



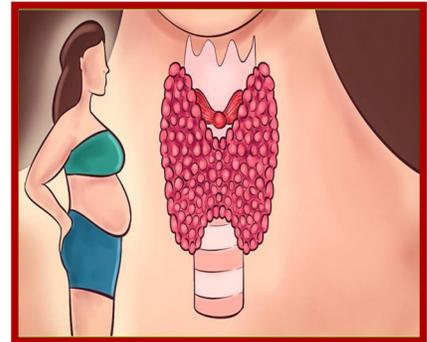
FROM THE DOCTOR'S DESK...

Could It Be My Thyroid?

Many new patients at Health+Plus will mention that they are suspicious that they have thyroid problems, but that their doctor has tested it and said it is normal. It is true that most doctors do not check a patient's thyroid very thoroughly. If they do only the 'standard' testing and follow the 'average' guidelines, it is easy to miss a thyroid problem. For example, most doctors never test for thyroid antibodies (signs that the body is attacking the thyroid, which happens in Hashimoto's or Graves disease), or for Reverse T3 (which, when over-produced by the thyroid produces symptoms).

Here are some physical signs and symptoms that should cause a person to suspect thyroid problems:

- ◆ Fatigue, sluggishness, slow thinking, slow reflexes.
- ◆ Constipation. Bloating lower belly.
- ◆ Cold feet, hands, or nose.
- ◆ Dry, brittle, or splitting hair. Thinning hair.
- ◆ Chronic puffiness below the eyes, or of the face, in general
- ◆ Bumpy, dry skin on the elbows, backs of the upper arms. Dry skin in general.
- ◆ Loss of or reduced hair of the outside third of the eyebrows.
- ◆ Difficulty losing weight.
- ◆ Long history of flat feet.
- ◆ Swelling in the lower throat area



*This is not 'proof', but the more of these that apply to you, the more likely your thyroid is sluggish. If you have several of these symptoms, and your doctor has said your thyroid is fine, make an appointment to consult with one of the doctors at **Health+Plus** for a 2nd opinion.*

COME HAVE AN EXAM BEFORE NOVEMBER 30TH

& GET \$20.00 OFF

A THYROID BLOOD PANEL!



Q: Is it true colon cancer runs in the family and people are getting it at a younger age than in the past?



A: Yes. There are methods that help screen for cancer in the colon [also called the bowel]. The most widely-used blood test that helps screen for colon cancer is CEA. It is sensitive, and can detect a tumor as small as a pea. Testing for unseen blood in a stool sample is another means of screening. This can detect trace amounts of blood that cannot be seen by the eye.

More than half of all cancer that involves the bowel happens in the rectum. Having a rectal examination every year is very important, because rectal cancer can usually be felt when the doctor checks that area. As is true with other types of cancer, there are no symptoms that are specific for colon cancer. Cancers can develop in the bowel long before a person would feel any symptoms. For that reason, it is important to have an examination every year.

The two most common factors that increase a person's likelihood of developing colon cancer are constipation and family history. Having a near relative who has had cancer increases the possibility that you may develop it, too. When the colon is healthy, a person has at least two formed bowel movements every day. Less than that is classified as constipation. People who are so constipated that they only have three or four bowel movements per week, for example, are much more likely to develop cancer in the bowel than someone who has a couple of bowel movements every day. If you have a family history of cancer, or if you have a long history of constipation, or if you have some reason to suspect that you may have cancer, you should talk to the doctor about specialized testing that can help screen to see if you have a problem.



*If you are worried about having cancer -
take advantage of the savings below.*

Save 20.00 Off CEA BLOOD TEST (For Colon & Lung Cancer)

You also can also have a test from home called a hemoccult test that's used to detect the presence of occult blood in your stool. Occult blood is blood in your stool that you can't see in the toilet or on the toilet paper after you have a bowel movement. You'll receive instructions from your doctor regarding sample collection. It's important to make sure that you have the specific collection instructions provided to you by your doctor.

If you have a family history of colon or lung cancer or can see the blood in the stool, you should see a health care provider.

Noticeably bloody stools may be a sign of other conditions.

If you are interested in a screening kit you can do at home, you can call or write us and we will mail one out to you for \$25.00.



Know the Signs and Symptoms of Breast Cancer

Mammograms can also miss the presence of cancer. According to the National Cancer Institute (NCI), mammograms miss up to 20 percent of breast cancers present at the time of screening. Your risk for a false negative is particularly great if you have dense breast tissue, and an estimated 49 percent of women do. Mammography's sensitivity for dense breasts is as low as 27 percent, which means that about 75 percent of dense-breasted women are at risk for a cancer being missed if they rely solely on mammography. Even with digital mammography, the sensitivity is still less than 60 percent. Considering the mortality rate from breast cancer is virtually identical whether you get an annual mammogram or an annual physical breast exam, it suggests physical examination can go a long way towards detecting a potential cancer. It certainly makes sense to familiarize yourself with your breasts and the signs and symptoms of breast cancer.

If you notice any of the following symptoms, be sure to address it with your doctor, even if you're not due for an annual checkup yet.

A lump in the breast (keep in mind that breast lumps are common, and most are not cancerous). Dimpling of the breast surface, and/or "orange peel" skin texture. Pain or unusual tenderness or swelling in the breast. Visible veins on the breast. Retracted nipple. Change in size or shape of the breast. Nipple discharge and or enlarged lymph nodes (located in the armpit).

