



Holze Wellness Center  
2000 Larkin Ave. Suite 200  
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# LivingWell

www.holzewellness.com

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## What is Earthing and Why is it Important?

Throughout evolution, humans walked barefoot and slept on the ground and received from the Earth a natural, nurturing, and gentle electric energy. You likely have experienced this form of energy yourself some time or another. This sensation is the ground's electric energy rising up into your body, the result of the skin of your conductive body making contact with the "skin" of the conductive Earth.

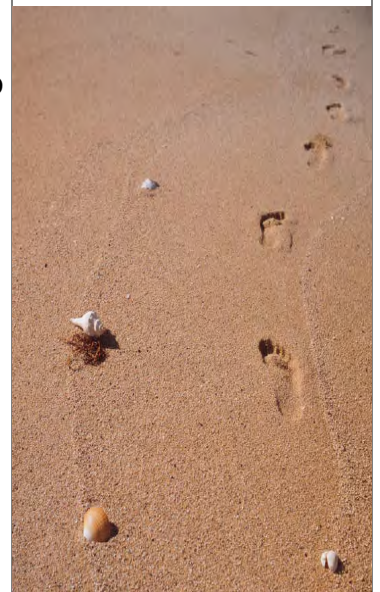
Modern lifestyle has increasingly separated humans from this flow of subtle omnipresent surface energy. We wear insulative rubber or plastic soled shoes that block the flow. Research is now showing that this energy creates a distinct and uplifting shift in the physiology of the body. It promotes health, vitality, and better sleep; harmonizes and stabilizes the body's basic biological rhythms; knocks down chronic inflammation; and reduces and eliminates pain.

A new book called ***Earthing*** written by Martin Zucker and Stephen Sinatra M.D. discusses this new concept and how it might positively affect your health. In his own field of cardiology Dr. Sinatra sees great promise in improving arrhythmias, blood pressure, blood viscosity and flow, and energy production of heart cells.

*Earthing*, or grounding, as we alternatively call it, refers to the discovery of significant health benefits resulting from contact with the Earth's natural surface electric energy. Contact is as simple as walking barefoot outside, or sitting, working, or sleeping indoors connected to conductive devices that transfer the outside ground energy inside to you.

Darkfield microscope images of blood taken from three individuals before and after 40 minutes of grounding shows a dramatic thinning and decoupling of blood cells. Another study shows that grounding significantly balanced cortisol levels after 6 weeks of Earthing in 12 participants. (Cortisol is released by the body in response to stress)

Biophysicist James Oschman, PhD, a leading expert and author on energy medicine, sums up Earthing this way: "The moment your foot touches the Earth, or you connect to the Earth through a wire, your physiology changes. An immediate normalization begins. And an anti-inflammatory switch is turned on. People stay inflamed because they never connect with the Earth, the source of free electrons which can neutralize the free radicals in the body that cause disease and cellular destruction."



Wellness Class:  
Saturday 9:30 am  
June 19th, 2010

### Winning Words For June:

**What your mind possesses your body expresses.**

*anonymous*

**The power to heal is in you.**

*Andrew Weil*

# UNDERSTANDING WELLNESS

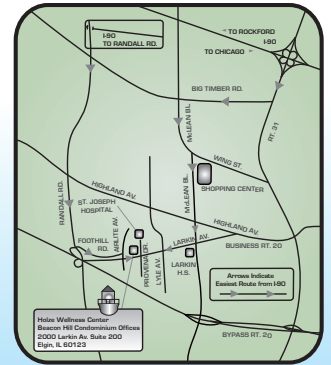
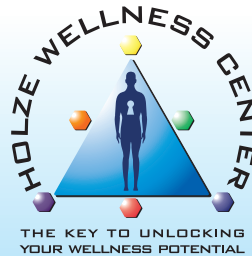
AN INFORMATIVE PRESENTATION ABOUT YOUR HEALTH

**ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, JUNE 19, 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 June 19, 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](http://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

In the early 1980's I was referred to Dr. Holze by a nurse. I had wanted some information about a more holistic approach to my healthcare—having read about homeopathy and kinesiology in several magazines. Allopathic care either stuffed me with vitamins or inferred my lethargy was in my head. Dr. Holze's testing and bloodwork showed I had poor absorption of the tons of supplements I was taking. Over the last 30 years or so Dr. Holze has caused various: "I have a feeling something is about to catch up with me, to disappear." What a joy not to be sneered at. It's always fascinating to come to my appointment, learn something new, and go away knowing I'll get better and better.

