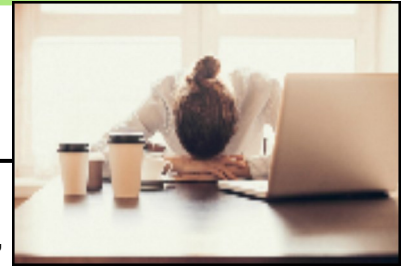




Healthline 2018

APRIL IS STRESS AWARENESS



"Alisha at 7pm :)"

Stress & the Adrenal Glands

We all experience stress on a regular basis. When stress is severe, or when it lingers for a long time, one of the effects on the body is to disrupt normal function of the adrenal glands.

The adrenals are two small glands that sit on top of our kidneys.

The hormones they secrete have an impact on blood pressure, energy level, male and female hormones, blood sugar, energy level, immune system function, heart function, and moods.

Mental and emotional stresses can cause the adrenal glands to become over-active or under-active. We check a hormone called Cortisol to evaluate how the adrenal glands are working. Adrenal gland function can be successfully treated with natural methods.

The most common symptoms of adrenal gland fatigue include low energy, depression, low motivation to do things, eyes being very sensitive to bright light, waking up feeling tired, cravings for salty foods, poor concentration, allergy problems, PMS, and others. [Each of these symptoms can have other causes, also. The more of the above that you have, the more likely you have an adrenal gland problem.]

**From now until May 15th, 2018
CORTISOL TESTING IS ONLY
\$50.00 (almost 1/2 off)**

(with an examination)

Q: Is it possible to measure stress?

A: Yes! One way of measuring stress is known as Heart Rate Variability. There is a small difference of time between each heartbeat even when the heartbeat seems regular and even. When a person is relaxed, there is a higher variation in the interval between each heartbeat. When a person is stressed or depressed, the Heart Rate Variability drops. Low HRV is not only an indicator of how an individual is able to cope with stress, but also indicates a higher risk of an individual developing a serious illness, and slower-than-usual recovery time.

For example, studies done on people with various heart conditions have shown that those with the lowest Heart Rate Variability are the least likely to recover. The MaxPulse instrument in our clinic measures Heart Rate Variability [as well as evaluating the elasticity of your arteries.]

**Stress does have a serious negative effect
on a persons overall health.**

**The next time you're visiting Health+Plus,
be sure to have this test done.**



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Coupons

\$15 off for a

Expires 05/31/18



New Patient Referral

Use this coupon to receive \$15 off your visit when you send in a new patient or "refer a friend"!



\$10 Off

Ion Cleanse

(1 Per customer per visit)

Expires 05/31/18



\$10 Off

Ion Cleanse

(1 Per customer per visit)

Expires 05/31/18



\$10 Off

Any treatment

(1 Per customer per visit)

Expires 05/31/18



\$10 Off

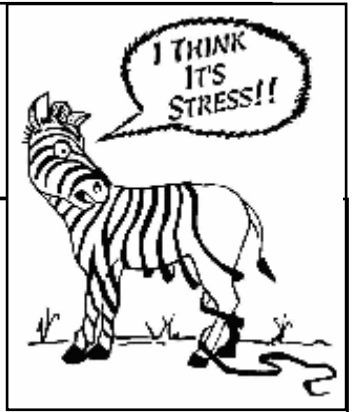
Any treatment

(1 Per customer per visit)

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SAVE On...
Improving YOUR Health



Tax Time Stress?

*Try Our
3-Day Stress Management
Treatment Package!*

One Consultation with Dr Clark or Dr Prather

Max Pulse Evaluation/Lung Test

Urinalysis

Stress-lowering Vitamin/Mineral/Amino Acid Infusion (x3)

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Neuromuscular / Chiropractic Treatment (x1)

Ion-Cleanse w/ negative ions (x3)

Vitamin B Injection (x1)

You Choose ... Whole Body Vibration or Oxygen Therapy- (x3)

SALE PRICE IS \$1050.00!!!!

Bottom Line Is... That is over a 100.00 savings!

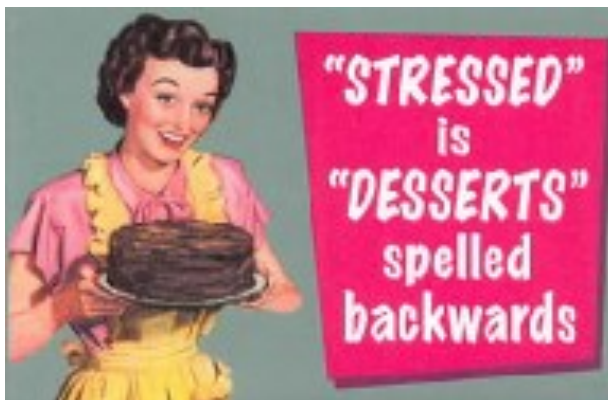
From March 19th through May 31st!

You can choose to have treatments

3 days in a row,

***or spread out over a period of up to 3 weeks
from the time you start.***

***In order to qualify for the special discount, payment in full must be made
at the time of your first visit.***



ALLERGIES IN CHILDREN

Childhood allergies are increasing at a rapid rate. The percentage of children who have allergies has more than doubled in the past 20 years! **What's going on? Why is this happening?** There are various theories, of course. In truth, there are several factors involved.

One of the answers, I believe, comes from a study that was done on cats back in the 1940s. A medical doctor, Francis Pottenger, was curious about how processed foods affect our health. Does what we eat affect our health? Basically, he divided cats into two groups: one was fed a healthy diet, and the other group was fed a diet deficient in vitamins.

What he discovered was startling: what the cats were fed had an effect on them...on their children...and on their grandchildren! Each generation of cats was fed the same vitamin-deficient diet as their parents. So the grandchildren were fed the same as their parent and grandparent cats.

Each generation had more allergies! By the third generation, almost all of the kittens had allergies! In the second generation they developed allergies in mid-life. In the first generation a few of the cats developed allergies later in life. The cats in these studies also developed more arthritis, more diabetes, and other diseases. Each generation of the cats fed a deficient diet had more and more health problems. Each generation of cats fed processed food became less and less fertile.

