

Feel Better!

**CELEBRATION  
OF  
HEALTH  
ASSOCIATION**

**NEWSLETTER  
SEPTEMBER**

**FALL  
2015**

**L. Terry Chappell, M.D.**

T. Rae Neal, C.N.P.

122 Thurman St.

Box 248

Bluffton, OH 45817

800-788-4627

419-358-4627

[www.healthcelebration.com](http://www.healthcelebration.com)

[www.terrychappell.blogspot.com](http://www.terrychappell.blogspot.com)

**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.

**Publisher:** L. Terry Chappell, M.D.

**Layout design:** Betsey Angus

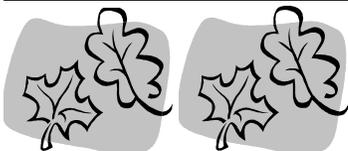
**The Celebration of Health Association Health Care Team**

We are the first, most comprehensive integrative medicine association in Ohio. We offer alternative treatments that often work very well even when conventional treatments fail. We are medication reduction specialists. Two of our goals are to help you avoid surgery and to prevent side effects from medications. We provide innovative, safe solutions for conditions that are otherwise considered to be difficult to treat. Some of our friends and colleagues that we communicate with are Julian Whitaker, Jonathan Wright, Alan Gaby, John Trowbridge, Claudia Roscoe, Sherri Tenpenny, Robert Rowen, Stephen Kaufman, Ed Kondrot, Jim Roberts, Tammy Born, William Shrader, Simon Yu, Bill Rea, Robban Sica, Claus Hancke of Denmark, Peter van der Schaar of the Netherlands, Bruce Dooley and Michael Godfrey of New Zealand, Franco Versella of Italy, and Efrain Olszewer of Brazil.

Dr. Chappell recently passed his recertification exam to continue to be Board Certified in Family Medicine. The day-long test is required every ten years for a doctor to be listed as a specialist in family practice. Rae Neal is certified as a nurse practitioner, which means that she can do most of what Dr. Chappell does, under his general supervision. These two are our primary providers at COHA. Our registered nurses are trained in Team Care, which means that they are highly skilled in data collection and carrying out the orders of our providers. We have medical assistants who have advanced training and expertise to provide services that are specifically ordered by the doctor or NP, one of whom is Robert Angus. We are fortunate to have Bob on staff because he has been trained and certified in many areas. His role in the office has been reviewed and approved by the Ohio State Medical Board.



*Robert Angus*



**Another Test to help Save a Million Hearts**

50% of patients who suffer a heart attack have a normal LDL cholesterol. We are now utilizing the Boston Heart Diagnostics program. Some of the amazing information we get from this testing protocol includes:

1. 5 levels of HDL--only the large particles offer protection from vascular disease.
2. Cholesterol balance test--shows which patients actually benefit from medications or red yeast rice supplements.
3. Genetic testing to discover whether you have a higher tendency to clot than normal, also methylenetetrahydrofolate reductase (MTHFR) testing.
4. Male and female sex hormones and how they relate to vascular disease.
5. Sub fractions of the cholesterol that put you at higher risk for a heart attack or stroke.
6. What oils you should be taking.
7. Are you headed toward diabetes and how to avoid it.
8. What supplements should you take to protect your heart most effectively.

This is a major advance in heart and vascular treatment. Another great advantage of the tests is that the lab accepts assignment from Medicare and all insurances (except Cigna). If this applies to you, we will get the results and no bill will be sent to you from the lab!

# Chelation Therapy and TACT-2

As you probably know by now, the Trial to Assess Chelation Therapy showed that IV chelation therapy is effective in preventing heart attacks. The FDA and Medicare were impressed by the results of this study, but for general acceptance, they tell us that a second study is required for confirmation. A grant request for TACT-2 has been submitted to the National Institutes of Health for funding. Dr. Chappell has been asked to be on an advisory committee to the chief investigator, Dr. Gervasio Lamas, along with several professors of cardiology and endocrinology from around the country. It is hoped that the review process will be completed by the first of

the year.

In April, Dr. Chappell coordinated a 2-day workshop on chelation therapy for doctors in Dallas. Recently, he was asked to advise a program for chelation therapy for patients in Italy.

If you are not receiving chelation therapy, especially if you have hypertension, diabetes, or any hint of vascular disease, you are missing out on our signature therapy. If you have not been tested for heavy metals, such as lead or mercury, you should be. Such toxicity is very common and can eventually be devastating to your health. If you have been

treated but have not been retested on a yearly basis, you might be operating under a false sense of security. Once we have detected high levels of toxic metals and you have been treated, the metals tend to re-accumulate over time. Maintenance is very important.



## REMINDER:

**OCTOBER IS BREAST CANCER AWARENESS MONTH. HAVE YOU HAD YOUR BREAST THERMOGRAPHY FOR EARLY DETECTION?**

## We Need Your Help

We have been developing our medical practice in Bluffton since 1978. We have advertised and conducted seminars. Local papers have done feature articles on what we do. We have treated thousands of patients. Not all of them have regained optimal health, but many, many have. We are constantly attending seminars and communicating with doctors from around the world to find new ways to help people get well. We are good enough in that role that many patients no longer need to come to see us, thus we need a constant flow of new patients. We have a flow of new patients, most of whom are referred to us by patients we have seen, but there is also room in our schedule for us to see more patients, especially with the addition of Rae Neal to our staff. It is remarkable how many new patients come to us saying they didn't know we existed until just recently. Others have been coming to us for a particular problem and have no idea about the variety of services we offer.