P.

***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.***

## Protecting Healthy Hearts

There are many nutrients that have been shown to help the body recover and heal from certain illnesses. In this section I am going to focus on the awesome four—some of nutritionals to help the heart to keep ticking and stay healthy. The awesome foursome are nothing less than awesome for the prevention and treatment of cardiovascular disease—from arterial disease to heart failure. Each of these compounds—available as nutritional supplements—represents a necessary raw material used by the mitochondria, the power plant of the cell, to produce ATP, the fuel that drives the cellular machinery, which in turn keeps the heart and all the other systems of the body running.

People with heart disease often have CoQ10, L-carnitine, D-ribose, and/or magnesium deficiencies. Standard medications often create or exacerbate such deficiencies; the most notable example is interference with CoQ10 production by cholesterol lowering statin drugs.

1) CoQ10— is a vitamin like substance synthesized in the body. Production declines with age and poor diet, and is significantly impaired by statins. It protects cellular membranes and components, as well as arterial tissue, from free-radical damage that generates inflammation and leads to disease and accelerated aging.

2) L-Carnitine— is a water-soluble amino-acid like compound present primarily in meat. Carnitine provides a exclusive mitochondrial transportation role. It ferries fatty acids to be oxidized to make ATP.

3) Magnesium—is found mostly in the mitochondria. All enzymatic reactions involving ATP have an absolute requirement for magnesium.

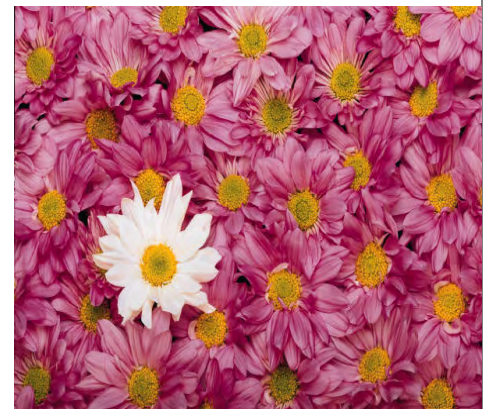
4) D-ribose— is a naturally occurring sugar derivative of ATP. Low levels of ribose compromise the heart's ability to resynthesize and regenerate ATP. This is needed for anyone whose cells and tissues are oxygen depleted.



## Happy Birthday and Thank You For Your Referrals

Happy Birthday to Danny, Rosie, Sarah, Kevin, Lonnie, Sherri, Tania, Thomas, Chris, Rich, Matthew, Stephen, Susan, Jane, Robert, Gloria, Scott, Robert, Jill, Joseph, Kathleen, Michael, LauraMae, Christine, and Alice.

Thanks to LauraMae, Alice, Joseph, and Chris 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

Dr. Les recently returned from an advanced QNRT technique seminar. There was a number of new things taught as well as some review on some of the protocols learned in the past. One of the main technique changes included an advanced body balance technique. This allows us to reset the body's bioneural physiology after an Emotional shock/trauma has been reprogrammed. An advanced body balance resets the Central Nervous System with a full-spectrum method to help integrate the Bio Systems of the body including: the immune system, endocrine hormones and neural components. Many times the Nervous System has to be reset after a QNRT therapy, particularly in regard to emotional conflicts occurring before the age puberty, those locked with subconscious filters consistently activating the Limbic brain (the part of the brain that deals with our emotional response to external stimuli).

The best way to activate a "quick survival" response is to train the counter intuitive response. *This counter-intuitive response goes against the basic "nervous system-trained response.* For example, many car accidents happen because the driver gets frightened, slams on the brakes, locks their arms, and focuses on the trouble ahead, only to hit what they should be avoiding. The counter-intuitive, safe response is to hit the brakes, relax the arm muscles so that a quick turn of the steering wheel is possible—all while looking away from the trouble and into an open spot on the road.

In QNRT we are neither clearing nor releasing old emotional conflicts but rather we are resetting the automatic responses that are no longer necessary to us. Our memory files are our experiences. It is not possible to remove these experiences but it is possible to reset the automatic responses within our Nervous System. In QNRT, we downgrade these automatic responses so that a client has a better chance to choose a better response with new training and reprogramming—providing that needed nanosecond delay.