People aren't cats, but we see the general idea that poor nutrition leads to sickness not only for oneself, but also into future generations. We see the same trend in humans over the past hundred years. More allergies. More diabetes. More osteoporosis. More arthritis and other auto-immune problems in children. And we have seen a major reduction of fertility rates.

As I mentioned, there are other factors that contribute to childhood allergies, but the 'cat study' is a powerful lesson. We eat more processed food than ever before in history. Artificial ingredients, food coloring, preservatives, and a variety of other chemicals are all too common in our foods.

The good news about the study was that when sick cats were fed healthy food, there would be gradual improvement in each generation of their offspring.

Allergies can cause a variety of health problems that might include poor digestion, stomach or colon problems. They can cause headaches, fatigue, or nerve problems. Food allergies can contribute to problems paying attention or sitting still. Allergies can increase susceptibility to arthritis or other joint or muscle problems. They can cause mood swings or outbursts. Allergies can be behind the symptoms of stuffy nose, painful ears, and getting infections easily. Skin rashes are often a sign of allergies. Sometimes allergies can even contribute to bed-wetting. One common sign of allergies in children is darkness around the eyes. Doctors call the dark circles 'allergic shiners'.

Any of those symptoms mentioned above may be a symptom of food allergies. If your child has any of them, or is badly run down, there's a good chance that he or she has allergies. Ask us about food allergy testing. Once a person avoids the foods to which he or she is allergic, the symptoms reduce or totally go away.



\$50.00 OFF

BIG SAVINGS

Food Allergy Testing

Through April 30th

Patterns of Behavior and Stress

Each of us has patterns of automatic behavior, things we do out of habit, without thinking about what we are doing. These automatic, habitual capabilities of our mind are wonderful abilities. They allow us to walk without thinking about it. They allow us to brush our teeth and hair in the morning even though we are not yet fully awake. They allow us to perform various tasks without really having to think about them. But in addition to being beneficial, those patterns can be harmful, and can contribute to the stresses in our lives.

Another example of a benefit of these automatic behaviors is that, once we are familiar with where we are going, our brain has the capability to go into a sort of auto-pilot mode. We may be holding the steering wheel or reins, but we don't necessarily think about where we were driving. We may find that we have ended up at our destination, but barely remember getting there. That is an example of how we might consciously be thinking of one thing while our unconscious patterns are busy with something else, in this case, driving.

It's great when a ball is thrown your way that you will probably react without thinking and either try and catch it or step out of its way. But, when a challenge or an insult is thrown your way, reacting without thinking isn't necessarily good. Habitually reaching for something sweet or chocolate when feeling stress isn't helpful. Automatically feeling sad or afraid every time a particular subject comes to mind or is heard in conversation may be unhelpful, and can aggravate stress.

The more we do automatically, the less we notice what is actually going on inside ourselves and in others around us. The more we react to circumstances and words without thinking, the more we are stuck in patterns of behavior that actually cause stress. What can we do to change those patterns? Surprisingly, when people deliberately make changes in little things in life, other bigger patterns often can change, which can reduce stress. Many of my patients have heard me recommend doing something different each day. It might be as little as brushing your teeth with the 'wrong' hand, putting trousers or stockings on the 'wrong' leg first, or washing yourself with the 'wrong' hand. It could be finding out what it's like to eat a meal with the wrong hand, or sitting in someone else's seat at the table. It might be eating in a type of restaurant you have never eaten, reading a type of book you haven't read before, listening to a style of music you don't usually listen to or browsing in a store that is new to you. Can such little things really make a difference? Yes, because when you practice these types of little exercises, your brain actually has to think about what you are doing at the moment, instead of doing these things automatically. These little things can help reduce anxiety, depression, worry and stress.

Prayer, Meditation and Stress-Reduction

Study after study of groups of people has proven that people who regularly pray or meditate have fewer health problems and live longer than people who do not. Why? Because prayer and meditation each have a calming effect on the mind which, in turn, reduces stress.

The word 'meditation' applies to all sorts of contemplation. It means to ponder, to consider, and to think calmly. While it is true that various Eastern spiritual practices include meditation, it is also Biblical. 'Meditate' appears several times in the Bible, in both old and new testaments. King David often wrote of 'meditating' in the Psalms.

Prayer, of course, is some type of conversation with the Divine. There are various types of prayer. Those prayers in which a person exercises faith and trust in God, expresses gratitude to the Creator, and give praise result in the greatest reduction of stress. [By contrast, anxious prayers of desperation can actually increase stress levels.]

You can reduce the effects of stress in your life by simply setting aside time each day to contemplate simple things such as the wonders of nature, a passage of Scripture, a beautiful poem, a story of love or of steadfastness. Expressing gratefulness for the blessings in your life or counting your blessings, also reduces stress. Be thankful every day for the beautiful things around you, acts of kindness, for loved ones, for freedom, and so forth. Reduce your stress by regularly praying or meditating. Spend a little time daily putting your attention upon God, on acts of love, reflecting on blessings, and your worries will be less.

Be grateful for the people, possessions, opportunities, and other gifts in your life.

***It costs you nothing, and may help you
live happier, healthier, and longer.***



Physical & Emotional Limits

Every week we see patients who are physically and/or emotionally run down. They are ill. Their body or emotions are no longer functioning normally, and often they wonder what happened. Especially when we are young, we get the notion in our heads that we have no limits. We think we can work hard and long hours, endure all sorts of stress, and will never run down or wear out. Actually, that seems to be true for only a very small percentage of people. Most of us will run down eventually. What sorts of things make us wear down? There are several...



Poor diet: For many years I have told people that what we eat once in a while has very little effect on our body. It's what we eat [and don't eat] day after day, week after week, and month after month that can gradually ruin our health. When people don't eat many fruits and vegetables, for example, they slowly become deficient in certain vitamins and minerals. When people eat the same foods every day, it can cause the body to slowly become deficient in certain vitamins and minerals. When people eat the same foods every day, it can cause the body to slowly become depleted in specific enzymes and so certain foods don't digest completely, which causes chronic indigestion. Or, when people eat too much fat in their daily diet, the fat accumulates inside arteries.

Stress: Our emotions and bodies can usually adapt pretty well to short-term stress, but are not really equipped to deal with stress that goes on, and on, and on, and on. Long term stress causes depletion of certain hormones and certain brain chemicals. Sometimes we can avoid stress or at least take breaks from it. Other times it is very difficult to avoid. Eventually, when we don't get breaks from stress, it will wear down our nerves, hormones, and organs, and will lead to poor health.

