



Holze Wellness Center
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LivingWell

www.holzewellness.com

Issue 51

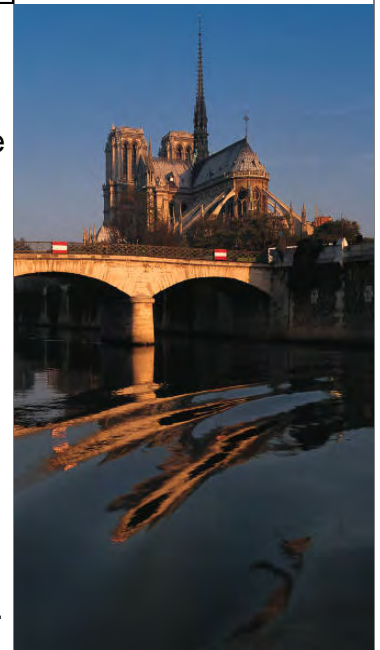
March 2010

Bone Up on Bone Health

Bone disease has reached near-epidemic proportions in America. Millions of people are suffering the often-crippling and devastating effects of diseases such as osteoporosis, a condition that results in a “demineralization” of the bone matrix, causing bones to become less dense over time and increasing the risk of fractures, especially of the spine, wrist, and hip; and osteopenia (softening of the bones).

It is never too late to improve bone health. With daily exercise, good nutrition and other simple strategies, people of literally all ages can strengthen and maintain strong bones, resulting in longer, healthier lives. Here are a few recommendations on how to keep bones strong for a lifetime.

- 1) Exercising regularly, especially the weight bearing variety. Evidence suggests that most people do not participate in enough physical activity to support strong skeletal growth. Weight bearing exercises, especially those that include higher levels of strain such as running or jumping, can be effective in enhancing bone health and preventing future diseases and injury.
- 2) Eat the Right Foods and Take Bone-Building Supplements. Another aspect of developing healthy bones is eating healthy foods and avoiding unhealthy ones. Due to the mass consumption of processed, overcooked, and nutrient depleted foods, most people absorb and utilize too little calcium and vitamin D for good bone health—even if they are eating foods that are high in both. *What about dairy products?* Contrary to popular belief and advertising, dairy products, including cow’s milk, while containing high levels of calcium, are in a form that is not compatible with human digestion. Lastly a person might be allergic to vitamins and minerals and because of this they might not absorb these things as well as they should.
- 3) As a final recommendation, it’s important to appreciate that bone-weakening can be averted and calcium absorption enhanced by abstaining from smoking, limiting alcohol intake, and decreasing or eliminating consumption of caffeine and soft drinks.
- 4) As a final note certain medications are noted for causing bone loss, such as corticosteroids, glucocorticoids, chemotherapy, hormone-replacement medications, and antiepileptic drugs.



Wellness Class:
Saturday 9:30am
March 20th, 2010

Winning Words For March:

**The best and most
efficient pharmacy is
within your own system.**

Robert C. Peale

**You don’t get ulcers
from what you eat. You
get them from what is
eating you.**

Vicki Baum

UNDERSTANDING WELLNESS

AN INFORMATIVE PRESENTATION
ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, MARCH 20, 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 March 20, Wellness Clinic. Come meet the doctors and staff to learn what you can do to improve your overall wellness.

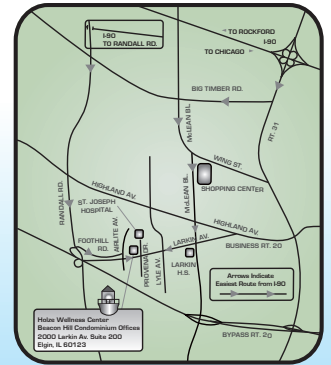
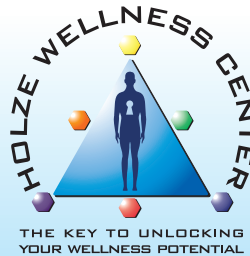
Can't make it to the class? Please visit our website at www.holzewellness.com

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

Dr. Lester Holze has proven to me, over more than 20 years, that he is qualified in his field and a very conscientious person in his awareness of the needs of others. There are many painless ways he has met my health needs. Health issues ranging from memory loss to temporomandibular joint syndrome (TMJ).

