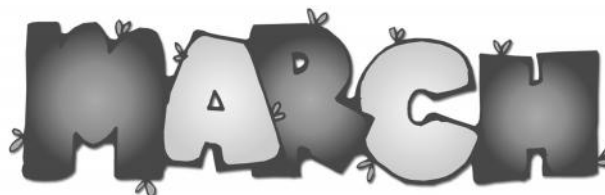


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**CELEBRATION
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NEWSLETTER



MARCH 2015

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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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Books, Articles, and Presentations from

Rae Neal, Natallie Paphanchith, and Dr. Chappell

Rae Neal, Dr. Chappell, and Natallie Paphanchith (a nurse practitioner from St. Rita's Endocrinology practice in Lima) collaborated for a requested article in the *Townsend Letter* on an integrative medicine approach to diabetes, due out in the May issue. Natallie covered the growing incidence of diabetes, lifestyle measures, and conventional care. Rae described the alternative medicine supplements and other measures supported by evidence. Dr. C covered the dramatic new findings for diabetes found in the Trial to Assess Chelation Therapy (TACT) and the plans for TACT-2. Copies of the prepublication article are available at COHA.

In April, Dr. Chappell will travel to Dallas to be program chairman for a 2-day workshop on the "Toxic Metal Time Bomb" to the physician members of the American Academy of Environmental Medicine. On the weekend of April 17, he will give a presentation in St. Petersburg, Florida introducing a new book on Chelation Therapy for which he was one of the authors. The meeting and the book will feature a once-in-a-lifetime gathering of 15 leading practitioners from around the country who have been leaders in the chelation movement. A section of the meeting will be open to the public.



HeartMath

The American Medical Association noted stress as a basic cause of human disease. Chinese medicine also sees emotional stress as the cause of illness. Among others, stress can cause chronic fatigue, weight gain/obesity, digestive disorders, increased heart rate, stroke, diabetes,

headache, ADD/ADHD, and anxiety. HeartMath research has shown how emotion charges heart rhythm, and their approach to stress reduction gets results. Schedule a time slot to come in for a free trial with Rae on March 19, April 2nd or 9th.

Surgery Strike(s) Out for Heart Disease

In January of 2015 there appeared two publications that were bad news for heart surgeons. In the on-line version of the American Medical Association journal for Neurology, the mortality rate 2 years after patients had stents placed for coronary artery disease was a whopping 32%. In addition, 2% of patients died on the operating table and 20% more developed arterial blockage in the 6 months after the stents were placed.

Part of the risk was a need to be on long-term anti-coagulants like Plavix. But a large part was the misconception that surgically opening an artery alters the disease process. Bypass surgery might relieve the patient from chest pain by cutting the nerves that supply the heart, but it fails to prolong life and may even cause brain damage.

What is the disease process? Renowned heart surgeon, Dwight Lundell gives us the answer, as he

stopped doing surgery in favor of true prevention. The answer is inflammation, largely attributed to the low fat diet that has been trumpeted by conventional doctors for decades. Low fat leads to excess sugar, simple carbs, and omega-6 oils, such as soybean and corn oils that are found in many processed foods. Cholesterol is a minor player, at best. Toxic metals such as lead, mercury, and arsenic also play a significant role to increase inflammation.

To reduce inflammation and protect your heart, choose a diet full of colorful veggies and fruits. Use olive oil, butter, and lean meat from grass fed cattle. Avoid grains to protect your brain and reduce your pain. Get exercise. Actively relieve stress. Take chelation therapy to remove toxic metals and reduce inflammation.

It might save your life.

Read Dr. Lundell's books, [The Cure for Heart Disease](#) and the [Great Cholesterol Lie](#).

REFERRALS

A SINCERE THANK

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

Bill Harr	Lyssa Riedel
Dr. Jim Smith	Lana Hoops
Tamara Schroeder	Paula Smith
Kathy Pietrowski	Melissa Ruhe
Ray Person, PhD	Lisa Bowe
Richard Marra	Greg Mackley

Paula Luginbill
Joni & Edna Beechy

Paul & Susan Byler **THANK YOU!**

Dr Don Schmidt
Health Food-Claudia x2
Judy Peirson-Herb Pantry
Grand Dads Home Remedies x2
Wayne & Ginny, Laura Wilson x2

Unavoidable Toxic Exposure—How Much is Too Much?

It takes 26 seconds for common chemicals to appear in the blood. If you are average, in a year you are exposed to:

- 126 unique chemicals in skin care products if you are female
- 14 pounds of pesticides, herbicides, food additives, and preservatives

In addition, 24 major cities have measurable prescription drugs in their water supply, and 7 million people a year die

prematurely of illnesses related to pollution.