Overwork: We all over-work at times. When that happens once in a while, we can usually rebound within a day or two. When it happens again and again, instead of bouncing back, we get physically lower and lower. We all have limits, though some people's limit is much higher than others. A common problem we see in families who farm is that girls are often expected to do the same kind of work as boys and yet girls do not have near the upper body strength as boys. Eventually, working a girl at heavy physical work will cause her to have physical problems.

Lack of Rest: Young people in school need 9 to 11 hours of sleep every night in order to be healthy and alert. By the time people are in their 40s, they may need only 7 to 8 hours of sleep. I often hear from busy people, "I don't have time to sleep that much!". Well, they may not have time in their schedule but eventually, lack of sleep will negatively affect a person's physical and mental health. Sleep loss affects decision making, makes work less efficient, and wears down the body and nerves. Think of your physical and emotional energy like a bank account in which there is a limited amount of money. No matter how great the balance of that account is to begin with, when we constantly make withdrawals that exceed the deposits, eventually we go broke. We all have limits. Some of the depletions in our bank account are from excessive work and not enough rest. Sometimes the low balance is caused by more stress for a longer time than we can manage. To some extent, people's energy bank account is hereditary, meaning that it is lower than usual from birth. Whatever the case, once the balance gets low enough, we begin to bounce checks on our physical or emotional health. We get run down and depleted and it takes work to get built back up.

By the time a person realizes that he or she has a problem with physical health or emotional well-being, their bank account has been depleted. Every week we see people in the clinic who are very overdrawn on their energy account. In truth, it will take months of good health care to get built back up. And many people will never get back to a normal level of function on their own, and will always require some outside help in the form of occasional natural treatments, nutritional supplements, intravenous infusions, periods of rest at a clinic, or sometimes even medication. Remember, we are all different, with different limitations and different strengths. And, we can all get run down and ruin our physical and emotional health. There is no shame in one person having less endurance than another. It is no disgrace that one person needs more rest and supportive treatments than another. What can you do to prevent getting overdrawn? Get enough sleep most nights. Eat a healthy diet: put more wholesome foods into your mouth every day than unhealthy foods. Make time for a little exercise a few days every week. Take breaks from stress when possible such as spending time reading, making time for a relaxing visit with friends or spending some quiet time working on a hobby. Take necessary nutritional supplements to help make up for deficiencies in your diet. Get a health check-up periodically, and take a couple days for therapeutic treatments. Slow down: the world will keep revolving even if you don't get all the work done this week that you think you need to accomplish. Learn to set limits for yourself.



DR CLARK IS ON THE AIR!!!
Tune in at 8:30AM on Saturdays
KCWJ - 1030



Contributing Factors Why Vitamin D Deficiency Is So Common

Less Time Outdoors in Sunlight, Statin Meds, Food Chain. Animals raised in confinement have lower Vitamin D. High fat diet, Aging, Obesity, Stress, Artificial sweeteners/sugars, Toxicity-such as metals and gallbladder sluggishness or absence.

Our bodies can obtain vitamin D from diet and make it from sun exposure. Even with these two routes for obtaining vitamin D, however, inadequate vitamin D is common, and deficiencies can be found on all continents, in all ethnic groups, and across all ages—a major concern, given the many ways that vitamin D helps protect our health.

Lifestyle: People who spend less time outdoors, or who cover up with clothing when they are outdoors, get less exposure to the sun, so they make less vitamin D.

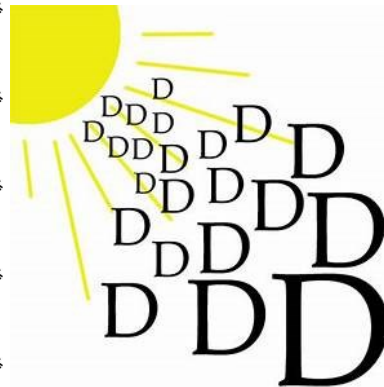
Sunscreen Use: Correctly-applied sunscreen blocks the harmful ultraviolet B rays that cause skin cancer, but it also blocks most of the skin's production of vitamin D. So people who use sunscreen daily are more likely to be low in vitamin D. But don't ditch the sunscreen: The American Academy of Dermatologists says that sunlight exposure to unprotected skin increases the risk of skin cancer, and that there's no safe level of sunlight exposure that allows you to make vitamin D without increasing skin cancer risk. Their advice? Use sunscreen or other sun protection daily, skip the tanning booths, and get your vitamin D from diet or supplements. Some Vitamin D experts take issue with most Dermatologists' hard line on sun exposure, and they recommend a more moderate option: Put sunscreen on your face, and allow your arms and legs to get a small amount of unprotected sun exposure—say, 15 minutes max—before applying sunscreen or covering up. It's still a matter of scientific debate.

Geographic Location and Season: In the summer, if you sat out in a bathing suit on a sunny afternoon for long enough to turn your skin slightly pink, you could make plenty of vitamin D. Yet during the late autumn and winter, people who live at higher latitudes produce little or no vitamin D from the sun, because the sun is at too low an angle in the sky. In the northern hemisphere, people who live in Boston (U.S.), Edmonton (Canada), and Bergen (Norway) can't make enough vitamin D from the sun for 4–6 months out of the year. In the southern hemisphere, residents of Buenos Aires (Argentina) and Cape Town (South Africa) can make far less vitamin D from the sun during their winter months (June through August) than they can during their spring and summer. The body stores vitamin D from summer sun exposure, but it must last for many months. By late winter, many people in these higher-latitude locales are deficient.

Skin Tone: People who have a darker skin tone have more melanin in their skin, and this pigment is a “natural sunscreen” that slows down skin production of vitamin D. This is the main reason why African Americans are more likely to be low in vitamin D.

Age: The ability to make vitamin D in the skin drops as we age, and is one of the reasons why older individuals are more likely to have low vitamin D levels.

Body Weight: People with excess body fat have lower vitamin D levels, so those who are overweight or obese have a higher risk of having inadequate vitamin D.