Breast Cancer Prevention Tips

Eat REAL Food: A key dietary principle for optimal health and disease prevention is to eat *real food*. Choose fresh, organic, preferably locally grown foods. That also means avoiding all types of processed foods, which can contain any number of health harming ingredients, from refined sugar, processed fructose, genetically engineered ingredients, carcinogenic pesticides, and tens of thousands of food additives that have not been tested for safety. **Get plenty of natural vitamin A & D:** Vitamin A may also play a role in helping prevent breast cancer. It's best to obtain it from vitamin A-rich foods, rather than a supplement. Your best sources are organic egg yolks, raw butter, raw whole milk, and beef or chicken liver. Beware of supplementing as there's some evidence that excessive vitamin A can negate the benefits of vitamin D. Since appropriate vitamin D levels are crucial for your health in general, not to mention cancer prevention, this means that it's essential to have *the proper ratio* of vitamin D to vitamin A in your body. Ideally, you'll want to provide all the vitamin A and vitamin D substrate your body needs in such a way that your body can regulate both systems naturally. This is best done by eating colorful vegetables (for vitamin A) and by exposing your skin to appropriate amounts sunshine every day (for vitamin D). Vitamin D influences virtually every cell in our body and is one of nature's most potent cancer fighters. **Get sufficient amounts of iodine:** Iodine is an essential trace element required for the synthesis of hormones, and the lack of it can also cause or contribute to the development of a number of health problems, including breast cancer. This is because your breasts absorb and use a lot of iodine, which they need for proper cellular function. Iodine deficiency or insufficiency in any tissue will lead to dysfunction of that tissue, and tumors are one possibility. **Avoid wearing underwire bras:** There is intriguing data suggesting metal underwire bras increase your breast cancer risk. (Also avoid sleeping in a bra). **Avoid electromagnetic fields:** Items such as electric blankets and cell phones can be particularly troublesome and increase your cancer risk. Definitely avoid stashing your phone in your bra as you go about your day.

In the month of October we will be offering

\$20.00 Off The Breast Cancer Blood Test!

(When You Have An Exam)



BRAIN ALLERGIES

Most people [including most doctors] think of sinus congestion, sneezing, itching eyes, and drippy nose as the main symptoms of allergies. While it is true that the upper respiratory system can be targeted by allergens, the reality is that allergies can negatively affect any part of the body - including the brain.

The function of the brain can be adversely affected by sensitivities to chemicals, toxic metals, or any type of food or pollen to which an individual reacts. The reason is that allergies cause inflammation. The inflammation can and does affect how the brain works.

Conditions that can result from inflammation of the brain include depression, anxiety, hyperactivity, foggy thinking, attention deficit, fatigue, aggressive behavior, and even schizophrenia. The connections of the symptoms of these conditions to allergies was discovered by various medical doctors nearly 60 years ago. This does not mean, of course, that everyone who feels depressed, or every child who is not able to learn in school has allergies. There are other factors, including deficiencies of vitamins or minerals, hormone imbalances, toxic metals, pesticides, and other reasons we don't understand. But food allergies can cause or aggravate any of the symptoms mentioned above. Ongoing research also shows that allergies can make the symptoms of autism worse.

In the early 1980s the research of Drs. Theron Randolph, William Philpott, and others came to Dr. Clark's attention. The first time Dr. Clark recommended allergy testing to help someone with behavioral problems was enough to convince him of the connection. A man with anxiety, problems focusing his attention, and periods of aggressive behavior was allergic to several foods. After avoiding those foods, he felt more calm and clear-minded. As an experiment to help identify which food may have been causing which of his symptoms, Dr. Clark gave him a single 100% whole wheat cracker to discover what might happen. Within 10 minutes, the man who had been calm was pacing like a caged animal, clenching and unclenching his fists, and breathing through clenched teeth. That experience was enough to convince the man never to have wheat again - and to convince Dr. Clark that in some instances the connection between brain dysfunction and allergies is very strong.

Is it possible that a child you know who has troubles in school, someone with attention deficit, aggressive behavior, or other brain-related symptom could be helped by avoiding the foods to which he or she may be allergic? It is definitely possible! [Of course, there could be other factors as well.]

Allergies are most accurately evaluated through blood testing. Then once the foods that trigger a reaction are identified, the person needs to avoid them - for at least a few weeks, but possibly indefinitely. That can be difficult, but very worthwhile.

**From now until the end of December 2018
you can save
\$75.00**

On Food Allergy Testing!
when the blood sample is drawn at Health+Plus.

**The special price is \$300.00 for testing 96 foods,
instead of \$375.00!
And \$500.00 for 164 panel
which is normally \$575.00**



**IT MUST OF BEEN
SOMETHING
I ATE!**

NEW HERBAL HELP FOR HEARTS

Strophanthus is an herb that has amazing benefits in heart disease. It is made from the seeds of a flowering plant that grows in the tropical areas of Africa and South America. It is particularly effective in cases of 'congestive heart failure' or 'cardiomyopathy'.

