



Holze Wellness Center
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LivingWell

www.holzewellness.com

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Got Milk, Maybe you Shouldn't!

Dairy is among the top five products consumed daily in the household's of many Americans. This is troubling because more and more people are finding that dairy (and more specifically a substance in dairy and other products called casein) maybe a contributing factor to allergy reactions and behavioral problems in those sensitive to it.

Casein is a protein primarily found in milk and other dairy products, but it is also used as a binding agent in numerous other foods. Technically, it is a phosphoprotein that accounts for nearly 80 percent of the proteins in cow's milk and cheese.

Why eat casein free? Eating casein free, when combined with a gluten-free diet, reportedly has very positive results for people suffering from autistic spectrum disorders such as autism, Asperger's syndrome, atypical autism and pervasive developmental disorder. Many people who assume they are just allergic to milk may actually be suffering from a casein allergy. The complicating factor causing a lack of awareness as the true allergy source is that casein is found in more than just dairy products. It can also be found in paints (including fingernail polish), other cosmetics, and even glue (or industrial adhesives).

While casein is a concern, it's not the sole problem with milk. Research is showing that the consumption of milk may be contributing to the growing problem of childhood obesity. It has also been found that many common childhood disorders were, if not induced, certainly aggravated by an increased intake of dairy products, including but not limited to allergies, ear and tonsil infections, bedwetting, asthma, intestinal bleeding, colic, and childhood obesity. Dr. Frank Oski, former chief of pediatrics at Johns Hopkins University Hospital, and author of *Don't Drink Your Milk*, believes dairy milk should never be given to children.

These foods contain casein and should be avoided or limited including: milk, yogurt, butter and sour cream, cheese, ice cream, creamed soups and vegetables, and puddings and custards. These alternatives are casein free and available within our food supply including: Rice, soy, or potato milk, pareve creams, mocha mix, tofutti brand products, Sorbet and Italian ices, soy ice cream, soymage cheese, coconut butter, Imagine brand soups and coconut milk.

[To your Health p. 29-31](#)



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

Winning Words For October:

"If you can't help it, don't think about it."

Carmel Myers

"No one can escape stress, but you can learn to cope with it. Practice positive thinking...seize control in small ways."

Adele Scheele

UNDERSTANDING WELLNESS

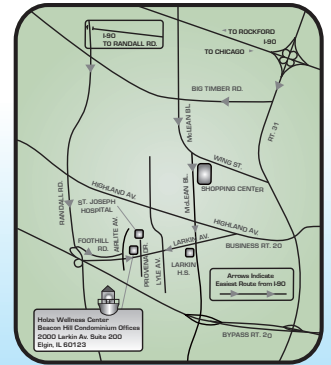
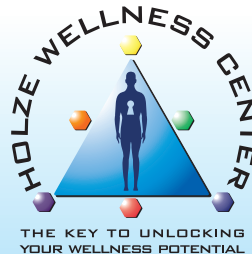
AN INFORMATIVE PRESENTATION
ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, OCTOBER 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 October 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

2000 LARKIN AVE | Suite 200 | ELGIN, IL 60123 | 847 888 4770

Patient Testimonials

I was feeling run down. Also after I would eat a meal I would feel bloated and uncomfortable, which made me think I had parasites. I was looking for a holistic doctor in my area to help me heal. I was tired of trying to figure out what vitamins and minerals I thought I might need and my chiropractic doctor at the time told me about the Holze Wellness Center. I had the stomach problems for around 8 months. I would eat a small portion of food and would always feel bloated and had stomach problems most of the time.

Dr. Chris did find I had parasites and treated this, which was resolved within a week. Also he did various body frame adjustments with his equipment, which resolved neck and hip problems. By aligning my body I felt better immediately. Each time I go to Dr. Chris I experience immediate physical and mental improvements. He has corrected all my food allergies, which I did not know I even had. This past year I had all my amalgams in my mouth removed. He has also been detoxifying me by getting rid of all the mercury, and other metals in my body, from this amalgam removal. He has also helped in removing all the things that are buried in my cells, past issues.