The bottom line: Low vitamin D can be found in all ethnic and age groups, around the world, for a host of reasons. Even if you are taking a standard multiple vitamin, the amount of vitamin D in most vitamins (400 IU) is not enough to prevent low blood levels. If you suspect that you are at risk of vitamin D deficiency, you can ask your physician to order a blood test for vitamin D.

BEWARE OF BARGAIN SUPPLEMENTS

As has been mentioned before in a previous newsletter, there is a genuine concern about the quality of nutritional supplements. Three years ago, the office of the Attorney General in the State of New York randomly checked the quality of several herbal supplements on the shelves of Wal-Mart, Target, Walgreens, and GNC.

What they found was that only 21% of the total product samples tested contained any of the active ingredients listed on the label! [Wal-Mart scored the worst, with only 4% of its herbal products actually contained the herb listed on the label!]

So, what was in the capsules and tablets tested if it wasn't what was listed on the label? Some contained powdered mustard, wheat, beans, rice, wild carrots, other plants, yeast, and other items not listed on the label – including some ingredients to which many people are actually allergic!

In recent weeks we have had a number of instances in which our patients had purchased different brands of supplements outside our clinic. The doctor noticed that some scores in their lab tests had not changed. When asked, the patients said they had been taking supplements just as we had directed. But...they were taking other products than the doctor recommended. There were several cases in which they got pregnenolone or DHEA elsewhere, and it was useless. Meaning that they wasted their money. What was in the capsules they took? We don't know, but we know it wasn't the recommended supplement.

This problem is compounded by the fact that many of the herbs used in supplements originate in China – where there is no quality control on the raw materials. It has been well-documented that some of the herbs imported to the USA are contaminated with heavy metals, such as lead and cadmium.

What does this mean to you? It means that you may be wasting a lot of money on supplements that are fakes, very weak, or contaminated with toxins or allergens. And it means that you won't get the results you are hoping for, and your condition won't improve as expected.

To clarify: We use trusted companies that test their products independently. They don't take the word of their suppliers – they test it for themselves. This means that their products are contaminant-free and hypo-allergenic.

You are welcome to buy the recommended nutritional supplements directly from Health+Plus. We keep them on hand for your convenience. But...if you prefer to get them elsewhere...be sure to get the same thing! [This includes getting the same dosage.]

Generally speaking, lower priced supplements are lower quality [or even fake] – because the companies who sell them don't have the money to test the raw materials they are buying from distributors, or because the raw materials they are buying are outdated. [Our manufacturers reject the ingredients that end up in other companies' products.]

The reality is that many companies are selling products that are inferior or fake. In most cases, the person selling, and even the company whose name is on the label is not trying to harm or cheat anyone – they simply don't know, or maybe they don't care.

We are very particular about the products we recommend. We want you to get as healthy as possible. Everything we recommend, whether capsules, powders, lotions or intravenous nutrients has been strictly tested for purity. The main supplement companies we use are Thorne, Allergy Research Group, Integrative Therapeutics, Ecological Formulas, Pure Encapsulations, and Metabolic Maintenance. They are all companies with the highest standards, and manufacture specifically for health professionals.

**If you want the best results for your health, don't cut corners on supplements.
Beware of bargain brands!**

**Don't Forget...If you order a 3 Month
Supply of everything the Doctor
recommends....You get a 10% Discount!!!**



Doctor YOU

Wouldn't it be great if we only needed to eat one big meal at the beginning of the year, and we wouldn't need to eat again after that? Imagine the time, energy, and money we'd save if that one meal would last us for months? Or wouldn't it be sweet if we only needed to take a bath at the beginning of January and it would last us all year. [I think we have a few patients who try it that way!] And wouldn't it be wonderful if all you needed to do to enjoy better health were to come get an exam, take a few treatments, and you didn't need to do anything else? Although any of those ideas might seem fun, we know that they just don't work very well.

But...some of our patients think that they can 'drop off' their body at Health+Plus for a few days and they'll be completely well. They've had some IVs and other treatments, and they think that all should be well. The thing about better health is that YOU have to do your part, too.

There are lots of people who are pre-diabetic or diabetic who think that because they've taken some treatments and have taken vitamin capsules or medication for a month that they ought not be diabetic any longer! I know that sounds silly...but...we see people behave that way all too often.

Doctors of all types get frustrated when you, 'the patient', don't do your part. Doctors make recommendations based upon exam findings, lab results, and symptoms. Then You need to follow through. It's necessary that you are part of your health care.



Diabetes or hypoglycemia [low blood sugar] are perfect examples. No one can give you enough nutritional supplements, medication, or IVs to make those conditions go away. If you want to improve how you feel and if you want to minimize or avoid complications, you have to manage your diet. You must help doctor yourself.

It's frustrating to us when a person says she or he hasn't made any improvement. We're concerned. Our goal is to help you feel better and be healthier. When we find out during a comparative exam that you ran out of nutrients a few months ago...or that you didn't really improve your diet...we feel badly. When you could have been making improvement, you didn't help yourself along.

In a sense, you are a 'doctor' too. You need to do your part to help. You are partners with our fine staff in the process of improving your health and helping you to feel better. The truth is that the more you do to take care of your health, the less we have to do. The more conscientiously you watch your diet, take a few walks, take the recommended nutrients, and follow your treatment plan the quicker you'll feel better, the fewer supplements you'll need to take, and the less often you'll need to visit the clinic. All of that combines to reduce the amount of money you need to spend on health care.

**Help us out. Be an active partner in your health care.
You'll get much better results.**

How to Prevent Children's Lead Exposure

As health officials in various states attempt to tackle the problem of children's lead exposure, parents' awareness is becoming more important than ever. When children are exposed to lead, their health is put at risk. But a little awareness can go a long way toward preventing exposure altogether.

Health Risks of Lead Exposure

Lead has been linked to numerous health problems in children and adults. When blood levels of lead become too high, lead poisoning can occur. Over time, lead poisoning can cause damage to the kidneys, hearing and nervous system. It can also decrease growth of the muscles and bones. High lead exposure can also cause cognitive issues in kids, such as developmental delays and problems with speech and language.

The Centers for Disease Control and Prevention estimates that half a million children between the ages of 1 and 5 in the United States have enough lead in their blood to cause alarm.