One of our goals is to reduce the toxic burden and achieve optimal health. We suggest a seven-day detoxification program, featuring a comprehensive "Core Restore" kit by Ortho Molecular Products. It is gentle, easy to follow, natural, and effective. The program should be repeated once a year. We

will have a limited number of kits available in April for \$99.00. Pre-order your kit now to ensure availability.



Dr. Chappell Selected as One of the Steering Committee Members for TACT-2

Dr. C accepted a position to be on the Steering Committee for the next big study on chelation therapy. The study will be similar to TACT-I, except that it will be limited to patients who have diabetes, have suffered at least one heart attack and are at least 50 years old or more. This subgroup of patients had the best results in the first study.

The offices of cardiologists and endocrinologists will be the sites for two-thirds of the enrolled patients, and the remaining will come from physicians experienced in chelation therapy. The study is projected to follow patients for three years.

If you know anyone who might meet these criteria, please ask them to call us.

TACT-I showed a 52% reduction in cardiac events and a 43% drop in deaths over a five-year period for those who received chelation in addition to the standard care for diabetes and heart disease. There will be no charge to the patient who participates.

Attention! New Treatment Might Produce Excellent Results if You Have:

Allergies	Endometriosis	POTS
ALS/MS	Epilepsy	Recurrent Strep
Arthritis:inflammatory,	Fibromyalgia	Recurrent Vaginitis
Arthritis: Rheumatoid	Hypothyroidism	Rosacea
Arthritis: others	Interstitial Cystitis	Sarcoidosis
Autism	Irritable Bowel	Sensitivities
Bowel Infection	Lupus	Stubborn Yeast
Brain Fog	Mycoplasma	Tremors
Burning Mouth/Tongue	Peripheral Neuropathy	Ulcerative Colitis
Chronic Fatigue	PMR	Widespread pain
Crohn's disease	Poison Ivy	Or other Autoimmune
Eczema	Polyneuropathy	Problems

The treatment is Low Dose Immuno-therapy (LDI), formerly called Low Dose Antigens (LDA) or Enzyme-potentiated Desensitization (EPD). The treatment is simple, safe and usually very effective, in our experience. Almost all of the previous rules and restrictions

are no longer needed. Each dose is spaced at least 7 weeks apart, and can be given in an oral solution. The cost is even less than in its previous form. This is a major breakthrough -- ask us about LDI now.

Your Prescription refills

The recent addition of Family Team Care requires the nurses to be available for direct patient care and interaction.

For this reason phone calls and messages for medication refills should be eliminated to allow the nurses and staff more time to devote to patients here in person.

We are asking all patients to bring and share their prescription needs at their office visit or procedure.

In order to help you remember, there is a fee for prescription refills that are called, faxed, emailed, etc.

Again this is to allow the staff more time for direct patient care.

Please bring your prescription needs to your office visits.

There is a \$10.00 fee for all messages regarding prescription refills.

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

COHA Calendar

March- \$10 off breast thermography

March 2nd, 2015 2:00-6pm

Wellness Open House

Free Assessment, Education, Consultation. Call COHA to RSVP. Need to complete WICO online prior to open house. 45-60 minute time frame

March 17 CardioRisk test, call to schedule a 10 minute slot

March 19, April 2nd or 9th. Heart Math free trial with Rae-need to schedule

4th week of the month

The best time to get started with LDI for allergies, auto-immune disease, and certain neurologic problems. The rules are out the window and the results are great.

April 1

A great day to "fool" the chemical companies. There are many chemicals in the environment that can be harmful for your health. Sign up for the 7-day Core Restore detoxification system. It works like a charm.

April 17th

Dr. Chappell co-authored a new book on chelation. It features top experts from around the country. The authors are giving a great seminar for other doctors and for the public in St. Petersburg, Florida. Come and join us if you can.

Most Thursdays-Rae is seeing patients in Bluffton office

Website and BLOG

www.healthcelebration.com

www.endfatigue.com

www.getprolo.com

Give us your email address
to get free
online newsletters!

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Celebration of Health Association

From the desk of T. Rae Neal, C.N.P.

Because COHA has offered IMT testing (also known as CardioRisk testing) for some time this might all be old news to you. I however am new to the office and learning about all the offered services, so I did a little research and want to share it with you.

Carotid Intima Media Thickness (CIMT) testing 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

Call for the schedule,
available a few times a year in Bluffton
and one per year in Toledo office.

FOR AN APPOINTMENT CALL:

419-358-4627 or 800-788-4627

Non-patients welcome.