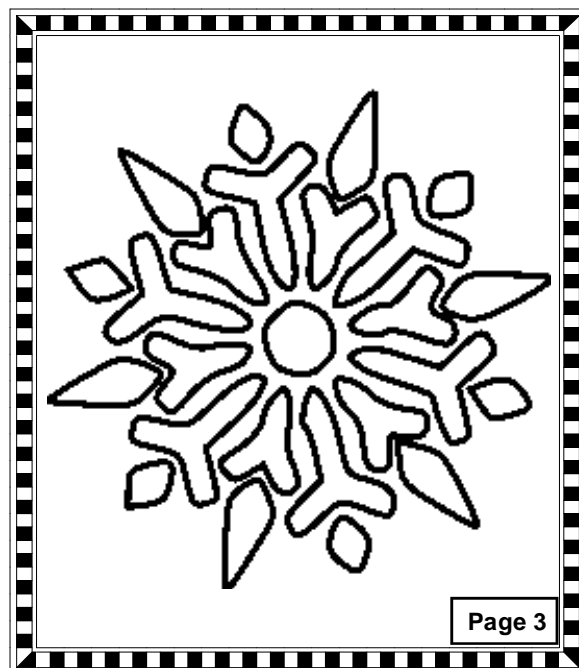


Dr. Chappell's Latest Book is Available Free on Our Website!

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.



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RETURN SERVICE REQUESTED

Carotid Intima Media Thickness (CIMT) 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.

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HEART SCREENING
BLUFFTON OFFICE
TOLEDO OFFICE**

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the next dates.**

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Non-patients welcome