Sources of Lead Exposure in Children

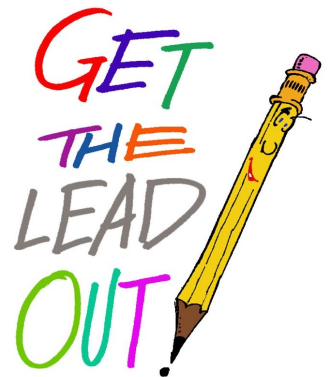
Knowing the sources of lead exposure is key to keeping your children safe from lead poisoning.

In older homes, lead paint is a common source of exposure. When children swallow lead paint chips, they are directly exposed to lead, but they can also be exposed through dust or soil that has been in contact with lead paint. If you live in an older home, it's important to ask previous owners or landlords whether they have had the home tested for lead paint.

Although lead paint is a common source of lead exposure in children, it is far from the only source.

The following are some other common causes of lead exposure in kids:

- Tea kettles, vinyl mini blinds and other lead-containing consumer products
- Drinking water contaminated by lead pipes
- Some ceramics and pottery
- Imported cosmetics
- Imported toys
- Imported candy
- Some home health remedies, such as azarcon and greta



Get Treatment

Because of the serious health risks of lead exposure, it's important to consult with your child's health provider if you believe your child has been exposed to lead. Most children who have high levels of lead in their blood won't show any symptoms at first, so a blood test may be the only way to confirm lead levels. It's important to identify and treat lead exposure early to prevent harm, so don't hesitate to reach out to your child's health care provider.

We Offer Urine Heavy Metal Testing In Office.

**Ask us about it....You can have the results
within minutes here at the office~**

Getting children into gardening can reap many benefits

If you think it's hard getting kids to eat their vegetables, wait until you try recruiting them for garden work. But the challenge is worth it: children just might add more healthy foods to their diet if they've grown them themselves. If a child grows herbs or vegetables, they will try them at least once, said Mike Ferraro, whose Preferred Commerce Co. produces Growums, an animated garden program that uses online gaming technology to teach children how to raise fresh edibles and have fun doing it.

When they are done, they are so proud of it they want to eat it, he said.

You're never too young to garden, although results for the youngest gardeners might be mixed, said Susan Robbins of the National Gardening Associations Gardening With Kids program.

Some plants are bound to fail, so don't react by secretly replacing your preschoolers veggies, Robbins said. Failures are a good way for children to understand that the process doesn't always work and that you shouldn't give up, she said. Reactive gardening makes them better adults.

Some steps you can take to feed a child's hunger for learning in the garden:

Involve them in the planning. Set aside a site and let the kids decide what to grow.

Add fun to their gardening menu. Pay a bounty for the weeds they pull, plant surprises in their growing beds or introduce them to tickle-me plants, a houseplant (Mimosa pudica) that closes its leaves and lowers its branches when touched. As a schoolteacher, I have found that growing a tickle-me plant excites youngsters about science and nature as well as making them more sensitive about how to care for plants and other living things, said Mark Chipkin, educational project director for TickleMe Plants Co. Inc.

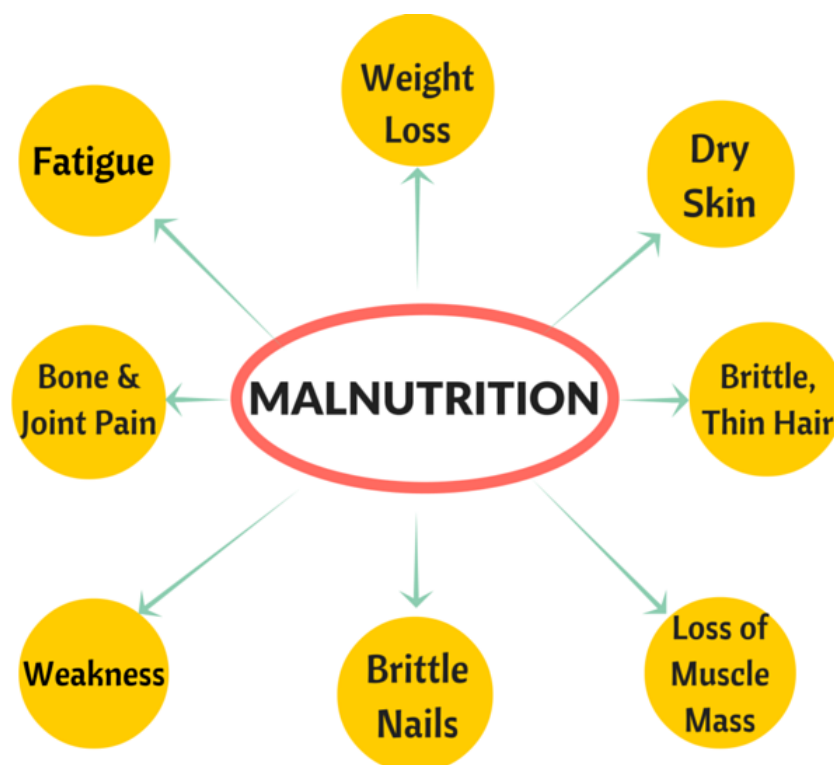


ATTENTION!!!!



*If you receive a bill from
DIAGNOSTIC IMAGING CENTER..
DO NOT PAY IT!!*

Mail it to us and we will let them know it is a mistake. For some reason, when a patient pays cash their computer isn't showing.





Newborn Screening - Congenital Hypothyroidism

Written by Kelsee Halpin MD (Teresa's Daughter)

Although we do not do it at our office, newborn screening is a great way to identify babies who may have serious diseases. These diseases may not be visible at birth but can be treatable if diagnosed early. Early treatment of these conditions can prevent serious illness or even death. Due to the importance of catching these conditions early, it is recommended that all newborns receive screening. Part of the screening includes a blood spot. This is when a few drops of blood are taken from your baby's heel and put on a special paper. The public health laboratory then does the testing for several of these serious, but treatable, diseases.

One disease tested for with the Newborn Screening Program is congenital hypothyroidism (CH). The thyroid gland is a butterfly-shaped gland in the lower neck. It makes hormones that are important for growth and brain development. Congenital hypothyroidism is when the thyroid gland fails to develop or does not work properly. If untreated, this can lead to poor growth and problems with learning. It is impossible to tell which babies have congenital hypothyroidism just by looking at them, which is why newborn screening is so important!

