



Holze Wellness Center
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LivingWell

www.holzewellness.com

Issue 49

January 2010

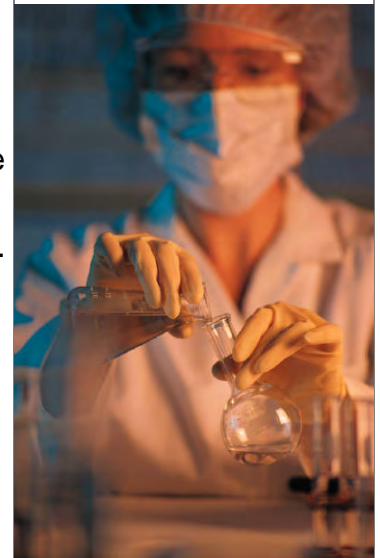
H1N1 is No Match for a Well Primed Immune System

If the H1N1 virus were a serial killer, it would not take much for a clever detective to put together the common denominator among its victims: the young, the elderly, the pregnant, and those with an underlying illness. This detective would have easily figured out that a compromised immune system is what makes each of these groups vulnerable. Some of the conditions that make a person more susceptible to the H1N1 virus are: hypothyroid, low in vitamin D3, low in vitamin A, adrenally insufficient, or have some deficit in innate immunity that leaves them compromised.

If you want to prevent the flu, you've got to reduce susceptibility to it. This means doing things that strengthen innate immunity, while eliminating things that are detrimental. Remember, you are only as strong as the weakest part of your immune complex.

- 1) Follow a diet that discourages fungal growth. That means lots of purple, blue, red, and green produce, high quality protein, and as little sugar, dairy, carbohydrate and grain based foods as possible. Add turmeric, oregano, white and green tea to your diet.
- 2) Get your steroid hormone and thyroid hormone status evaluated to determine if there are any insufficiencies.
- 3) Supplement with Vitamin A. Vitamin A's benefits probably have more to do with its affects on the structural integrity of lung epithelial cell membranes than its direct effect on immune function.
- 4) Supplement with Vitamin D. Several studies show that more than 50% of children and adults in the U.S. are deficient in this vitamin. Researchers have shown that Vitamin D is essential to immune function.
- 5) Increase Iodine intake. This is especially important with advancing age. Iodine is the human cell's chosen halogen for antimicrobial protection.
- 6) Consider HCL and probiotics. Stomach acid is a key first-line defense against infectious pathogens. Many people under produce HCL.

Maintaining the functional integrity of the innate immune complex obviates the need for annual fretting over which strain of flu or virus will predominate. A competent immune system will defend against them all.



Wellness Class:
Saturday 9:30am
January 16th, 2010

Winning Words For January:

The secret of health for both mind and body is not to mourn the past, nor to worry about the future, but to live the present moment wisely and earnestly.

Buddha

UNDERSTANDING WELLNESS

AN INFORMATIVE PRESENTATION
ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, JANUARY 16 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 January 16, Wellness Clinic. Come meet the doctors and staff to learn what you can do to improve your overall wellness.

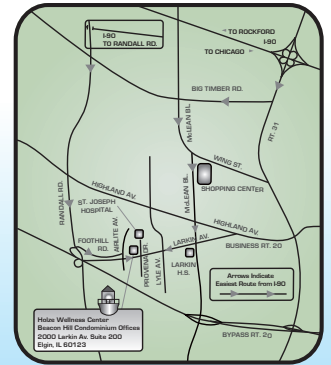
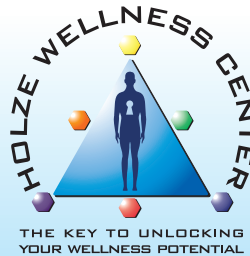
Can't make it to the class? Please visit our website at www.holzewellness.com

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

Before I came to Dr. Holze I had several health problems. I got sick all the time. For several months I could not get out of my chair for more than a few minutes. I would get sick with "whatever was going around" and just as I got a little better I would get something else. I was never fully well. I would get the sweats and the chills just minutes from each other. I was either in my sleeping bag trying to warm up or so hot that when my wife put cold towels on me I would just make the towels hot. I had trouble with great swings in blood sugar. Sometimes my blood sugar would get so low I would sweat and get dizzy and lose my ability to do anything.

