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Wholistic Health Services Newsletter

September 2005

Dear Randy,

Well, can this actually be happening? Yes! We are getting our act together to test this first e- newsletter. Will it work?

Randy Schaetzke,

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Holidays

Well the holidays are approaching and you know what that means! Food, lots of food and food that none of us really need. but boy is it fun to eat and watch football and feel like a basketball. Now if all we ate was the size of a hockey puck we would have no guilt at all. So, what are we going to do? avoid all the pumkin pie and turkey? Nah, life is too short. We do have a few guildlines for you to follow this holiday season and here they are..... ok i need to fill in this area.. tease tease

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SAD

This year we all should consider the darkness of our location. S.A.D or seasonal affective disorder effects many of us to greater of lessor degrees. I now believe this to be a year long problem for some because it is directly due to the lack of light, any light in far larger quantities than I have previously stated. So, if you have any of the following symptoms during the year lasting more than a few days and would say that they are worse during the winter then you may have a "light deficiency": fatigue, difficulty getting started in the morning, depression for no reason, desire to just sleep,

weakness, hormone imbalances, loss of libido, feel better on sectioning type drugs and more. If you have more than two I would suggest that you consider a few home remedies and if this does not work then come in and let me figure it out. 1. first thing in the morning turn on all the light you can. This stops the production of melatonin that is essentially a sleep hormone. 2. Get out side and expose as much skin to the sun as you can handle comfortably. We use to say 15 minutes a day but this is not enough. 3. Consume cod liver oil. No this is not the fishy tasting product you grew up on. Today this vitamin A&D source comes flavored in orange, cherry or mint depending on who make it. 4. Exercise, more if you already so or start if you don't.



Testing one two



Since this is a trial run of this newsletter and I need your feedback. I'm playing with links and other procedures just for practice. So don't take this as ther final product. Have you ever wanted to go for a hot air ballooon ride? Now is the time. Just call or email my Darrek and Lisa for more info.

[hot air ballooning](#)

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