Since going to Holze Wellness Center my life has changed for the better. I feel mentally and physically stronger. I feel healthier. Even though I have always practiced a very healthy lifestyle. This has been one of the best decisions I have made in my life.

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.

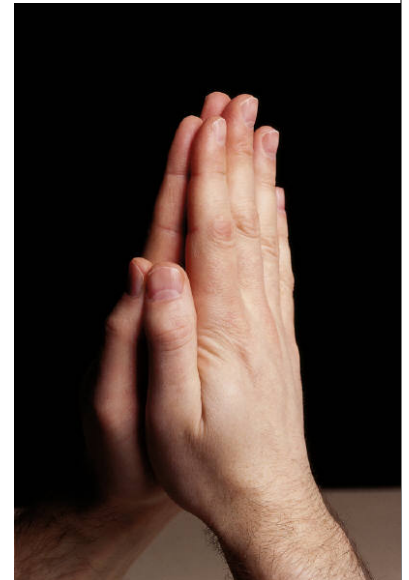
The Art of Meditation

One way to maintain balance in our lives is to practice the ancient art of meditation. Meditation is defined as “engaging in contemplation or reflection; or to engage in mental exercise for the purpose of reaching a heightened level of spiritual awareness.” Many people find meditation beneficial in managing stress, reaching mental tranquility, focusing attention and maintaining an overall healthier lifestyle.

Many articles on meditation suggest that regular practice is associated with “significant relief from a variety of stress related physical and mental problems, a stronger immune system, longer life, increased energy and positive changes in brain function.” Results from a study led by research scientist Sara Lazar showed that the gray matter of men and women who meditated for just 40 minutes a day was thicker than that of people who did not. It also showed a thickening of the brain’s cerebral cortex, which is responsible for decision-making, attention and memory. Considering the potential for memory loss, dementia, and other symptoms of cognitive decline as we age, this is indeed encouraging.

The following are some suggestions as an introduction to the practice of meditation:

- Choose a relaxing, low light location free from distractions.
- Sit comfortably on the floor, in a chair with you back straight, or your favorite quiet space
- Close your eyes and slowly take deep breathes
- Try to focus only on your breathing, the rise and fall of your abdomen, and how the air feels as each breath goes in and comes out.
- As external thoughts start to pass through your mind, calmly acknowledge them and bring your focus back to the sensation of your breathing.
- End your session by opening your eyes and returning to your daily routine



Happy Birthday and Thank You For Your Referrals

Happy Birthday to Anne, William, Stephanie, Elaine, Victoria, Melvin, Gary, Laurel, Elizabeth, Rick, Nigel, Isaac, Melissa, Margaret, Jennifer, Nicholas, Isaah, Atarah, Rebecca, Caroline, Renee, Dennis, Amy, Elizabeth, Deborah, Kerry, Joe, Ann, Denise, Milan, Becky, Elmer.

Thanks to Abbey, Pauline, Anne, and Kathy 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 Schwarzbein Principle: The Truth About Losing Weight, Being Healthy and Feeling Younger: Diana Schwarzbein, M.D.

This book is aimed at people who want to lose body fat and transform their body's composition, improve their metabolism, prevent and correct chronic conditions and diseases, reverse accelerated metabolic aging, quit addiction and food cravings, and cure depression and mood swings. The author suggests that adequate amounts of fat and cholesterol are actually needed to maximize your weight loss and minimize your risk for heart disease, and she suggests ways to replace body fat with lean muscle without spending hours at the gym.

Schwarzbein also discusses nutritional and lifestyle programs she has developed along with healing and maintenance programs. She helps readers determine what foods are negatively impacting their health and gives tips for eliminating them from a diet. The book also includes a section that provides material for meal planning, including sample daily meal plans for healthy consumption. Holze Wellness Center has several copies of this book available for patients to borrow.

