



Holze Wellness Center
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LivingWell

www.holzewellness.com

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Enhancing Nutritional Status to Improve Fertility

Infertility is a common and costly problem. Each year, American couples spend between \$2-3 billion on fertility drugs, assisted reproduction, and other medical services. According to the American Society for Reproductive Medicine, 1 in 7 American couples have difficulty conceiving. Nearly 12% of American women of reproductive age have impaired fertility. That's roughly 7.3 million women.

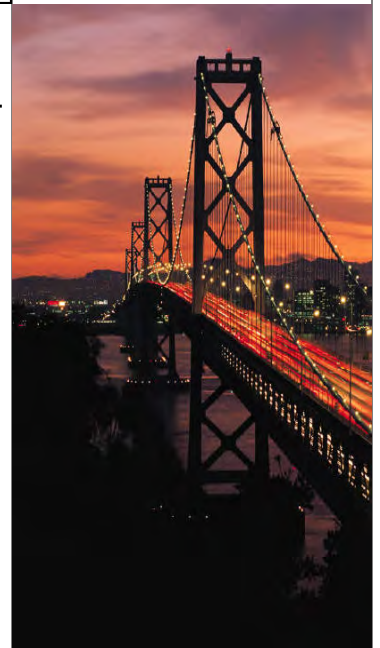
In many cases, careful attention to nutrition and lifestyle factors can obviate the need for more expensive, drug-based, fertility enhancement or assisted reproduction. Primary care doctors can play a vital role in identifying and correcting nutrient deficiencies and lifestyle factors that impair fertility.

Environmental factors such as chemical toxins, radiation, and infections affect fertility in both women and men, modulating the hormonal balance related to conception, implantation, and development. Declining sperm counts, observed over the last 50 years in men in developed countries, may be due to estrogen like compounds in the environment. One study showed that blood levels of organochlorines are inversely related to sperm count and motility.

Nutritional status strongly influences fertility. There are a number of scientifically validated nutritional supplements that can assist in improving fertility. It is important to assess the nutritional status of both partners, and try to correct deficiencies and imbalances whenever possible. B Vitamins, Iron, Zinc, Vitamins C and E, Selenium, and Amino Acids have all been shown to improve fertility.

Several medicinal herbs have proven useful in helping to promote healthy reproductive function in women and men. Here are three of the most effective: Vitex agnus castus (Chasteberry), Panax Ginseng (Asian ginseng) and Lepidium meyenii (Maca)

Generally speaking, stress impedes fertility. A couple under constant, intense stress may have great difficulty conceiving, assuming they are even able to be intimate with one another. Yoga and acupuncture are both effective in reducing stress and may improve fertility. Nutritional protocols, lifestyle change, and stress reduction are relatively inexpensive. While they may not help every infertile couple conceive, they can help many.



Wellness Class:
Saturday 9:30am
February 27th, 2010

Winning Words For February:

**Forgiveness is the way
to true health and happiness.**

Gerald Jampolsky

**Forgiveness is all powerful.
Forgiveness heals all ills.**

Catherine Ponder

UNDERSTANDING WELLNESS

AN INFORMATIVE PRESENTATION
ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, FEBRUARY 27 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 February 27, Wellness Clinic. Come meet the doctors and staff to learn what you can do to improve your overall wellness.

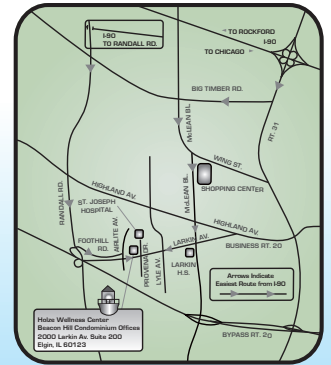
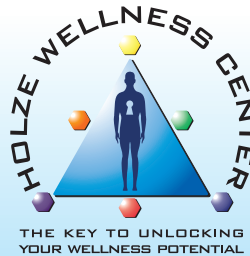
Can't make it to the class? Please visit our website at www.holzewellness.com

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



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Patient Testimonials

"How are your feet?" asked my friend. I looked at her in surprise. I had not thought about my feet in months! This is the friend that had referred me to Dr. Chris Holze at Holze Wellness Center and we had a discussion regarding our progress under his care. Writing my personal history brought forth an awareness in myself about the number and severity of ailments I was experiencing on a daily basis.

I was taking aspirin or ibuprofen everyday for what I called my "aches and pains". My mother's side of the family suffers from arthritis and I just supposed it was normal for me to have stiffness and achy joints, especially in my feet and knees. Most days I would remember to wiggle my feet before I got out of bed in the morning, but if I didn't, I hobbled for the first minutes of my day. My lower back usually ached and I always had a stiff neck. Under Dr. Chris's care my neck, back, and feet are in great shape. As I stated above, it is a surprise to even recall those daily "aches and pains".