In these conditions the heart muscle becomes too weak, so cannot pump in a normal way. To a degree we can compare the sensations of aching in the chest to having a leg cramp. The painful sensation in each case is caused by a muscle not receiving enough oxygen as well as a build-up of something called lactic acid. When circulation is blocked for whatever reason, lactic acid builds up and causes irritation to muscles [including the heart muscle]. Lactic acid can also build up when a person is overwhelmed by stress or is anxious much of the time. When there is excess lactic acid in the heart muscle, it can cause cells to die. The buildup of excess acid prevents the heart from working efficiently, and weakens the heart muscle.

Recent research shows that excessive signaling from the sympathetic part of the nervous system [the stress-induced nerve reaction] causes this problem. Gradually the heart cannot work properly, and no longer pumps as strongly. As it tries to compensate the heart often enlarges. This is known as cardiomyopathy or congestive heart failure. Factors other than extreme or prolonged stress include sluggish thyroid function and low testosterone [in both women and men].

What are the symptoms of cardiomyopathy?

They include episodes of chest pain – especially while working or after a big meal, shortness of breath- (especially with exertion, such as stair-climbing), fluid buildup in the ankles and legs, fatigue, difficulty lying on one's back or left side, light-headedness or episodes of irregular heartbeats. These symptoms may come on gradually or might suddenly develop.

The strophanthus herb helps the heart muscle to process the lactic acid more normally. The result is usually a reduction in heart-related symptoms and strengthening of the muscle. Strophanthus tincture, along with other supplements and treatments, is very effective in helping with cardiomyopathy.

If you have cardiomyopathy or congestive heart failure, you may be a candidate to use strophanthus tincture.

Ask your doctor or nurse about it.

If you have several of the symptoms mentioned above, make an appointment for an evaluation at Health+Plus and learn what can be done to help.

Dr. David B. Clark, DC, DABCI, NMD

Oak Grove, Missouri– 816.625.4497



Releasing Stored Toxins

We live in a toxic world.

We inhale toxins in the air we breathe. We absorb toxins from the things we touch. We eat foods that are contaminated with toxins. We drink and cook with water that has traces of toxins in it. Your body has to cope with many substances that are poisonous. Usually they are in very tiny amounts...but over time, they build up and can make you sick. Toxic substances include heavy metals - such as lead, aluminum, and cadmium. There are agricultural toxins like pesticides and herbicides that affect what we eat, and get in run-off and ground water. Synthetic hormones and antibiotics are used in raising commercial livestock. Poisonous fumes are released during welding, burning nylon and assembling PVC plumbing. Poisons in treated lumber are absorbed into our skin. We get trace amounts of aluminum into our system by drinking from aluminum cans, using aluminum cookware, or using antiperspirants. There are tiny particles of rubber in the air when we drive down the highway. Something as simple as burning kerosene in a lamp releases hydrocarbon toxins into the air.

Your body has the ability to release a small amount of toxins at a time. Sometimes, though, we have been exposed to toxins that are difficult to get rid of. Also, when we overeat, we decrease our body's ability to eliminate toxins from the cellular level. Health problems such as constipation and liver or kidney dysfunction limit how many toxins the body can rid itself of. Also poor circulation and poor lymphatic drainage allow toxins to accumulate instead of being released.

What can you do?

Eat less. The body must deal with everything you put into your mouth. Most people simply eat too much, which reduces the ability to release toxins.

Avoid processed foods. They contain chemical additives that, over time, harm you. Avoid foods that have been treated with antibiotics, hormones, pesticides or herbicides, when possible. At least soak commercial vegetables and fruits before eating them.

Drink purified water.

Exercise. It improves circulation, which improves the ability to release toxins from cells.

Keep your bowels regular. An adult should have at least 2 bowel movements every day. Increase fiber, drink plenty of water, and perhaps take a magnesium supplement.

And of course, we can help!

**Health+Plus offers several treatments that help the body release toxins.
Most of them have other benefits, too.**

Ion Cleanse

Ion Cleanse treatments help.

An ion is a charged atom that is capable of neutralizing oppositely-charged particles - or toxins. The toxins are pulled out of the body through a process of osmosis. The ion cleanse machine uses a special process to release ions and pull small amounts of toxins out through your skin.

Infusions

Infusions of nutrients help detoxify the body.

One of the many benefits of high-dose intravenous vitamin C is to help neutralize toxins and encourage their elimination through the kidneys. Intravenous infusions can also be specifically used to help the body rid itself of heavy-metal toxins that are stored within cells. That process is commonly called 'chelation' - which means that an amino acid surrounds poisons and carries them out of the body.

continued on next page >

Continued from other page (releasing stored toxins)

Supervised Weight Loss

Another way to help detoxify the body is with supervised weight loss. When calories are tightly restricted, the body is able to release toxins more quickly and easily than when we eat normally or overeat. But the body needs help to function on a low calorie diet. For that reason, we offer Lipo-B injections or HCG injections to help support the body during rapid weight loss and detoxification. Ask one of the staff which approach might be best for you.

WBV

Whole Body Vibration increases lymphatic circulation - which helps toxins be carried away from cells to eventually exit the body. Whole Body Vibration also improves muscle tone, helps strengthen bones, helps improve balance, and can help improve bladder control.

Cupping

Low-vacuum cupping therapy helps release toxins that may accumulate in congested areas of the breasts. Lymphatic channels and galactophores [milk ducts] can become clogged, allowing toxins to accumulate in the breasts. This often leads to the formation of cysts and increases the potential for cancer.

