



Holze Wellness Center
2000 Larkin Ave. Suite 200
Elgin, IL 60123
847-888-4770

LivingWell

www.holzewellness.com

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Why Should I Exercise?

People who consistently exercise do so for a variety of reasons. These reasons change as we get older. Science is discovering more and more reasons to work out. The impact of exercise on our health goes far beyond a trim body and hard muscles. There are some obvious health reasons to exercise: lower blood pressure, increased resting heart rate, lower body fat, etc. These are all important to improving overall physical health.

Living longer is another reason to exercise. In fact, a recent study suggests that men can live 14 years longer if they exercise, keep their waist size down, and don't smoke. Together these three behavioral modifications reduce a man's risk of coronary heart disease events by 59 percent, risk of cardiovascular disease mortality by 77 percent, and risk of all cause mortality by 69 percent compared to their less-healthy counterparts who did not participate in exercise.

Exercise can also play an important role in reducing cancer risk. Another recent study has shown that exercise can help reduce the level of certain hormones in women that contribute to their risk of breast cancer.

Perhaps the most motivating reason to exercise is not the physical benefits, but the benefits associated with a person's mental wellness. One study examined the cognitive development of teenagers and revealed that cardiovascular fitness at age 18 predicted educational achievements later in life. In another study researchers showed that exercise can actually reduce cognitive impairment. Twelve months of a once-weekly or twice-weekly resistance training benefited the executive cognitive function of selective attention and conflict resolution among senior women.

So why do I exercise? It is pretty simple. I do it for myself and for the people I love. I do it because it makes me feel good, gives me more energy, helps me relieve stress, makes me feel young, and much more. I do it out of respect and appreciation for the incredible life I've been given. I do it because I would not ask someone to do something that I myself am not willing to do. So if you are planning on doing a triathlon, marathon, 5k, playing in a sports league, or just walking around the block, congratulations to you and keep up the good work. Be active, stay active, and enjoy your improved health!



Wellness Class:
Saturday 9:30am
May 15th, 2010

Winning Words For May:

I am powerful. I am connected to the Power of the Universe. I am in control of my thoughts, And I can control my Life.

The greatest healing therapy is friendship and love.

Hubert Humphrey

UNDERSTANDING WELLNESS

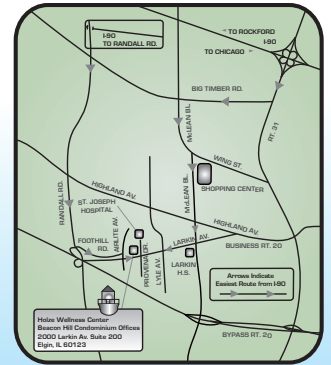
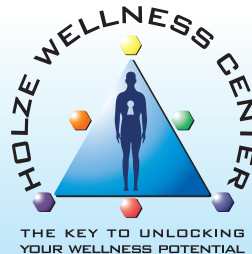
AN INFORMATIVE PRESENTATION ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, MAY 15, 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 May 15, 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. Holze came highly recommended by my primary care physician for my husband. Dr. Holze helped my husband heal a general tendency towards infection that puzzled medical experts. My own association with Dr. Holze was more a matter of curiosity and an extension of personal development work. Best move I ever made!

Dr. Holze showed me that a lot of what I had considered personality defects were easily curable physical problems. Additionally, I had been schooled to believe that an ever increasing list of aches and ailments were a normal part of aging. Again, not true. Over the years, I have had an increase in energy and ambition and a marked decrease in illness, aches, and complaints. I seldom get sick, and when I do, it is not long-lasting or serious in nature.

Life is better because of Dr. Holze.

It is the single best investment I have made in my future.

M.

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.

The Basics of Balance

If you think about it for a minute, balance is easy to take for granted; after all, our every movement relies upon it in some fashion. Most of the time, we only notice balance when it fails us—like when we trip for “no reason” or find ourselves leaning slightly to the left or right while standing. Actually, without balance, we couldn’t do much at all, which is why it’s so important to build a foundation of proper balance, particularly as we age. Let’s learn more about the fundamentals of proper balance and how you can develop good balance and posture that lasts a lifetime.

Balance is controlled by four distinct systems: the visual system (eyes), the vestibular system (inner ear), cerebellum, and proprioception—a very complex system of sensors in the skin, joints, muscles, tendons, and ligaments that are responsible for your feeling vibration, pressure, and the overall awareness of the position of the body.

Balance exercises: A four-step progression.

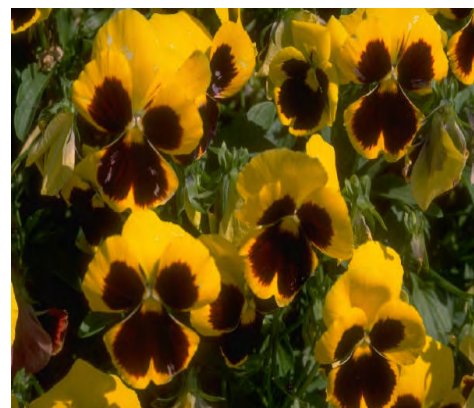
- 1) Begin by standing on one leg for 30 seconds and then shift to the other side. Practice doing this until you are able to consistently stand for 30 seconds on each leg without losing your balance.
- 2) Stand on one leg with your arms crossed for 30 seconds and then do the same while standing on the other leg.
- 3) Stand on one leg with your eyes closed for 30 seconds. Repeat with the other side.
- 4) Stand on one leg, close your eyes and cross your arms for 30 seconds. Repeat with the other side.

If this doesn’t help then you might need extra RNA and/or some laser work on the cerebellum and other areas of the brain.

Happy Birthday and Thank You For Your Referrals

Happy Birthday to Lester, Mary Ann, Ralph, Dianne, Michael, Jennifer, Jane, Georges, Linda, Trevor, Phil, Kimberly, Tammy, Nancy, Steven, Phillip, Cathy, Becky, Stanley, Gwen, Pauline, Cynthia, Jeanie, Taylor and Anton.

Thanks to Bob, Pauline, Adolfo, Estela, and Anne 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

Humanity is on the brink of spontaneous evolution, economic meltdown....environmental crisis.... seemingly endless warfare. The world is in critical condition. We've all heard stories of people who experienced seemingly miraculous recoveries from illness, but can the same thing happen for our world?

According to Bruce H. Lipton, Ph.D. and Steve Bhaerman in their new book *Spontaneous Revolution*, it's not only possible, but it is happening. We are surrounded by the proof that we are poised to take an incredible step forward in the growth of our species. This book reveals how changing our understanding of biology and human history will help us navigate these turbulent times and invites us to reconsider:

- The unquestioned pillars of biology including random evolution, survival of the fittest, and the role of DNA
- The blueprint of our sustainable, life affirming future that is literally inside you—encoded in each of the trillions of cells comprising your body.
- How our beliefs about nature and human nature shape our politics, culture, and individual lives.
- How each of us can become planetary “stem cells” supporting the health and growth of our world and every individual in it.

By releasing the old beliefs that keep the status quo in place, and by building our lives and world on this heartening new story, we can trigger the spontaneous evolution of our species. A miraculous healing awaits this planet once we accept our new responsibility to collectively tend the Garden rather than fight over the turf. When a critical mass of people truly own this belief in their hearts and minds and actually begin living from this truth, our world will emerge from the darkness in what will amount to a *spontaneous revolution*.

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