



Month Year

Wholistic Health Services Newsletter

They say spring is here

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Dear Randy,

Feel free to send this newsletter to your friends. Better yet have them sign up to receive it in their inbox.

Season For Sneezing



With springs latent arrival to the Upper Valley comes the deluge of pollens and spores from our local trees and grasses. To many this is the time to take Allegra, Claritin, or one of the numerous other allergy drugs being pushed today. Now don't get me wrong I'm not against these drugs since they are often quite effective for temporary relief. But often people are told to take them indefinitely or for weeks and years at a time. To me temporary is, a few days or a week for symptomatic relief. Anything longer and I'd have to argue

that the cause should be addressed and air borne particles are not the cause! They are merely the irritants that your body can't handle.

What are you going to do?

- Take drugs?
- See an Allergist?
- Live with it?

Some of the areas that should be addressed to get to the cause include:

- Adrenal fatigue
- Stomach PH
- Spinal alignment
- Cranial faults
- Glucose imbalance

To Find out more click here.....[Sneezing](#)

Gardening Exercises

What you need to know.



Prevention is the best medicine when it comes to avoiding muscle soreness. The most common complaint echoed by



gardeners is an aching back. Proper form is critical when performing gardening exercises and a short 10 minute warm-up and stretch will help the body prepare for activity. Keep these tips in mind when going through the garden and yard chores.

- Use good posture and body positioning to avoid injury. Always try to keep your body in its natural alignment. If you feel uncomfortable, you're probably out of alignment and need to reposition yourself.
- Try to balance the use of both sides of your body. When pulling weeds, alternate hands and when digging, alternate feet on the shovel.
- "alternate knees or kneel on both knees." Additionally, knee pads or a cushion will help protect your knees.
- Keep all your motions smooth and steady. Bouncy or jerky movements can harm your muscles and cause injury.
- Always keep your stomach muscles tight and firm. This will help keep your back in proper alignment as well as tone your abdominals. You may have to think to do this or you could just do daily abdominal exercises!
- Lift with your legs, not your back. This is rule #1 for preventing back injury.
- Keep your knees flexed when lifting a wheelbarrow or heavy object. Locking your knees will cause you to lift from your back, not your legs. Use the large muscles of your legs.
- When digging and throwing dirt, don't twist your back. take a step in the direction you want the shovel full to go.
- Concentrate on your breathing. Don't hold your breath, especially when lifting or moving heavy objects. If you feel yourself gritting your teeth or holding your breath, the object you're lifting is too heavy. Remember to exhale as you exert force. For example, exhale when you lift a bag of fertilizer and inhale as you lower it.

Gardening is an activity to be enjoyed at any age. Creating and nurturing gives us some basic human rewards, not to mention better food and an artistic environment.

Success Story

2/25/07

During the summer of 06 I had abdominal surgery. Following surgery, I experienced numbness down my right leg sitting or laying down and a constant

burning heat throughout my lower back spreading up my spine which got worse over time. I talked to a friend who suggested I see a chiropractor. At first I was skeptical but she assured me he knew what he was doing.

During the same week I also visited an excellent physical therapist who put me on a regiment of exercises to strengthen my back, stomach muscles and release pressure on my sciatic nerve. Meanwhile Dr. Schaetzke, also evaluated my condition and made some startling adjustments to relieve my pain. At first I was surprised at how weak my right side was compared to the left. In the coming weeks I could stand, sit without pain.

Over the next couple of months, Dr. S. treatments relieved my leg and lower back pains. However, I still had upper back pain that adjustments and exercises would not help. Dr. S. gave em some calcium/magnesium tablets to loosen my very tight muscles. Again I was skeptical and afraid to take these pills. I've had allergic reactions to potassium tablets in the past. I was surprised how well the CA/MG tablets worked, with no adverse reaction either. I no longer have a sensitive back. I still see Dr. S and I no longer see the PT and do my exercises when my back acts up. I also now enjoy playing badminton each week.

Susan K
Bradford, VT

From our recent Q&A session at the office:

Dr. Randy held a Q&A at his office on March 19th, that I was able to attend. He explained in very clear terms, the Horary Points, which I had never heard of and knew nothing about . . . but now do. His handout showed peak times of activity for various organs and how that affects us and the pressure points to stimulate problem areas. He also touched on related subjects that held our interest. That's my lay person's explanation. Fascinating! I want to learn more.

I've attended sessions like this before; but none were personalized by the presenter answering questions from the audience and allowing for feedback from others. The atmosphere was warm, informal and laced with laughter, while still maintaining a serious concern for well-being.

In response to a question I had, Randy was able to help with a situation I'd been dealing with for a long time. Resolution came the next day. Wow! Sonya prepared a nice healthful array of snacks and it was one of the nicest evenings I'd spent in a long time. I hope others can attend future sessions and be helped as I was.

F.L., Bethel



I appreciate your feed back about this newsletter and any suggestions you may have for its content and/or format.

Be Well,

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