Massage

One of the benefits of massage is improvement of circulation and mobilization of toxins. Toxins accumulate in areas of muscle spasm and can cause chronic pain. Massage helps reduce muscle spasms, which releases stored toxins and the lymphatic system is stimulated so that your body can eliminate them.



AMISH SAGE STUFFING - Yummy!!!

- 4 eggs
- 2 cups milk
- 4 cups soft bread cubes
- 4 tablespoons melted butter
- 1 tablespoon parsley, chopped
- 1 teaspoon onion, minced
- 1 teaspoon salt
- 1 teaspoon sage or poultry seasoning

Beat eggs. Add milk. Pour over bread cubes. Combine butter and seasonings. Add to bread cubes and mix well. Filling can be baked in a casserole dish at 350 degrees for 45 minutes.

Please Welcome Amy To Our Health+Plus Family!



P.S. ^ This isn't Amy! :)



Your health is a precious gift, so don't ignore it! Set up an appointment now.....Don't wait until you are too run down to even get your work done!



Is there a single treatment method that has been shown to help all these conditions?

Joint pains
Muscle Aches
Fibromyalgia
Bowel problems

Poor Circulation
Bladder Incontinence
Balance Problems
Obesity

Restless Leg Syndrome
Age-related Hormone Decline
Osteoporosis
Poor Muscle Tone

Yes! There is! It's the most advanced form of Whole Body Vibration.

Whole Body Vibration platforms were first developed in the 1960s for the Soviet space program as a way to counteract the effects of weightlessness in space. Cosmonauts used **WBV** machines to maintain bone density. Russian athletes secretly used **WBV** to gain a major advantage in the Olympics in the 1980s. Gradually, the technology spread to Italy and Germany, where it was improved upon. It has been used in Europe for the past few decades for treating medical problems, conditioning athletes, and for health and beauty purposes in spas. Many, many scientific studies have proven that **Whole Body Vibration** is an exceptional therapy for a wide variety of health challenges. **WBV** causes your muscles and nerves to react about 23 times every second.

As **Whole Body Vibration** has been used millions of times, the technology has evolved. The **Whole Body Vibration** unit we use in our office has just been released in America. Unlike other **WBV** devices, the Trio model we use vibrates not only laterally but front-to-back, providing even more input to muscles, joints, and nerves.

- **Joint Pains. Whole Body Vibration** is very effective at helping with joint pains. The unique vibrating effect improves circulation and micro-movement of joints which reduces pain and increases mobility. [**WBV** is not recommended for inflammatory arthritis, such as Rheumatoid Arthritis.]
- **Muscle Aches / Fibromyalgia.** By increasing circulation, micro-contractions of muscles, and increasing the release of hormones, **WBV** provides relief for nagging muscle aches and even Fibromyalgia. Most people will notice relief immediately after a session. Longer lasting relief is obtained after a series of treatments.
- **Incontinence.** Urinary incontinence, also known as stress incontinence or hypertonic bladder, affects millions of women. Common symptoms are: leaking urine with coughing, sneezing, or laughing; having an uncomfortably strong urge to urinate suddenly; having to urinate more than 8 times per day; feeling the need to urinate when under stress; feeling the bladder is still full after urinating. In most cases, there is weakness of the muscles of the pelvic floor. Whole Body Vibration is highly effective at treating Incontinence. The treatments help your body strengthen the weak muscles of the pelvic floor. There are two types of muscles involved: voluntary [the ones you can control] and involuntary [the muscles you can't exert control over]. WBV helps strengthen both types of muscles. Studies have shown that a series of WBV treatments over a six to eight week period is very highly effective at improving or eliminating urinary incontinence in most patients.
- **Restless Leg Syndrome.** The main symptoms of RLS are: unpleasant sensations in the legs [burning, tingling, crawling, tugging], muscle twitching, and an uncontrollable urge to move the legs while at rest [with associated loss of sleep]. WBV helps by increasing circulation and serotonin and improving muscle tone.
- **Balance Problems.** As we age it is common to develop problems with balance. This can be caused by inactivity, and by neurological changes. WBV gently challenges the nerve endings in the body that are responsible for balance, which encourages them to work more efficiently, thereby reducing balance problems.
- **Hormone Decline.** Whole Body Vibration has been demonstrated to increase Testosterone, Growth Hormone, and Serotonin. Low Serotonin levels are linked with Depression, Anxiety, Sleeping Problems, Parkinson's Disease, Fibromyalgia, Restless Leg Syndrome and Heart Disease. Low Testosterone [in both men and women] is linked with Fatigue, Depression, Loss of Sexual Interest, Weight Gain, and Muscle Weakness / Loss of Muscle Tone. *(continued on next page)*

Page two...

• **Muscle Toning & Weight Loss.** Non-athletic people's muscles lose tone over time. One of the many positive effects of WBV is that it helps tone flabby muscles. One of the benefits of improved muscle tone is loss of inches from the waist, thighs, and belly. Many people who use WBV regularly report that they can wear smaller sizes of clothing. [Studies have shown that the effects of a 10-minute WBV session are similar to a one-hour workout at the gym.] Several people also report the loss of pounds, because WBV increases a person's metabolism, and helps optimize hormone production. Most people notice feeling a little warm during and after a session of WBV, which relates to the acceleration of metabolism. The increase in production of Growth Hormone also makes a person's metabolism more efficient. The result for a person who is overweight can be the 'automatic' loss of several pounds. One study showed an 18% increase of metabolic rate after 18 sessions over a 6 week period. This results in increased energy, and trimming and/or weight loss for more than half the users who are overweight.