1. Ways you can help: give the insert copy of this newsletter to a friend or relative that you think we might be able to help.
2. Recommend us to others that you know by word of mouth, social media, shopping at health food stores, nurses that work in the area—as many places as you can.
3. Send people to our web site at [www.healthcelebration.com](http://www.healthcelebration.com).
4. Let people know that they can talk to Dr. Chappell by phone to discuss whether we are likely to be able to help them (a free phone consultation).
5. Write a testimonial about how you have been helped and what other treatments you have tried, so that others can decide if they want to proceed.
6. Suggest that others contact us if their current health care is unsatisfactory, if they are facing surgery that might not be needed, or if they are taking a lot of medications

and not getting good results.

7. Bring your friends and relatives to one of the free seminars that we offer this autumn. We will be demonstrating on volunteers how the new Kaufman techniques can provide instant pain relief.
8. Especially look for patients who are least 50 years old, have diabetes and have suffered a heart attack. They might be eligible for TACT-2. There is no cost to participate in this important study.
9. Be on the lookout for the book on powerful protocols that Dr. C and Rae are now writing. It is packed full of questionnaires that readers can use to assess whether they have specific health problems that we can address.
10. If people you know are interested in nutrition or alternative medicine, send them our way. We can tell them exactly what they need to do.

Below is an excerpt from the first chapter from our book on powerful protocols for optimal health. Take the two questionnaires to see if they apply to you.

Summary of Protocol A—Allergies, autoimmunity, asthma, eczema

History and physical of the patient with symptom questionnaires

Elisa blood test followed by elimination and challenge to confirm food allergies.

Option 1—SRT (tapping on acupuncture points) for a few months

Option 2—LDI (very dilute liquid allergens given by mouth no more frequently than every two months) for 2+ years

Both options are extremely safe. Patients can choose which option for treatment or they can take both at the same time.

Cost--Low

Additional options -- Chelation and/or intravenous vitamin C for autoimmunity, hyperbaric oxygen.

Useful supplements -- Vitamins C and D, quercetin, curcumin, Virapress, homeopathics.

Medications with common side effects -- Antihistamines (drowsiness) and/or steroids (many complications if used more than a short burst) are used for symptomatic relief. Immune suppressants are prescribed for autoimmune problems, such as methotrexate (a chemotherapy drug) and “biologicals”. Conventional desensitization is used for airborne allergies and severe food or bee sting allergies only. (It is less effective and much more likely to have local or systemic reactions than LDI. It requires extensive testing and shots 1-2 times a week for years. This has no benefit for autoimmune problems).

**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
- Thyroid and adrenal imbalance
- Yeast

**Allergy Questionnaire for COHA**

Do you suspect you have seasonal allergies, such as tree pollen, grass or ragweed?

Does mold or dust bother you?

Do you have frequent sinus congestion or pressure?

Have you been told you have airborne allergies?

Do you avoid any foods because they might give you symptoms?

Do you have headaches or muscle pain?

Do you have digestive issues, such as gas, bloating, GERD (reflux) or colitis?

Have you ever suffered from eczema or asthma?

Do you react when you enter fabric shops, carpet stores, or department stores?

Do smells such as exhaust fumes, solvents, and cigarette smoke bother you?

Do you suspect that your house or working environment has ever bothered you?

Have you had metal tooth fillings or been exposed to toxic metals in your lifetime?

If even one of the above applies to you, allergies are a good possibility.



**Autoimmune Questionnaire for COHA**

Have you ever been told that you might have an autoimmune disease?

Have you suspected that you have Lyme disease, thyroid inflammation, or the yeast syndrome?

Do you have muscle aching or joint pain throughout your body?

Do you have dry eyes, skin problems or discolorations, Reynaud's phenomenon, or sun sensitivity?

Do you have significant fatigue, “brain fog”, swelling, or persistent digestive issues?

Any positive answer to the autoimmune questionnaire raises the suspicion that you might have an autoimmune problem, especially if you also have allergies. If you have more than one positive answer, you should have a workup by your primary health provider.

Thanks very much for your help. The greatest gift you can give to us is to refer others to our care. We will do our very best to help your friends and relatives achieve optimal health.

**HAVE A NICE FALL!**

L. Terry Chappell, M.D.  
Rae Neal, CNP  
122 Thurman St Box 248  
Bluffton, OH 45817

*Feel Better!*

# CELEBRATION

OF

# HEALTH

# ASSOCIATION

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

RETURN SERVICE REQUESTED

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

WWW.HEALTHCELEBRATION.COM



Celebration of Health Association

## SEMINAR SCHEDULE

Please call for reservations: 800-788-4627

### OCTOBER 12th

6:00 pm ~ Lyme Disease-a New Treatment that Shows  
Great Promise. Allergy and Autoimmune Problems also  
Respond

7:00 pm ~ Pain-Instant Relief                      For details call  
and Long-term Solutions                      800-788-4627 or

OCTOBER 26th    go to  
6:00 pm ~ Women's Health                      www.healthcelebration.  
7:00 pm ~ A Comprehensive                      com/seminars  
Solution to Heart and Circulation Problems

Location: **THE CENTRE** North Main St. Bluffton

Light refreshments served.

**ALSO:** \*\*\*\*\*  
Dr. Chappell will be speaking **September 26th** at  
**12:30** on Chelation and other great therapies  
**Sara's Garden's 2015 "Passport to Health" 9:00-3:30**

Admission is free. 620 W Leggett St, Wauseon, OH  
Registration: <http://sarasgarden.org/passporttohealth2015>

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.

**CARDIORISK  
HEART SCREENING  
Tuesdays  
SEPT 22nd &  
DEC 8th  
BLUFFTON OFFICE**

**FOR AN APPOINTMENT CALL:**

**419-358-4627 or 800-788-4627**

**Non-patients welcome.**