If your baby tests positive, the lab will tell your (doctor/midwife??) and blood test will be repeated. If the blood test confirms that your baby has CH your baby can be treated with just one pill per day. If treatment begins within the first month after birth, infants usually develop normally. If treatment is delayed, the problems with growth and learning caused by low thyroid hormone levels can be permanent.



**Ask Your Midwife or sometimes
you can even have it done at the
local health department.**

**IMPORTANT
NOTICE**

**If you went for a Xray while visiting our office
and received or receive a bill from
Diagnostic Imaging Centers DO NOT PAY IT!
Please mail it to our office and we will take care
of it. For some reason their computers do not
show any cash payments. This is why some of our
patients have received a bill by mistake.**

Detoxification / Herxheimer Reaction Symptoms / Healing Crisis



When the body eliminates toxins [such as metals, pesticides, and other poisons], it is common to experience unpleasant symptoms. It is also common when bacteria are being killed off – and release toxins into the bloodstream. The detoxification symptoms may occur when yeast dies off, as well as when tumor cells die. The process is ‘good’, but it feels ‘bad’. These symptoms sometimes begin while the person is having an infusion, or after a few days of infusions. They may last anywhere from several minutes to a few weeks. A few days is a common place duration of unpleasant symptoms. Symptoms of detoxification are not our goal. However, it will occur at some time during active treatment for most patients. We try to minimize the symptoms, but we do not want to deliberately stop them. Understanding the process will help you understand. Generally speaking, drinking extra water helps prevent the reaction from being as intense as it would be otherwise. Ion Cleanse treatments ought to be helpful. Sometimes massage therapy will speed up the detoxification process. When a person is having consistent or intense detox symptoms, we may need to change their protocol. The reaction was named after Karl Herxheimer in the late 19th century. He noticed it consistently in patients who were being treated for syphilis with antibiotics.

The healing crisis will usually bring about past conditions in whatever order the body is capable of handling at that time.

People often forget some of the diseases or injuries they have had in the past, but are commonly reminded during the detoxification crisis. In those cases, they might say something like ‘this feels just like when I had ___’. There are a wide variety of reactions that may manifest during a healing crisis /Herxheimer reaction, the most common are:



Increased joint or muscle pain or stiffness
Diarrhea
Stools may smell more strongly or differently than usual
Extreme fatigue
Restlessness / Anxiety
Muscle cramps
Headache (commonly generalized, versus limited to one place)
Generalized Aches and Pains
Arthritic flair up
Insomnia
Nausea / Anorexia [loss of appetite]
Sinus congestion / drainage
Fever (usually low grade) and /or chills
Frequent urination and/or urinary tract discharges
Drop in blood pressure
Skin eruptions, including: boils, hives, and rashes.
Change in body odor
Cold or flu-like symptoms
Strong emotions: anger, despair, sadness, fear, etc.
Mood swings
New phobias may develop [temporarily]



We have been blessed to be very busy recently! We want our patients to always have plenty of time with the doctors and not feel rushed, as this is one of the things that makes our clinic different.

Our goal is for a patient to leave our office feeling like they had all their questions answered and all their problems attended to. Please let one of our staff know if you have any questions or problems you need to talk about.

HAPPY PATIENTS GET BETTER FASTER!

*We appreciate each and everyone of you and we
feel blessed to have you as part of our Health+Plus Family!*



A LITTLE BIT OF HUMOR FROM DR CLARK :)

Amos: "Dr. Clark I got a big problem. I have a big bowel movement at 5 in the morning every day."

Dr. Clark "That sounds healthy. Why are you so worried about it?"

Amos: "Yeah, but I don't wake up until 6!"

Levi and Dan went on vacation to fish for a few days. They rented a boat to take out on the lake. They caught fish like crazy.

Levi said, "This is the best fishing we ever had. We better mark this spot so we can come back tomorrow and catch more fish."

Dan got a black marker out of his jacket and drew a big 'X' on the bottom of the boat. Levi asked him what he was doing. Dan said he was marking the spot.

Levi said, "You big dummy, how do you know we're going to get the same boat tomorrow?"

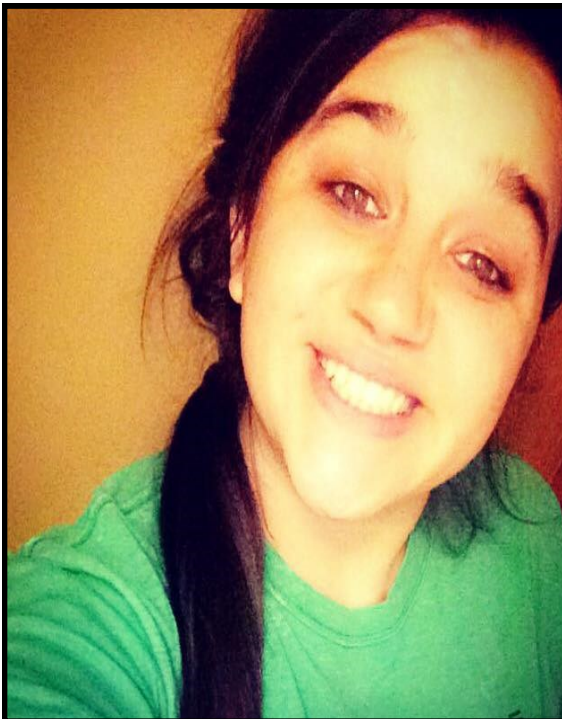
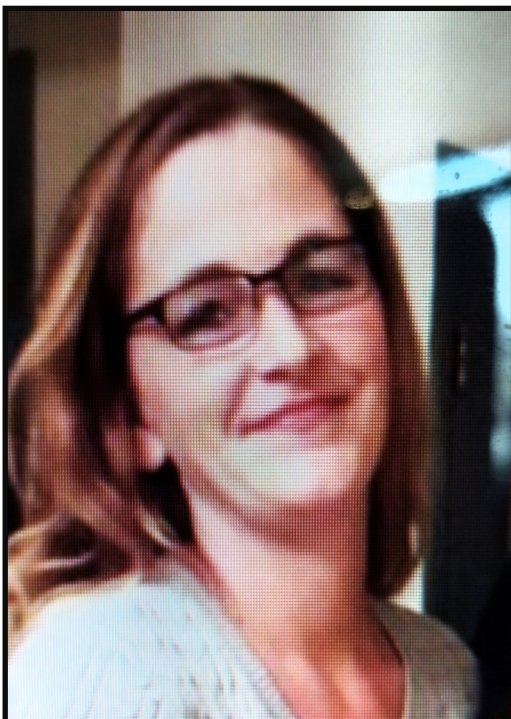
PLEASE WELCOME OUR NEW STAFF MEMBERS!!!