• **Osteopenia [Bone Loss].** Bone demineralization is a common problem of aging. It is more prevalent in women than men, and can lead to the fractures of Osteoporosis. Clinical studies have consistently shown that using WBV twice per week for six months results in significant improvement in bone density.



The cost of an individual WBV session is \$25.
To get the best results we recommend a series of treatments. Ask for a free trial session. If you like it (which we know you will), take advantage of our fall sale price of \$15.00!



After You Enjoy A Session Of Whole Body Vibration ... Wash Your Toxins Away With An Ion-Cleanse!

The Ion-Cleanse helps the body detox through the healing power of ions. Ions, because of their powerful charge, cleanse the body more effectively than any other method of detox.

The process is safe, relaxing, and non-invasive, with no harmful side effects!



Before ionCleanse®

After 30 minute session

THE CELLS THAT WON'T DIE

Cancer cells are different than normal cells in the body. Each normal cell is programmed to die once it is worn out or no longer functioning normally. When a cell is no longer healthy, no longer needed by the body, or even a threat to the body, it is supposed to die. It is estimated that between 50 and 70 billion cells die every day and are replaced by newer, healthier cells. This is a normal process that scientists call apoptosis. Each cell is supposed to destroy itself once it is no longer needed. Normal cells reproduce only when and where they are needed. They stick together in the right place in the body. A heart cell, for example, doesn't end up traveling to the brain or liver, but stays in the heart. Each normal cell in the body has a purpose and a job to do. Once the cell is damaged or worn out, it will self-destruct. But, cancer cells have lost those normal programs. They have no useful function, they don't stay in only one spot, and they refuse to die. These are the precise reasons why cancer is such a challenge to treat.



Standard medical treatments such as chemotherapy will kill cancer cells as well as many, many healthy cells along with them. So, how do nutritional alternatives to chemotherapy and radiation work against cancer? Quite literally, they encourage the process of apoptosis in cancer cells. Vitamins do not kill cancer cells, but they encourage the process of sick cells killing themselves. Vitamin C and vitamins K and D have, for example, been shown to cause cancer cells to destroy themselves. High doses of these vitamins have been shown to encourage sick cells to die, and help relatively healthy cells to live longer and better.

Nutritional therapy with vitamins, minerals and amino acids helps the body be healthier, in general. It also encourages the death of unhealthy cells. Does this mean every person with cancer will recover if they have nutritional therapy? No. Sometimes the tumor is simply too big, or has spread to too many locations, or is growing too rapidly in order to be reversed. The focus of nutritional therapy in cancer is to replenish deficiencies, help improve the function of healthy cells, help induce apoptosis in cancer cells, and improve the quality and quantity of life.

What's The Cause?

There is a reason why people get ill. One of the things the doctors of Health+Plus try to determine is: What caused this problem in the first place? The reason is that when we can discover what caused something to dysfunction or become diseased, we have a better chance of helping our patients to improve or recover. There is often more than one reason for a person to be ill, and it's true that we can't always figure things out. Some health challenges have a single cause, such as an injury. Other health problems arise from multiple causes, such as physical and emotional abuses. Physical injuries, such as falls, farm accidents, sports injuries, work accidents, and others can cause permanent damage to the body. The effects of many injuries can be effectively treated, but not all. Emotional trauma is something that damages the mind. This can, in turn, damage the body. Stress that is severe or prolonged may exceed our minds ability to cope. It is a well-established fact that when a person is emotionally damaged, the body commonly reacts by producing an illness.

Toxins are poisonous substances. They may be chemical or environmental. Some toxins are produced by microorganisms and some by our own body. Others include the poisons used in pesticides or herbicides. Many metals are toxic. Many chemicals are poisonous. Toxins are often contained in fumes. We also know that some frequencies of electromagnetic energy are toxic to us. Certain plants are toxic, as well as the venom of many animals. Many, many food additives also are poisonous to the body. Microbe is the general name for living organisms that are too small for us to see without a microscope. Viruses, bacteria, and fungi are all microbes, and they can all cause infections or diseases. Certain diseases are associated with specific microbes, such as the Epstein-Barr virus, the candida fungus, E. coli, the Lyme bacteria, and so forth.

Somewhat related to emotional trauma is our own negative or harmful thoughts. Thoughts such as fears, anxiety or depression, can cause physical problems within the body. Negative thoughts affect the immune system, hormones, and nervous system. The good news is that improving thoughts can also improve the body. Malnutrition is a very common cause of illness. When we don't eat wholesome foods, we don't get the building-blocks we need in order to make healthy cells. Many people chronically eat foods that have little nutritional value. Foods that have been highly-refined or over-processed have very little nutritional value. They have calories, but those calories are not accompanied by the vitamins, minerals, and amino acids that our bodies need. When we are deficient in essential nutrients, it is impossible to be as healthy as we can possibly be. Allergies are another cause of dysfunction. Many people are allergic or sensitive to foods or to pollen, for example. When we are allergic to something, and eat it again and again, it can cause all sorts of symptoms. Genetics is another reason for illness. We know that some people are born with defects in their metabolism, which means that their body simply cannot perform certain processes normally. An example is the MTHFR genetic defect, which impairs a person's ability to utilize B-vitamins.

