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# Wholistic Health Services Newsletter

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Dear Randy,

I hope you find this newsletter helpful and informative. Please pass it along to others. You never know who you may be helping.

## Saturday Hours

Maybe

There is a good chance that we will start having Saturday hours a couple times a month. We need your feedback to make this a reality. So, tell me if this is something you are interested in. Click on my name below to send an email with your input.

Thanks,

[Dr. Randy](#)



## Success Story

Purification Program

Dear Randy,

I just want to thank you for encouraging me to participate in the SP Purification Program. I began it with some doubt that I would be able to complete it. Give up coffee? Not me. I liked my 3-4 cups every morning.

Stop eating meat, fish, chicken for 11 days. Never. I'm blood type O and everyone knows we need red meat to feel good.

So I started the program thinking that I might cheat here and there a bit.

The first day I started with the capsules and then had a shake of SP complete and V8 juice with lemon and a piece of celery blended into it. (I purchased the Magic Bullet at BJ's which was well worth the money.)

I made a concoction of brown rice and lentils which I had for lunch along with a salad. Throughout the day I had an apple, banana, whatever fruit happened to be around. At dinner I had a big salad and some cooked vegetables. For dessert I made my SP shake with 1/2 C of pear juice plus the water, and a handful of frozen fruit (Dole frozen from BJ's). It blended up into a nice slurry that was a nice treat for the evening.

The next day I had no desire for coffee, and that has continued throughout and now even after the program is over I don't particularly want it. Green tea suffices.

I pretty much followed this same course throughout the first 11 days, just changing the variety of the fruits and vegetable. I made a lot of the rice and lentils, and also mashed sweet potatoes with a dollop of butter (real butter . . . so glad that was part of the diet). I kept these items in the refrigerator to sort of round out my meals with something filling.

The 12th day I was allowed fish and chicken. I almost forced myself to eat it because I was quite happy with my vegetables and fruit.

Rarely did I feel hungry. If I did, I would just make another shake.

So now it's over, I lost 11 pounds and developed new habits which are continuing. I thought I would look forward to finally being able to have a glass of wine. Nope, hasn't happened. Coffee, no, not interested. We had a steak the other day and after 3 oz or so, I didn't want anymore. I would still like to lose about 15 more lbs, so my husband and I have joined Weight Watchers.

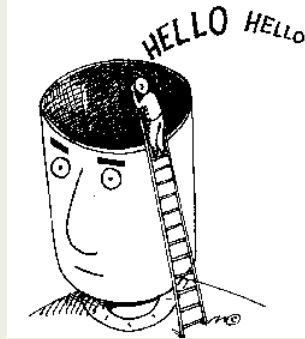
Anyway, thanks for the encouragement. I feel so much better and more energetic. My skin looks a lot better. If you want to use me as a contact, please do so. I'll be glad to share my experience and answer any questions.

Diane

You too can have the same success that Diane had. Call the office for more information on how to start and do the program.

Dr. Randy

## I Don't Believe in Chiropractic!



I still hear this statement "weekly". It's hard to believe that there are people who are so misinformed and yet can make statements about something they admittedly know nothing about. Thirty years ago I expected comments such as these but certainly not today. I love to talk to these non-believers, as if chiropractic was a religion or some such nonsense. In a few minutes I can turn them around with facts and the truth.

I know that those of you reading this understand the value of chiropractic what it does and doesn't do. But I bet you have friends who are the "non-believers" that you have tried to refer to the office for their own betterment only to have them say, "I'd never go to one of them".

Some of my favorite comebacks for the Non-Believers include:

- Medical doctors are the [5th leading cause of death](#)
- Chiropractors malpractice insurance is a tenth the cost of other AMA type practitioners.
- You don't have to believe, it still will work!
- Don't worry it will get worse.
- Sure, suppress the problem with drugs, that makes lots of sense.
- Don't you want to find out **why** you have this problem?
- Chiropractic is the largest drugless healing profession.
- Chiropractic works on your nervous system via your joints to stimulate your central nervous system that intern enables every tissue that receives a nerve impulse to function more effectively.

If you or any of the skeptics out there have a concern or question, please feel free to give me a call.

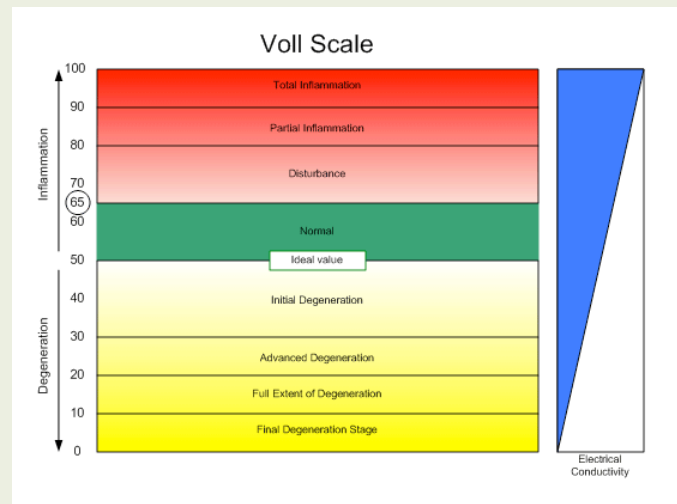
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homotoxicological phases are potentially in process, and what symptoms may be present within the identified phase. This information, including MSA-testing data, profiling information, phase determination, and patient symptoms is combined and analyzed to drive the practitioner to the optimal homeopathic protocol.

Bio-Reportorization is designed to deliver long-term benefits to patients by quickly identifying areas of potential concern, and then focus on supporting core functional health. Patient symptoms, although important, provide only one piece of the data used to determine the optimal protocol for patients. Bio-Reportorization's strength lies in its ability to combine multiple sources of patient information to assist the practitioner in identifying the optimal protocol.



**The days and hours we are able to make this offer are limited to mid day hours on Wednesdays and Saturday mornings during the month of May.**

As always your comments and suggestions are appreciated.

**Sincerely,**

Randy Schaetzke, DC, D.I.B.A.K.  
Wholistic Health Services

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