Sonya(Nursing)



TAmmy(Book-keeping)

Kimberli(Receptionist)



Feds subpoena Baxter employee over national shortage of IV solutions

The federal government has subpoenaed a Baxter International employee as part of a criminal investigation related to a nationwide shortage of intravenous saline solution, the Deerfield-based company revealed Friday. The subpoena asks for documents about the pricing, sale, manufacture and shortage of intravenous solutions, including saline solution, which is used in IVs to hydrate patients, and other injectable medications. It also seeks Baxter's communications with competitors over the issue, according to a regulatory filing. The subpoena was issued by a federal court on behalf of the U.S. Department of Justice's antitrust division. Baxter did not disclose the name of the employee who received the subpoena. Baxter said in a statement Friday that it "cannot speculate" on the reasons for the subpoena but it looks "forward to explaining to the Department the background and history of these issues." Baxter said it has responsibly priced its IV solutions. "Baxter has remained a continuous supplier of IV solutions and has made extraordinary efforts to maximize the availability of these critical products, including investments to both improve manufacturing capacity and increase supply to ensure patients can receive the therapies they need," Baxter said in the statement.

The U.S. Food and Drug Administration has listed intravenous saline solution as being in short supply since 2014. That year, the FDA issued a notice blaming the shortage on a range of factors, including a reported increase in demand by hospitals, potentially related to the flu season. In 2015, a bipartisan group of senators asked the Federal Trade Commission to investigate whether companies supplying saline solution had taken advantage of the shortage in ways that violated antitrust laws and posed risks to patient care. The senators alleged that suppliers had raised IV saline solution prices by 200 to 300 percent since late 2013, costing hospitals as much as millions of dollars each.

The FTC doesn't disclose whether it's conducted specific investigations, an FTC spokeswoman said Friday. The FTC has not filed a complaint in the matter. Baxter also is facing a class-action lawsuit, along with Hospira, alleging they conspired to hold down the supply of intravenous saline solution and fix or raise prices of the product. Baxter and Hospira, which is a Pfizer company, control about 90 percent of the \$1.2 billion a year IV saline solution market in the U.S., according to the lawsuit, which was filed by hospitals in New York and Pennsylvania, among others.

By Lisa Schencker Chicago Tribune



CHALLENGES WITH VITAMIN INFUSIONS

Something that most of our patients don't know is that it is quite a challenge for us to do intravenous nutritional therapy. It is increasingly difficult to find the ingredients at an affordable price. In fact, every week, Teresa has to spend about a day sourcing supplies. [You might overhear her celebrating when we get in a shipment of IV bags!]

One of the most challenging obstacles is, believe it or not, getting the IV bags filled with sterile water or saline solution. There has been a 'shortage' for four years now. Every year or less there are various excuses made for the shortages. Hospitals all across America, as well as infusion clinics such as Health+Plus, have been affected. The most recent excuse for the present shortage is the hurricane that hit Puerto Rico in September of 2017. One of the main suppliers of IV bags, Baxter, had three facilities in Puerto Rico that were damaged or out of power because of the hurricane. This fact is being used as a reason for continued shortages. But, in truth, Baxter does not manufacture IV bags at any of their Puerto Rican facilities! So, the damage in Puerto Rico, in fact, has nothing at all to do with the shortages.

Hospitals have had to change protocols with regard to giving infusions. We have known of several cases in which patients were sent home from the hospital without standard IV fluid treatment – because of the shortage of the bags. Each facility gets an allotment from a distributor. Bags of IV solution are now being rationed, nationwide. Presently there is a Federal investigation and lawsuit (see article) against the pharmaceutical companies Baxter and Hospira, the two leading manufacturers of IV bags. The accusation is that they have deliberately created the 'shortages' so that prices could be raised. The cost of an IV bag is now 3 to 4 times higher than it was in 2014!

At Health+Plus, we have also had to modify some protocols because of 'shortages'. There is no compromise to our treatments. However, sometimes the IV may be administered in a smaller bag than previously. The same dosages of nutrients are being delivered – but the amount of water used may be less than in the past. Because of FDA regulations [and over-regulation], most of the individual nutrients we use in IV therapy have increased in price – some of them more than 10-fold in the past few years! Teresa spends hours every week 'shopping' with the several manufacturers to find the best prices on IV supplies.

To further complicate matters, the FDA has suspended the production of some nutritional supplements. There are ways that we can work around most of these limitations, but still, it is inconvenient and frustrating.

Because of the supposed 'shortages', as well as the crazy increase in pricing, and FDA over-regulation, some clinics that used to do vitamin infusions have had to close. Most have had to increase their fees to some degree. Some clinics have doubled the prices of infusions in the past year. In fact, on occasion, a doctor or clinic director will call our office wondering how we can still offer infusions at a reasonable price to our patients.

From the Garden to the Kitchen



R	W	C	L	I	M	A	T	E	C	H	A	N	G	E	S	O	I	L	P
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O	S	K	I	M	X	A	M	E	C	O	M	P	O	S	T	I	N	G	C
S	N	S	N	K	F	H	T	U	V	Y	R	E	L	E	C	M	C	T	I
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M	D	U	S	O	T	O	R	D	R	C	P	U	V	L	E	T	C	N	A
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APPLES
 CARROTS
 CELERY
 CHICKENS
 CLIMATECHANGE
 CO
 COLLECTION
 COMPOSTING
 CONDENSATION
 COOKING
 CUCUMBER
 CUTLERY
 EVAPORATION
 FRUIT

GARDENBEDS
 GARDENING
 GARDENS
 KITCHEN
 KNIFE
 METHANEGASSES
 MINT
 MULCH
 NUTRIENTS
 ORANGES
 PEACH
 PLANTING
 PRECIPATATION
 ROSEMARY

SEEDS
 SHOVEL
 SOIL
 SOLARPANELS
 SUSTAINABLE
 TOMATOES
 VEG
 WATERCYCLE
 WATERMELONS
 WATERTANKS
 WETLANDS
 WINDMILLS
 WORMFARMS

Frustrated Teacher Urges Parents To Be More Involved In Their Children's Lives

February 28, 2018

A middle school teacher in Rome, Georgia, is making headlines for a Facebook post urging parents to be more involved in their children's lives. *Amie Diprima Brown* says for the past 15 years she sends a letter to parents on the first day of school asking them to describe their children. In 2003, 98% of parents completed the task. This year, just 22%. After the recent school shooting in Florida, Brown felt it was time to send this important message to parents across the country.