In any of the above examples, the condition may be acute or chronic. An acute physical cause of dysfunction or disease would be falling and breaking a leg, cutting a finger in a saw, or being in a vehicular accident. A single, sudden event causes a health problem in those instances. On the other hand, repeatedly jarring the body or lifting too much can, over time, wear down joints and lead to arthritis. A single emotional trauma may cause a long-term problem. In other instances, it is the accumulation of stresses that produces a health problem. A one-time exposure to certain strong toxins may result in illness, but in most cases, it is a repeated low-level exposure that can lead to health conditions. The major reason why the doctors at Health+Plus ask questions about various stresses or injuries in a person's history, is to try to discover what factors are contributing to their overall condition. This is so steps can be taken to help remove the cause(s), when possible, and accelerate healing.

Q: I Have Difficult Veins. How Can I Prepare for an IV?

You might be a person with ‘bad veins’ – meaning that you may be someone who has difficulty getting an IV started.

What can you do to help?

A: Keep hydrated. You should drink at least 2 quarts of water every day – more if you are a larger individual. It helps to drink extra water before your appointment, but it helps more to get into the routine of drinking plenty of water every day. This is a BIG help with ‘difficult veins’.

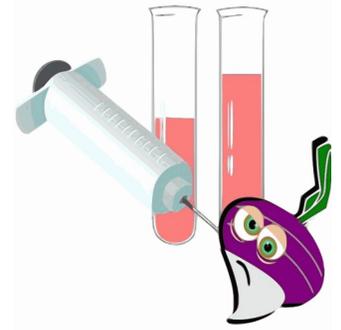
Be sure you have eaten before an infusion. This not only helps the veins be more prominent, but also prevents your blood sugar level from dropping during the IV.

Pump your fists open and closed several times, or squeeze a little ball.

Swing your arms while you walk. Let your arm dangle to your side.

Relax. Veins contract when we’re nervous, so try to remain relaxed. Take several deep breaths.

Heating your hands and arms will help – the nurse can give you hot packs beforehand.



Did you know that your poop can tell you something about your health? Really. [OK, stop giggling].

First of all, how often should a person poop? Twice or three times per day is actually normal. How much you eat and how often gives you a general idea. If you are eating three full meals per day, then you should poop three times per day. If you are eating two full meals and another snack or light meal, you may only have two per day. Once per day is, for most people, too seldom.

Think of it this way: If a person eats three meals per day but only poops twice per week, how many meals-worth of waste is inside? If you poop once every 3 days, then there are 9 meals of waste inside your bowel. The problem with this is that once the used up food makes it to the large intestine, the body will eventually begin to re-absorb some of the toxins that are supposed to be passing out of the body. By the way, if you are usually pooping 4 or more times per day, it is probably too often.

Poop should be brown. If you see any red in your stool, it is blood. There is bleeding somewhere in the lower large intestine or the rectum. It definitely needs to be checked out. [Note that if you have been eating a lot of beets, your poop will become purple or almost red. So if that’s the case, don’t worry.] If your poop is black, or you see that part of it is black, it probably means you are bleeding from the stomach or small intestine, or high up in the large intestine. It definitely needs to be checked out. [If you have been taking charcoal, or taking something that contains bismuth – like Pepto Bismol or Pepti-Gard – the stool can become very dark.

If your poop is tan or light colored you may have a gallbladder problem. Or you may no longer have a gallbladder. When your stool is pale, greasy looking and floats on the surface, it is likely a gallbladder, bile duct, or liver problem. You are not processing fats normally. Discuss it with the doctor.

Poop should be sausage-shaped and soft. If you are passing little pebbles, or if the poop is hard, mushy, or watery, something is wrong. If something like this happens only once in a while, don’t worry about it. But if it happens often, or is usual for you, mention it to the doctor. Poop should be easy to pass. If you’re sitting on the toilet for a long while or straining to push it out, your poop is too dry. This can be caused by constipation, or simply by not drinking enough water. It can also be the result of the bowel being too sluggish, which can be nerve-related. It can even be an indication of an abnormal growth in the lower bowel or rectum.

So, now you know more about poop than you did just a few minutes ago. *[You’re welcome!]*

There is more that could be written about poop, but this will start you on the road to being a poop-ologist!

(Speaking of poop...check out our page on colon cancer and the special savings

on testing in this newsletter!)



HYPERBARIC OXYGEN TREATMENT

NEW

Hyperbaric oxygen therapy (HBOT) involves breathing oxygen in a pressurized room or tube. This process encourages oxygen to be quickly absorbed and dissolved into the bloodstream at an expedited rate.



Hyperbaric chambers are simple enclosures which can be pressurized to allow the person inside to experience atmospheric pressures greater than normal environmental pressures. This allows concentrated oxygen to deeply penetrate the blood, tissues, and organs of the body which can rapidly accelerate healing of all tissues, especially those affected by most mental and psychological trauma, mental conditions, physical ailments, surgery and scar tissue, burns and burned tissue, ligament and tendon injuries, and much more!