My other physical weakness was my respiratory system. For years I took antibiotics at least twice a year for sinusitis, bronchitis, or pneumonia. I had pneumonia three times! I knew that regular doses of antibiotics were debilitating, but I did not know how to stop the cycle. I am happy to report that in over a year I have not even thought of visiting the ear, nose, and throat doctor whose office phone number I had memorized from calling so often. I attribute this to my wellness program. I have energy, strength, and endurance that is a blessing as I approach retirement. This life change to "go for wellness" has been a commitment on my part.
R.

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.

It's Not About the Lactic Acid: Why You are Still Sore!

“My legs and shoulders feel so heavy and I have a hard time lifting them. I’m going to take the day off.” These are common words after an intense interval training session on the mountain bike or a hard session in the weight room.

Why? What makes muscles sore and stiff? How could your body let you down like this? You, who works out in the gym several hours per week and had plenty of miles in your legs, should not feel any pain. You, who up until this point, always believed your body could take any punishment and your muscle tone was excellent. Whatever you did, you did too much, too soon. Now it is the day after and you have an athletic hangover. You are experiencing muscle soreness.

Causes of your post-exercise muscle soreness vary from overuse to minor strains to your individual muscle fibers. Despite what your high school coach may have told you, the culprit is not lactic acid. Lactic acid build-up has been blamed for prolonged muscle fatigue and discomfort; however, this concept is not widely accepted today. Lactic acid is produced during intense levels of exercise when the oxygen demands of the muscle fibers increase beyond what the blood is capable of delivering. To produce the energy needed, the body begins another process, which works in the absence of oxygen. Lactic acid– a byproduct of this process– locks up your muscles, and because it is an acid it causes your muscles to experience that burning sensation. But lactic acid is completely washed out of the muscles within 30 to 60 minutes after you finish exercising.

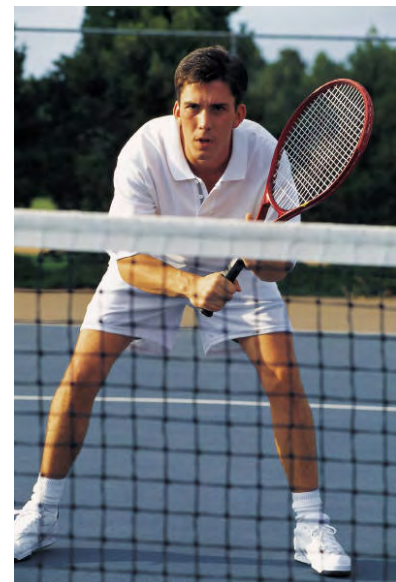
Whatever the precise mechanism of the soreness, current scientific research points toward muscle damage as the culprit of muscle soreness. The nerve supply to the muscles perceive this abnormal state and send messages of pain to your brain as soon as you move them the next morning.

The cure for muscle soreness is relatively simple: if you gradually increase the strength and endurance of your muscles and you stretch and warm up properly before the activity you will be engaging in, they will not get as sore. Post workout percussion and laser treatment also greatly helps sore muscles.

Happy Birthday and Thank You For Your Referrals

Happy Birthday to Judy, David, Erica, Sarah, Anaid, Eric, Nancy, Shawn, Julie, Julie, barb, Austin, Brian, Ginger, Lois, Meliah, Rob, Patricia, Mike, Christine, Phyllis, Michael, and Wade.

Thanks to Ralph, Barb, Pauline, Pat, Lori Anne, Joe, and Sarah 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

You know that the heart loves and feels, but did you know that the heart also thinks, remembers, communicates with other hearts, helps regulate immunity, and contains stored information that continually pulses through your body? In *The Heart's Code*, Dr. Paul Pearsall explains the theory and science behind energy cardiology, the emerging field that is uncovering one of the most significant medical, social and spiritual discoveries of our time: *the heart is more than just a pump; it conducts the cellular symphony that is the very essence of our being.*

Full of amazing anecdotes and data, *The Heart's Code* presents the latest research on cellular memory and the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives. By unlocking the heart's code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health, happiness, and self-knowledge.

This book contains stories from heart transplant recipients who provide unique insights on the workings of the heart. Like the little girl that helped catch her heart donor's murderer, they are able to produce very accurate accounts of changes in their personalities that correspond with the personalities and memories of the donor about whom they would seem to have no way to know anything.

