



Holze Wellness Center
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LivingWell

www.holzewellness.com

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Do's and Don'ts of Pregnancy

While having a baby is the most natural thing in the world, our Western culture had essentially turned it into a multi-million dollar “disease” industry, convincing women that natural is no longer possible. What used to be a simple process is now complicated by products and services, options and choices. Before you make what are some of the most important decisions of your life, make sure you gather all the information you can.

—Do practice wellness, rather than “fadness”: Be sure to carefully consider every option presented to you during your pregnancy.

—Don't get overscheduled: Stress can have a negative impact on your pregnancy, causing health problems such as hypertension.

—Don't be sedentary: Excessive weight gain during pregnancy is linked to labor difficulties and gestational diabetes.

—Do a combination of exercises: Consistent exercise such as walking, water aerobics, prenatal yoga, or riding a recumbent stationary bicycle will increase your heart rate, which will increase your blood flow.

—Don't forget the importance of good nutrition: Diet plays an important role during pregnancy. Eating whole, living foods begins by understanding the reality that if it's in a box, a can or package, there's a good chance it's been nutritionally compromised.

—Do consider the source of your prenatal vitamins: Good prenatal vitamins will have everything your body needs to help your baby develop.

—Do reduce your caffeine intake: research suggests that caffeine can cause miscarriages if you're already pregnant and, can interfere with conception if your not already pregnant.

—Don't agree to a “routine” ultrasound: The American College of Obstetricians and Gynecologists recommends ultrasound examinations only be performed for specific reasons, but many health care professionals include at least one ultrasound at 18-20 weeks as part of routine care.

—Don't take medications unless absolutely necessary: Studies show that many drugs will cross the placenta and negatively affect your baby.

—Don't take antidepressants:

—Do consider having a doula:

To Your Health, March 2010, Claudia Anrig D.C.



Wellness Class:
Saturday 9:30am
April 17th, 2010

Winning Words For April:

Health is the condition of wisdom, and the sign is cheerfulness, —an open and noble temper.

Ralph Waldo Emerson

The simple truth is that happy people generally don't get sick.

Bernie S. Siegel

UNDERSTANDING WELLNESS

AN INFORMATIVE PRESENTATION ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, APRIL 17, 2010 AT 9:30 AM

Are you concerned about your health and looking for alternative wellness care? We want to help you along your personal path to wellness by educating you about the many techniques and tools we utilize to improve people's wellness every day. Please join us for our April 17, Wellness Clinic. Come meet the doctors and staff to learn what you can do to improve your overall wellness.

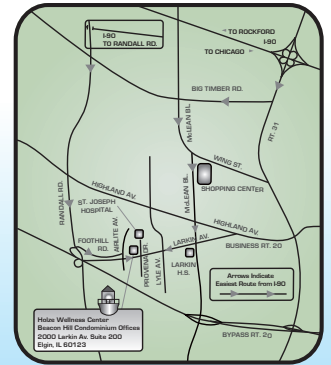
Can't make it to the class? Please visit our website at www.holzewellness.com

Seating is limited. Please call the office at **847.888.4770** to reserve a space for yourself and others. Thank you! See you there!!!



Dr. Christopher M. Holze

Dr. Lester H. Holze



2000 LARKIN AVE | Suite 200 | ELGIN, IL 60123 | 847 888 4770

Patient Testimonials

I originally came to Dr. Holze for Hypoglycemia. I also had a spastic colon. Had been depressed, and just didn't feel well. I had never been treated for hypoglycemia. I don't even know what it was at that time. I had been taking a drug for a spastic colon for about ten years and it didn't seem to be working anymore.

I was looking for help and found a nutritionist who did hair analysis and iridology and she put me on a lot of vitamin supplements that helped. She was the one who referred me to Dr. Holze. I don't remember but I think it took maybe 6 months to a year to see some improvement. I was so sick so I guess that's why it took a little longer. I wasn't as nauseous, my colon was better. Dr. Holze did an evaluation and came up with a plan that included vitamins and homeopathy which I had never heard of before. I liked that it wasn't drugs.