Since a mild hyperbaric chamber utilizes ambient air, purified through filters, combined with an oxygen concentrator, it is completely safe.

It can be used regularly without any danger of oxygen toxicity in the body.

There are none of the hazards that exist with the pure hyperbaric oxygen chambers.

Hormones and Cancer

Every week people ask about hormones. Are hormones safe? Do they increase the risk of cancer?

This is a big subject that I'll try to distill into a few points.

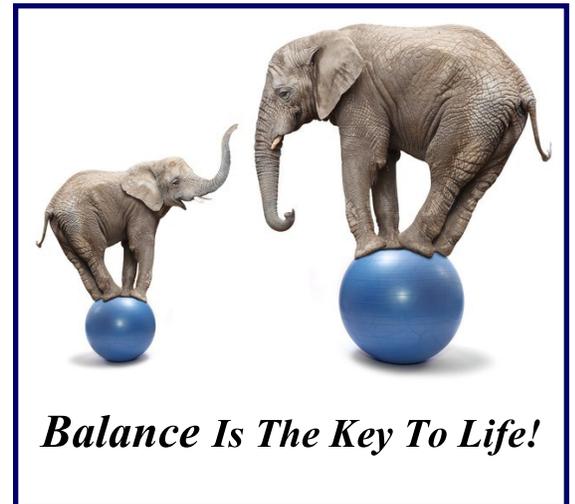
First of all, at Health+Plus we recommend only natural bio-identical hormones.

No artificial hormones. Bio-identical means that they have the same chemical structure as hormones made naturally within the body.

In studies that showed a connection between hormone therapy and cancer, the hormones used were synthetic hormones - not identical to what the body makes. Synthetic progestin's and estrogens do come with an increased risk of cancer. But hormones that are exactly the same as what the body makes do not.

Let's use a couple of simple examples. If high testosterone caused prostate cancer, wouldn't we expect prostate cancer to occur in the men who have the highest levels of testosterone? Yes, that only makes sense. But that isn't the case. Young men have the highest levels of testosterone - yet they don't have prostate cancer. The majority of women who will develop breast cancer do so after their estrogen levels are declining - after menopause, or after removal of the ovaries. Progesterone levels rise up to 100 times non-pregnant levels during pregnancy. Cancer for the pregnant mother or the developing baby are quite rare. Bio-identical progesterone does not increase the risk of cancers.

I admit this is a very simplified explanation, and there are circumstances in which even bio-identical hormones can cause health problems. But in the simplest way of putting it, bio-identical hormone replacement does not increase a person's risk of developing cancer, when they are used in a well-balanced and patient-specific way.



Balance Is The Key To Life!

OLD TIME HEALTH CLINIC

Some people aren't aware that over a hundred years ago there were alternative holistic clinics in America (and Europe). The largest and most famous in America was the Battle Creek Sanitarium, directed by Dr. John Harvey Kellogg. (Yes, the same Kellogg who, with his brother, started the cereal company.) The focus of these clinics was good health and wholeness, without the use of drugs and typical medical treatment.

They were multi-disciplinary, meaning that medical, osteopathic, chiropractic, and naturopathic doctors all worked together. Some even had dentists on staff. The doctors took time to explain what they found, and what treatments were recommended.

Patients traveled to these clinics from all over the country, and stayed a few weeks (sometimes even a few months) for natural treatments. They would have multiple treatments per day, with time to relax, or play games. There were talks about health, diet, and hygiene.

The patients would all have a thorough review of their health history and examination, like we do at Health+Plus. Back then there were no EKG machines, but they did measure people's lung volume. They checked urine and blood - although most of the tests we now do were not available yet. From the history and exam the doctor knew enough to begin treatments, then modified them when the lab results were available.

Nutritional supplements were not quite yet perfected, so the emphasis was on eating whole foods - which they were fed as part of their stay. (The first vitamin wasn't discovered until 1912. Of course there was no IV vitamin therapy at that time - not for a few more decades.)

They did treatments to help people detoxify. Physical therapy included massage, exercise and spinal adjustments as part of every patient's regimen. They included 'hydrotherapy' which included colonics, baths, and drinking mineral water. Some of the spas had natural hot springs to soak in. Many included mud baths, to help draw out toxins. (No Ion Cleanse machines yet.) By 1900, many of the spas used light therapy. (We use light therapy in the form of intravenous laser, infrared, and LED light - all FAR more powerful than they had available back then.)

The Battle Creek Sanitarium was HUGE! At most, more than a thousand people at a time were there. The building was like a very large hotel, with hundreds of employees!

Most times, after a stay at the Battle Creek Sanitarium (or similar clinic) patients' health was improved.

