



Holze Wellness Center  
2000 Larkin Ave. Suite 200  
Elgin, IL 60123  
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# LivingWell

www.holzewellness.com

Issue 55

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## Be Active and Get Moving!

It is a simple formula: People who are physically active are generally healthier, less likely to develop chronic diseases, and have better aerobic fitness compared to people who don't. In short, physical activity gives you a great chance to enjoy a long, healthy life— and who could ask for more than that? Yet despite the clear health benefits, according to the CDC, over half of American adults do not engage in physical activity at levels consistent with public health recommendations. According to the CDC, adults need to engage in at least 2.5 hours each week of moderate-intensity aerobic activity to achieve substantial health benefits.

What are the benefits of physical activity:

1) Exercise helps heart health. One study investigated how psychosocial stress influences the effects of exercise training. Researchers found that the subjects who became physically fitter during the study period were 60 percent less likely to die in the following six years.

2) A number of previous studies have suggested regular exercise improves brain health. One study investigated the underlying mechanisms dictating how exercise improves information processing.

3) Canadian researchers explored how sex hormones are positively influenced by aerobic exercise, examining how an aerobic exercise intervention influenced circulating estradiol, estrone, sex hormone binding globulin, androstenedione, and testosterone levels, which may impact breast cancer risk.

4) Helps build strong bones. Researchers followed 246 older women enrolled in a senior fitness and prevention study. They found that women who exercised had higher bone density in their spine and hip, and also had a 66 percent reduced rate of falls.

5) Exercise decreases anxiety and stress. Anxiety is often untreated among patients with chronic illness. Researchers found that patients that exercised regularly reported a 20 percent reduction in anxiety symptoms compared to those who did not exercise.

6) Decrease risk for a stroke. Researchers found that those women who engaged in moderately intense exercise during the study period were at a markedly lower risk of stroke; specifically, walking time and pace were inversely related to the risk of any stroke, ischemic stroke, and hemorrhagic stroke.



**Wellness Class:**  
**Saturday 9:30 am**  
**July 17th, 2010**

### Winning Words For July:

**Health is a blessing that  
money cannot buy.**

*Izaak Walton*

**If you think you can do a  
thing or think you can't  
do a thing, you're right.**

*Henry Ford*

# UNDERSTANDING WELLNESS

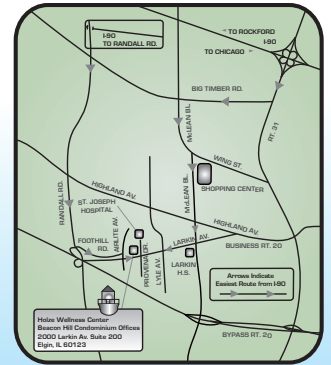
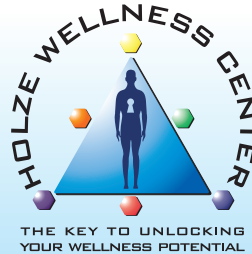
AN INFORMATIVE PRESENTATION ABOUT YOUR HEALTH

**ATTEND THIS COMPLIMENTARY WELLNESS CLINIC SATURDAY, JULY 17, 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 July 17, 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

When I came to Holze Wellness Center I had a compromised immune system, repeated lung infections, malabsorption, weight loss, and joint pain from some old injuries. I now have much better resistance to infections, I no longer have malabsorption and I have gained weight so I am at my normal weight again. The joint pain from the old injuries is much better. An important part of my improvement was spectravision, it strengthened my body in the areas that specifically needed it, as detected by the spectravision process. I felt more balanced and stronger after each treatment.

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***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 I

With all the uncertainties in the world, this much is certain: vitamins and minerals are necessary for vital health. Most people know very little about vitamins and minerals beyond the most “famous” ones: vitamins A,C,E, along with the minerals calcium, magnesium, iron, and zinc. There are actually quite a few lesser known ones of equal importance in terms of our health. There are 10 little known vitamins and minerals that your body needs on a daily basis.

1) Vit D– There are different forms of vitamin D which include D2 and D3. Lack of D2 is attributed to bone disorders such as rickets. D3 may be more effective than D2 in promoting calcium absorption and thus bone growth and remodeling. It prevents softening of bones in both children and adults. It also helps modulate neuromuscular and immune function while reducing inflammation.

2) Niacin or B3– helps the body convert carbohydrates into glucose to be used as energy. It is beneficial for proper nervous system function, hormone production, circulation, and cholesterol reduction.

3) Biotin– is involved in carbon dioxide transfer and is therefore essential to the metabolism of carbohydrates and fats. It is also involved in making glucose for energy production and assists in protein synthesis. Deficiency results in fatigue, depression, nausea, muscle pains and anemia.

4) Pantothenic Acid–helps the body extract energy from carbohydrates, fats, and proteins. It also helps to metabolize fats, produce red blood cells, and synthesize stress hormones from the adrenal gland; it is therefore commonly found in “anti-stress” formulas. It is also useful with rheumatoid arthritis.

5) Vitamin K– is essential for the functioning of several proteins involved in blood clotting. It also prevents the calcification of soft tissue and cartilage, while facilitating normal bone growth and development in addition to helping with cell growth.



## Happy Birthday and Thank You For Your Referrals

Happy Birthday to Kelly, Michael, Mark, Charisse, Aaron, Marilyn, Robert, Sheila, Travis, Len, Ethan, Alice, Sarah, Malachy, Lloyd, Terri, Phyllis, Bianca, Monica, Denise, Kyle, Bill, Mary, Judy, Jon, Anneka, and Rebekah.

Thanks to Melanie, Bonnie, George, Joey, Craig and Jennifer, Linda, Anna, Daniel, Laurie Mae, and Sarah 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

There is a new book out that is very interesting called *The Healing Code: 6 minutes to heal any source of any health, success, or relationship issue* by Alex Loyd, PhD, ND and Ben Johnson, MD, DO NMD. According to Stanford, Harvard, Mayo Clinic, the CDC, and other research centers, there is one source of up to 95% of all illness and disease—and it is not your thoughts, emotions, conscious beliefs, actions, or even your DNA. Solomon revealed this source more than 3000 years ago.

In 2001 Dr. Alex Loyd discovered how to activate the physical function built into the body that consistently and predictably removes this source so that the neuroimmune system takes over its job of healing whatever is wrong in the body. His findings were validated by tests and by the thousands of people from all over the world who have used The Healing Codes system to heal virtually any physical, emotional, or relationship issue, as well as realize breakthroughs in success.

In this book he talks about the Seven Secrets of life, health, and prosperity, the 10 second instant impact technique for defusing daily stress, the Three One Things, and much more. The Three One Things:

- 1) One Thing #1: There is one thing on the planet Earth that can heal just about any problem in your life.
- 2) One Thing #2: There is one thing on planet Earth that will turn off One Thing #1.
- 3) One Thing #3: There is one thing on planet Earth that will turn One Thing #1 back on.

There is one thing on planet Earth that can heal just about any problem in your life. What is it? The immune and healing systems of the body. Every person has an absolutely miraculous healing system in his or her body that can heal any physical or non-physical issue that a person might have. It's your immune system!

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