Dr. Holze is very caring and does care about how his patients feel. The results were kind of subtle. I like the fact that it's not drugs and there aren't any side effects. I am very pleased with my care here at Holze Wellness Center.

If you are sick and tired of being sick and tired, Dr. Holze is your man.

C.

Do you know of someone who is experiencing pain like this? Please refer them to our clinic for care. Or better yet bring the parents to our next wellness class. If we have helped you through our treatments please ask Barb about how to write a testimonial.

Keep Your Immune System Working Right

The concept of “immune defense” is a misunderstood but often talked about topic. It is common to believe that we get a cold and flu symptoms when our immune system is weak, which allows us to be overwhelmed by viral invaders. Accordingly, we believe that the invading viruses give us the cold/flu symptoms. As a result, we are naturally led to look for substances that can make our immune systems stronger. This approach, however, is mostly incorrect.

The immune system has both pro-inflammatory and anti-inflammatory functions, and each is needed to be healthy. Too much or too little of one or the other is not healthy. When your immune system is working right, it helps defend against disease and responds to bacteria, viruses, and other foreign invaders. When it’s not working right, the exact opposite can happen.

General cold and flu symptoms include malaise, loss of appetite, physical and mental fatigue, and aches and pains. The scientific term for these symptoms is the acute phase response. Consider a time when you were psychologically stressed by an event or series of events and you developed cold/flu symptoms—the acute phase response. What appears to happen is that psychologically stressful situations themselves activate the immune system in a similar fashion as viruses. This causes an acute phase response that we misinterpret as “catching a cold virus.”

Some of the nutritional supplements that reduce inflammation and thus help to reduce the chemistry associated with an acute phase response are: vitamin C, a number of the spices including ginger, garlic, etc., magnesium, probiotics, and vitamin D and fish oil. When considering the immune system and nutrition, the focus should be on avoiding the foods that promote inflammation and focusing on the foods that reduce inflammation. Also using the best supplements to support a healthy immune response.



Happy Birthday and Thank You For Your Referrals

Happy Birthday to Michael, Marion, Karen, Joy, Melanie, Thomas, Charm, Barbara, Veronica, Patricia, Elvira, Cecilia, Chandra, Bonnie, Andrew, Steve, Joan, Rachel, David, Trent, Donald, Frank, Linda, Brent, and Erin.

Thanks to Pauline, Alice, LauraMae, and Joe for caring enough to refer someone to our care. We are always here to help your friends and relatives. Bring them to our next wellness class and give them an opportunity to see what we can do for them. If you yourself have not attended a wellness class you owe it to yourself to do so.



Back Page Books

Great Results Begin with Great Questions! This is the belief behind something called question thinking or QT. In the book *Change Your Questions Change Your Life* by Marilee Adams PhD, she discusses how most people believe the way to fix a problem is to look for the right answers. Instead, maybe the best way to solve a problem is to first come up with better questions. In the words of Albert Einstein, “*Question Everything.*”

There are 10 question thinking tools that Marilee utilizes to help her develop good questions.

- 1) Empower your observer or develop the ability to be still, calm and present with ourselves and others.
- 2) Use a choice map as a guide to provide a visual summary and guide for understanding our Learner/ Judger mindsets and questions.
- 3) Put the power of questions to work by becoming more prolific and effective at asking Internal Questions (the ones we ask ourselves) and Interpersonal Questions (those we ask others).
- 4) Distinguish between learner and judger mindsets and questions.
- 5) Make friends with the judger by becoming more aware of that mindset in ourselves and others.
- 6) Question assumptions to avoid making mistakes based on false or incomplete information.
- 7) Take advantage of switching questions to facilitate easier course corrections from the Judger onto the Learner path.
- 8) Create learner teams by applying Question Thinking to teams and organizations.
- 9) Create breakthroughs with Q-storming or question storming to facilitate collaborative, creative, and strategic thinking that can lead to more successful results.
- 10) Ask the top 12 Questions for success to offer a useful sequence of questions for thinking comprehensively before making a change or embarking on a new direction.

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