Stressful working conditions and the death of my Father had continued into loss of memories, fresh knowledge slipping through my mind and feelings of confusion. Dr. Holze treated me with Motivational Counseling using Neuro-linguistic Programming. Immediately my vision opened wider and objects were radiant. No more sitting on the kitchen floor crying alone. I soon became able to write using words beyond my daily vocabulary. For the first time in my life I brought encyclopedias, medical books, and my hard to comprehend Bible to the supper table. I now understand as I pursued answers to my own questions.

I continued all treatments that Dr. Holze advised in hopes of obtaining better health and energy. With it came knowledge and clarity of mind that I had never known before. The time and attention Dr. Holze has given to me, especially when I was in great pain emotionally and physically, has been greatly appreciated.

LET DR. HOLZE HELP YOU REACH YOUR PURPOSE IN LIFE!

Mrs. L

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.

Autism, Mercury, and High Fructose Corn Syrup

The October issue of the Journal of Pediatrics published updated data pertaining to the incidence of Autism in U.S. children, stating “numerous studies have suggested that the prevalence of diagnosed Autism spectrum disorders in the U.S. has increased dramatically in the past decades.” There have been constant yet controversial claims of autism incidence being linked to exposure to the neurotoxin mercury. In that regard, the following study pertaining to mercury exposure as a consequence of consuming products containing High Fructose Corn Syrup is thought provoking and potentially devastating. Mercury from chlor-alkali plants: Measured concentrations in food product sugar.

-Mercury is used to produce thousands of products including food ingredients such as citric acid, sodium benzoate, and high fructose corn syrup.

-High fructose corn syrup is used in food products to enhance shelf life. It is often produced with mercury in part because mercury is a preservative.

-“Product labels listing high fructose corn syrup as a first or second ingredient may contain detectable levels of mercury if the HFCS was manufactured with mercury grade chlor-alkali chemicals.”

-These authors estimate that the potential average daily total mercury exposure from HFCS could be as high as 28.4 micrograms of mercury.

-The daily exposure of mercury from dental amalgams is significantly lower than 28.4 micrograms averaging between 0.79 to 1.91 micrograms, and “Canada and other countries do not recommend the use of mercury amalgam in pregnant women or children.”

*To understand more about the dangers of mercury, the book *Diagnosis Mercury: Money, Politics, and Poison* by Jane Hightower M.D. is excellent.*



Happy Birthday and Thank You For Your Referrals

Happy Birthday to Kimberly, Jane, Bob, Doug, Natalie, Tami, Ronda, Craig, Taylor, Patrick, Joseph, Karen, Sarah, Liam, Lauren, Ella, Elizabeth, Ziggy, Jon, Estela, Trevor, David, Anna, Kathy, Fontaine, Joseph, Kathy, Vincent.

Thanks to Deb, Bonnie, Bob, and Pauline 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

As I write this March issue of Living Well I am reminded of all the new things that have been taking place at Holze Wellness Center. Dr. Les and Chris went to the Homecoming seminar for Dr. Brimhall's 6 Steps to Wellness Procedure. At this seminar both doctors got recertified in the 6-steps to wellness. The doctors have to get recertified every two years to keep up to date with anything new that is coming out with the protocol. Both doctors passed the exam with relative ease. At this seminar the doctors learned a lot of new things such as new tests that are out there to test a patient for proper Iodine and Vitamin D levels. Research is finding that many people, especially in the Midwest, are deficient in Iodine and Vit D. The doctors also learned some advanced laser procedures using the red/violet lasers. Also at the seminar they had the privilege of hearing Bruce H. Lipton PH.D. speak on his new book called *Spontaneous Evolution, Our Positive Future and How to Get There From Here.*

Also new is that we are trying to get into the media outlets to try to keep you more informed as to what is going on and what is new at Holze Wellness Center Ltd. We have recently gone onto www.Facebook and you can find us on there at Holze Wellness Center Ltd. Become a fan and stay up to date on what's new at our office. Also you can find us on Twitter under Dr. Chris Holze. It might be some time before we get fully up to date with this technology so please be patient with us. We are hoping to send out information on both mediums about our upcoming classes and quotes for the day. Please connect with us on facebook and twitter to stay up to date on new things we are doing in the office. Lastly we are in the process of creating a new website for the clinic. We will let you know when that is finished so that you can also use this as a way to stay up to date on new things that are happening in the office.

Hang in there everyone. March is here and the spring weather will soon be here too!