Dr. Holze proceeded to help me get rid of an infection in my lymph nodes. He then started systematically to remove all the impediments to good health: infections, heavy metals, old viruses and toxins that lingered years after they first arrived. By ridding my system of the things that weakened it, I gradually began to function better and be more healthy. As these things were expelled in the normal fashion my body's own immune system was able to function better and begin to keep me healthy as a normal part of living. Now, when there is "something going around" I often don't get sick at all or it only makes me feel bad for a few hours.

I was headed in the wrong direction fast when I was sent to see Dr. Holze. He may have literally saved my life. Now I am healthier, stronger, happier, and looking forward to getting more so as time goes by.

Thank you Dr. Holze,
B.

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.

Sugar Avoiding the Unavoidable

Sugar has become the standard component of the American diet. In fact, Americans have become so dependent on dietary sugar that many health care professionals are considering it the country's number-one addiction. In the past 20 years, the average person's sugar consumption has increased from 20 pounds to 156 pounds of sugar annually, despite increased public awareness of its devastating health effects. With the obvious overconsumption of sugar in the American diet, it is no wonder that the most prevalent health issues within the U.S. population, including obesity, cardiovascular disease, metabolic syndrome, and diabetes, have all been linked to excessive sugar intake.

The health issues that develop as a result of a high-sugar diet are strongly linked to the response of the hormone *insulin* to carbohydrate ingestion, a phenomenon known as the glycemic response. Sugar is a simple carbohydrate that is metabolized by the body quickly, resulting in a rapid release of insulin and a quick rise and fall in blood sugar. This is often felt as a burst of energy followed by feelings of fatigue. If this situation occurs repetitively over a long period of time, insulin resistance can develop, which can lead to fat accumulation due to the body's inability to store the excess energy.

Other negative affects of high sugar consumption include its impact on dental health and immunity. Simple carbohydrates are the preferable food source for pathological oral and intestinal microbes such as *strep mutans* and *Candida albicans*. A diet high in refined sugars stimulates the proliferation of these microbes and can lead to intestinal bacteria overgrowth and dental issues including cavities and gingivitis. Research has also shown that sugar may suppress immune function, resulting in impairments in the body's resistance to infections. High sugar intake has been linked to attention disorders, and populations that consume a diet high in refined carbohydrates are more likely to experience mental disorders such as depression and anxiety. Reducing dietary intake of sugar can be challenging; however, the numerous associated health benefits make it well-worth while.



Happy Birthday and Thank You For Your Referrals

Happy Birthday to Joe, Fran, Lynn, Edward, Martin, Margarita, Cindy, Meridal, Victoria, Carolyn, LeAnna, Bob, Cassidy, Jillian, Tim, Anna, Stephanie, Manuel, Brandi, Elyssa, Eve, Valerie

Thanks to David, Sherri, and Ruth 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

The Holographic Universe, investigates the theory that the universe might be a giant hologram. Author Michael Talbot, discusses holograms which are three dimensional images projected into space with the aid of a laser. This remarkable new way of looking at the universe explains not only many of the unsolved puzzles of physics, but also such mysterious occurrences as telepathy, out-of-body and near-death experiences, “lucid” dreams, and even religious and mystical experiences such as feelings of cosmic unity and miraculous healings.

“It isn’t that the world of appearances is wrong; it isn’t that there aren’t objects out there, at one level of reality. It’s that if you penetrate through and look at the universe with a holographic system, you arrive at a different view, a different reality. And that other reality can explain things that have hitherto remained inexplicable scientifically: paranormal phenomena, synchronicities, and apparently meaningful coincidence of events.”

—Karl Pribram

(a neuropsychologist at Stanford University and author of the neuropsychological textbook, *Languages of the Brain*)

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