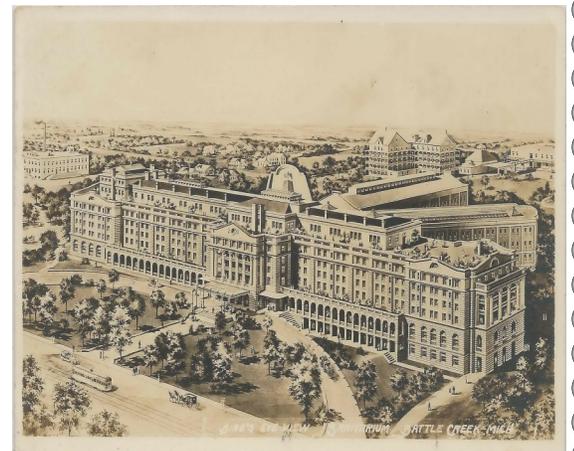
So what happened? Why aren't those big sanitariums around any longer? Why did those kinds of treatments become uncommon? The answer points to the American Medical Association. Beginning in 1924, and for the next 25 years, the President of the AMA did his best to discredit natural doctors. Laws were passed that caused the arrest of many natural doctors. The AMA said that natural, alternative health care was all 'quackery' - the only way to health, according to them, was through drugs and surgery. They said that to use natural remedies was dangerous. And having babies at home was barbaric. And what a person eats and drinks has no affect one way or another on health. Doctors practicing natural, holistic medicine were branded as fakes and thieves.

The AMA was very effective at brainwashing their member doctors, politicians, and, eventually, the public. The result was that people quit going to the sanitariums and health spas. America was driven away from alternative health care. Those long-ago doctors who were ahead of their time in effective, natural treatments were mostly driven out of business.

At Health+Plus we don't have hundreds and hundreds of patients every week, but we are growing and expanding. We use some of the same very effective principals that the old time clinics did. We do thorough consultations and examinations. We use the latest technology available to evaluate and treat people. Our patients often stay with us for weeks at a time. Patients have multiple treatments each day that are intended to help detoxify, build up, and encourage healing without drugs or surgery. There is time to relax, visit, sew, and work puzzles.

We're not Battle Creek Sanitarium, obviously.

*(I think we'd have to be in Battle Creek, Michigan, first of all.)
But, we use most of the same effective principles and practices
that they used to help thousands of people improve their health.*





Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



EGGS, COFFEE BEANS OR CARROTS?



A young woman went to her mother and told her about her life and how things were so hard for her. She didn't know how she was going to make it and how she wanted to give up. She was tired of fighting and struggling! Every time she solved one problem, a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first, she dropped a handful of carrots, in the second a few eggs, and in the last she placed ground coffee beans.

She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," the daughter replied. The mother brought her closer and asked her to feel the carrots. The daughter did and noted that they got soft. Mother then asked her to take an egg and break it. After pulling off the shell, daughter observed the hard-boiled egg. Finally, Mother asked her to sip the coffee. The daughter smiled, as she tasted its rich aroma. The daughter then asked, "What's the point, mother?" Her mother explained that each of these objects had faced the same adversity- the boiling water- but each reacted differently. The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

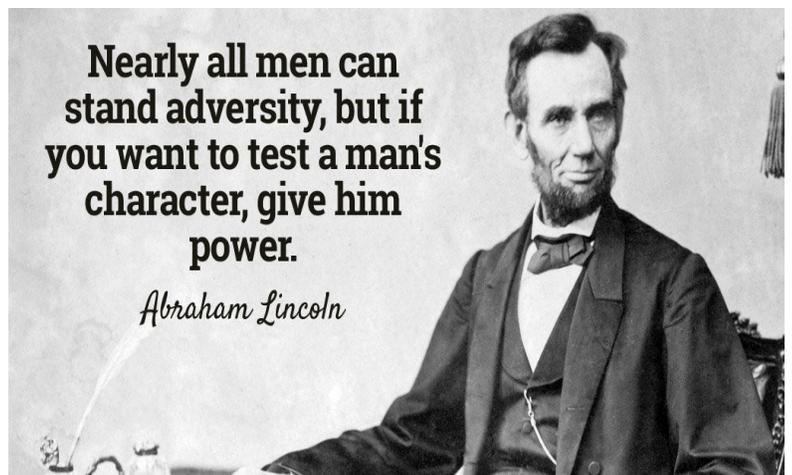
"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a break-up, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest do you elevate to another level? How do you handle adversity?

*So, which are you...
a carrot, egg,
or a coffee bean?*



Oak Grove, MO .Health+Plus. 816-625-4497

Hello All! Hope everyone has made it through this summers heat! We have had a decent summer here in Missouri. I want to thank everyone who brought us in garden goodies and everything else! (I would love some more bread Amanda as Tammy is starving me ;) Meghan had her Baby! Little Bennett right on her due date August 23rd. He was 7 lbs 5 oz. They are both doing well! I'm sure she is enjoying her time off. We will be glad to have her back (although Sonya is doing awesome as the IV nurse!) and luckily Dr. Clark allows his staff to bring their babies to work with them. So, if anyone wants to spoil little Bennett then you need to come see us soon! I've put a bunch of great sales in this newsletter. So, what could be better than saving some money and spoiling a baby?...well maybe Seeing Me? Or hearing me I should say. I've acquired a new nickname it seems. A long time ago I was the cat lady and then the monkey lady and now my new name is Radio.....*thanks a lot John!* Dr Clark is actually on Vacation to Disney world.....He left today and wont be back til Tuesday! That's the longest time he has ever been off since I've worked here.... Hopefully he will be cheery when he gets back :)



June is getting sooo big!

Well I better go as CPR training is starting! Your Friend, *Teresa*



Look at Dr Clark in High School! Isn't he Cool?



Dr. David B. Clark
PO Box 126
Oak Grove, MO
64075

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