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Wholistic Health Services Newsletter

Dr.Randy Schaetzke

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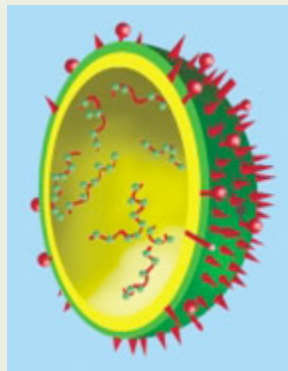
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Dear Randy,

I want to thank you all for the positive feedback and encouragement you gave me after the first e- Newsletter. I'm finding that I truly enjoy doing this even if it does take me a while to create that next edition. Several of you have volunteered to serve as proof readers and I thank you. So right now I have proof readers on board from, Woodstock VT, Lebanon NH, and Morocco, yes the country.

Ready or Not.....Bird Flu, any Flu

What to do naturally



Influenza Virus

With all the attention the bird flu scare is getting I thought it was a good idea to write down some of the things you can do to prevent any flu. Some flu viruses just are too virulent for the human organism but that should not be the excuse for not being prepared. We can do something to help our bodies, the birds can not. As a friend of mine said, "it's not a good time

to be a bird." Check out some of my favorite methods for fighting off the flu.

[Find out more....](#)

Success Story



Ya got to love the Internet. Where else could one little newsletter get across the continent and into another country and help some one? Well this did happen in regards to the vitamin D article I wrote in March.

Dear Doctor Schaetzke,

I want to thank you for your newsletter. Your newsletter was forwarded to me via email from a friend who got it. I read your article on Vitamin D. It raised some questions for my wife and me. We live in Calgary, Alberta Canada. We have a young son, Max, who is 10 months old. He has always been a little "depressed". Not a normal happy baby. We had taken him to the Pediatrician for many tests. Max was tested for diabetes, autism, and a few other things only to find out according to the tests he was perfectly healthy. We worried because he wanted to sleep, always looked droopy. After reading your article we requested a test to test his vitamin D levels. Our Pediatrician was reluctant but honored our wishes. Max was diagnosed with a vitamin D deficiency. The Doctors believe he may have been born with it. I am happy to say we have a different child on our hands now that he is getting vitamin D. Max is happy and alert. It is unbelievable the change in our son.

***Thank you,
Geoff and Michele LaFrance
Calgary, Alberta Canada***

Find out more....[link to original article](#)

Allergy? or Mold?

There is a difference

With springs arrival 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. Ok, I admit that drugs will alleviate some symptoms, but they never fixed a person! And worse, people are told to take them indefinitely or for weeks 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. The sneezing, runny nose, itchy eyes and scratchy throat symptoms can also be eliminated by finding and correcting what within your system is not performing properly. A wholistic approach of addressing nutritional excesses and deficiencies while balancing hormones and the nervous system will result in your allergic symptoms never having the opportunity to manifest. The idea is to bring your physiology back to normal as it once was. This is the best solution for persistent allergies or when you just don't want to take drugs and be subjected to the side effects they inherently have. Mold is another factor that is missed very often. Mold spores are released in to the air at different times of the day and from different species. Some species will merely give you some sinus irritation, some can cause respiratory infection and death. There are mold tests that can be performed on your house should you suspect it. Most home supply centers will have them. You could spend \$10 to \$100 for a test and it would be worth the cost. Remember, mold is a living organism that is often mistaken for an allergy. Don't suffer, don't drug yourself, get to the cause and fix it!

[Click here for the side effects of allergy drugs](#)

Office News

In the past few months I have attended several seminars. One was a nutritional/herbal seminar that covered the latest in nutritional research. The other was a TMJ (jaw joint) and cranial therapy seminar in Chicago. This was sponsored by the International College of Applied Kinesiology. I'll have more to say about TMJ in a future newsletter.

I also learned the basics of an up and coming method of correcting chronic musculoskeletal problems via connective tissue. This method called "kinesis myofascial integration" is gaining popularity around the world as a very workable method. [Click here for more info on this method.](#)

Learning is fun don't you agree?

for more information on Applied Kinesiology

I appreciate your feed back about this newsletter and any suggestions you may have for it's content and or format.

Be Well,

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