With all of the talk about guns in schools, why it's happening, and how to solve the issue, let me offer a little different perspective. I've been teaching since 2003. This marks my 15th year in the classroom. Everybody always talks about how schools have changed, and it's true, they have. Yes, there's the 'crazy new math' and 'bring your own device' changes. However, there are some other changes that I think the general population is not aware of.

Every year for 15 years I have sent home the same assignment on the first day of school. I send a letter home asking parents to tell me about their child in a million words or less. I go on to explain that I want to learn the child's hopes, dreams, fears, challenges, etc. and jokingly ask parents to limit it to less than a million words since we all know we could talk forever about our children. I go on to say I'm not grading these, not looking at handwriting or grammar and don't care if they send them back with their child, email them, drop them off at the office, etc. These letters have been so beneficial to me as a teacher and getting to know my students on a personal level. I have learned about eating disorders, seizures, jealousy issues between twins, depression, adoption, abuse...just to name a few things. These letters give me a huge head start on getting to truly know my students. I often pull them out when a child has a sudden change in behavior or issue that comes up. Just this week I had 2 students lose their mother unexpectedly. Brother and sister, I taught one last year and one this year. As I have done before, I immediately went to my folders to pull the letters that mom sent for her children. It's a beautiful gift that I feel I can give students to get a glimpse into how much a parent loved and adored them. As I was putting the folders back in the file cabinet I noticed something. I know that the percentage of parents that complete this assignment each year has gotten lower and lower, but looking at the size of the folders shocked me. That first year I had 98% of the parents send back some type of letter on their child. This year... 22%. That's a lot of opportunities lost for me to get to know students. Sadly, more parents have access to an electronic device that makes this task even easier and less time consuming.

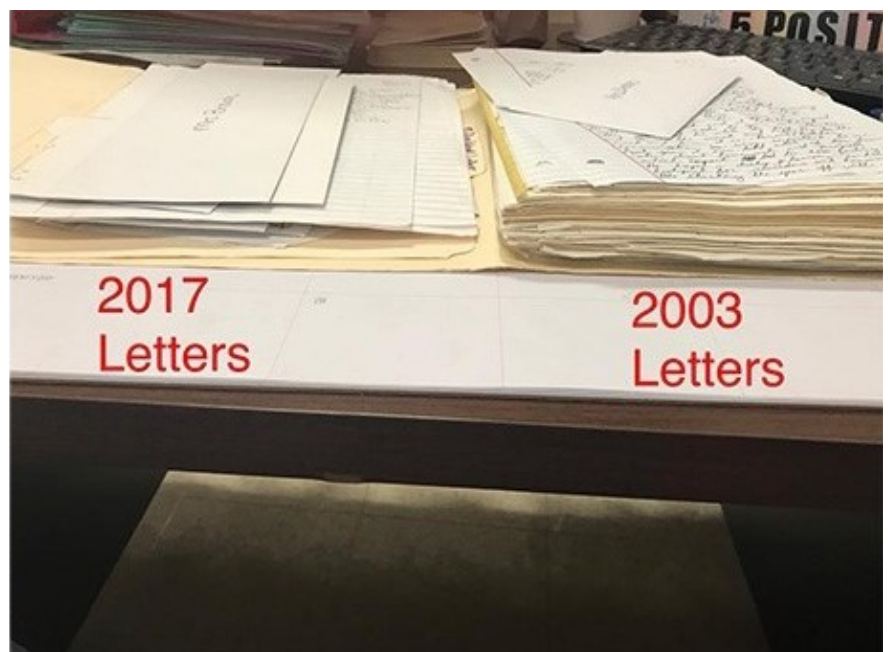
On another note, this year's average for homework turned in is riding at 67%. I'm talking a twice monthly 5 sentence summary of what the student is reading in their own time. I remind students daily, I send text messages through Remind, it's on my website. The only other thing I could do is do it for them. Parents continue to let their child rack up zero after zero. But then again, that average used to be around 98% as well. It was rare for more than 1-2 students to not have their homework 15 years ago. Now, it's just frustrating.

With all of our other responsibilities in our profession, how are we supposed to get to know students so that we can identify the ones with the mentality and disposition to become a school shooter if parents are checking out of the academic process? How are we supposed to educate children when their parents don't require, expect and demand their child complete their homework?

Don't wait until your child is the school shooter to let us know your child is struggling mentally. Don't wait until your child is ineligible for sports or the day before report cards to check grades and question the teacher on why your child is failing.

Be a parent. Be involved in your child's life so that you can help them through the issues with friends, the possible suicidal thoughts, and problems academically. I promise you, if parents spent more time with their children and got involved in their lives, we would see drastic improvements in our schools and our society.

"As parents, our job is to grow the most amazing humans possible. Its the most important job in the world. The education and emotional stability a parent provides is priceless."



Hello All!....I can't believe Spring is here! We have 60s here and that sure is nice. We have had a fun few months meeting new people and seeing some old friendly faces too! Thank you to everyone who brought us all the nice gifts, including that beautiful porch glider (which looks amazing) and my Birthday gifts! Some of you probably know that I am finally a GRANDMA (nana)! My Daughter and Son-in-law blessed us with an adorable baby girl- June Elizabeth- weighing 7lbs 4oz on Feb 7th. My 52nd B-day was the 1st of Feb so that was the best b-day gift ever! and I hope many of you are able to come see us even though, the gardens and fields are almost ready to plant. Now is the time to come...that way you can be built up for all the work ahead! Sylvia has moved on to a new job, so please welcome the new girls! They are all doing an excellent job! Come see us soon Please! Be safe and well!

Your Friend,

Teresa



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