



Holze Wellness Center
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847-888-4770

LivingWell

www.holzewellness.com

Issue 56

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Cleaning with Vinegar

- 1) Deodorize the sink: pour 1 cup of baking soda, followed by 1 cup of hot vinegar, down the drain. Let sit for at least 5 minutes, then rinse with hot water.
- 2) Clean the countertops: Wipe down surfaces with a rag dipped in vinegar.
- 3) Remove soap build-up and odors from the dishwasher. Once a month, pour 1 cup of vinegar into an empty dishwasher and run the machine through its entire cycle.
- 4) Clean the fridge: Use a mixture of half water, half vinegar to wipe down the interior shelves and walls.
- 5) Bust oven grease: If you've got grease spots on the oven door, pour some vinegar directly on the stains, let sit for 15 minutes, and wipe away with a sponge.
- 6) Treat Tupperware stains: Wipe the containers with a vinegar-saturated cloth.
- 7) Remove stains on aluminum pots: Boil 1 cup vinegar and 1 cup water.
- 8) Deter ant infestations: Spray outside doorways and windowsills, and anywhere you see a trail of critters.
- 9) Remove stickers or labels: Cover the sticker with a vinegar-soaked cloth. Let it soak overnight-it should slide right off by morning.
- 10) Clean paintbrushes: Soak paintbrushes for an hour before simmering them on the stove to remove hardened paint. Drain and rinse.
- 11) Clean grills: Spray vinegar on a ball of tin foil, then use it to give the grate a firm scrub.
- 12) Disinfect wood cutting boards: Wipe down wood boards with a wash of vinegar.
- 13) Clean Grout: Pour some vinegar, let it stand for a few minutes, and buff with an old toothbrush.
- 14) Polish linoleum floors: Add 1 cup of vinegar for every gallon of water you use to wash the floor.

Vinegartips.com and frugalfun.com



Wellness Class:
Saturday 9:30 am
August 28th, 2010

Winning Words For August:

"As long as you are going to think anyway, think big."

Donald Trump

"Wrinkles should merely indicate where smiles have been."

Mark Twain

UNDERSTANDING WELLNESS

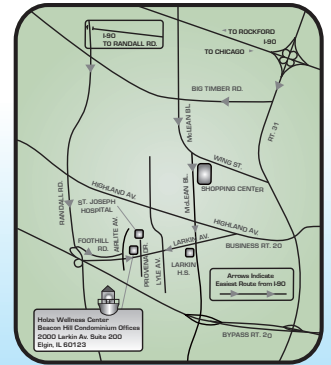
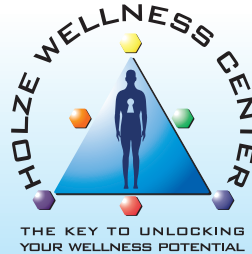
AN INFORMATIVE PRESENTATION ABOUT YOUR HEALTH

ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, AUGUST 28, 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 August 28, 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 referred to Dr. Les by my M.D. I had a number of random issues. My TMJ, muscle weakness, depression, nerve ending sensitivity, and more were at an all time high. Functioning daily was exhausting and miserable. Everything hurt.

After being treated by Dr. Les for a while he narrowed in on Lyme's disease. We started laser treatments with footbaths. I saw relief immediately after the first laser treatment. The relief was a welcome change to help function daily. I moved my appointments closer together for the remaining treatments. (I liked the results.) In a few short weeks my results were amazing. My symptoms were minimal and most were gone. Life is so much easier to live without these symptoms "weighing me down."

Thank you Dr. Les and all the staff at Holze Wellness Center.

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.

Vitamins and Minerals for Health: Part II

This month I am continuing with the 10 little known vitamins and minerals that your body needs on a daily basis.

6) Phosphorus— is the first mineral on the list. This mineral makes up 1 percent of a person's body weight. It is found in every cell in the body but primarily in the bones and teeth. It plays an important role in the body's utilization of carbohydrates and fats, as well as the synthesis of protein for the growth, maintenance, and repair of cells and tissues. It is also crucial in the production of ATP, which the body uses to store energy. It also assists in muscle contraction, kidney function, heartbeat regulation, and nerve conduction. Deficiencies may cause poor mineralization of bones, weight loss, retarded growth, and weakness, as well as deficient nerve and brain function.

7) Iodine— This mineral enable the thyroid gland to produce hormones. A severe iodine deficiency can cause hypothyroidism, developmental disorders, and severe goiter. Although iodine deficiency is rare in the U.S., it does occur in Third World countries where soils are deficient in Iodine. Recent research is showing that many people in the Midwest area of the U.S. might be low in Iodine.

8) Selenium— is a mineral that was formerly considered a toxic substance, but is now known to be essential in trace quantities. Selenium is known for its anti-aging properties; it helps rid the body of free radicals, as well as toxic minerals such as mercury, lead and cadmium. It also helps to fight infection by increasing antibody response, enhances energy, and aids in alleviating menopausal symptoms. Selenium can be used to combat arthritis and multiple sclerosis, and if provided in adequate amounts, it is thought to help prevent cancer as well. Tissue elasticity and pancreatic function depend upon this mineral, which may improve blood flow for the prevention of heart attacks and strokes.



Happy Birthday and Thank You For Your Referrals

Happy Birthday to Donna, Richard, Judi, Marianne, Nancy, Joseph, Linda, Karen, Bernece, Alyssia, Daniel, Danae, LuCinda, Maria, Cohen, Fay, Jill, Teresa, Jasper.

Thanks to Josephine, Lori, Estela, Sarah, Pauline, Mary, Pat, and Joseph 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

Health and Nutrition Secrets That Can Save Your Life, written by Russell L. Baylock MD explains how you and your family can stay healthy by avoiding some of the worst, and least-publicized risks and pitfalls of modern living. Dr. Baylock contends that though we may be genetically “wired” for certain conditions as we age, good nutrition and healthy living can do a lot to prevent the activation of genetic switches that program the body’s most dreaded diseases of aging.

The book’s first section deals with the most harmful, (and seemingly unavoidable), environmental toxins we encounter on a regular basis and the biochemical reactions that trigger the advent of disease. Dr. Baylock asserts that the profusion of strong drugs routinely prescribed for unsuspecting Americans frequently causes more harm than good—especially when benign natural treatments can accomplish much more in terms of actual healing, and usually for less money. He also discusses the increasingly inescapable relationship of food chemistry and degenerative diseases.

The second section is concerned with the diseases that most of us will eventually encounter as we age. Each chapter addresses which body systems are affected by each disorder, the healthy operation of the physical systems involved, and what goes wrong when disease occurs. He also provides fascinating new theories about the causes of each disorder and easy-to-implement alternatives to “big” medicine’s treatments for many of these diseases. He also challenges misplaced notions of physical “fitness” and highlights the small changes that can have a huge impact on healthy aging. This book is a great read for anyone that wants to age healthily with little effort.

