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## Wholistic Health Services Newsletter

**Dr. Randy Schaetzke, D.C.**

October 2009

### **New Saturday Hours Twice a Month!**

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Dear Randy,

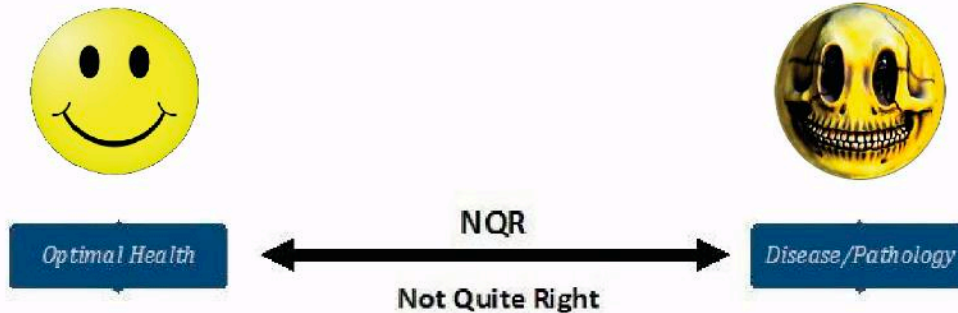
During these times of economic and health care changes the more you know and can do for yourself the better off you will be.

I consider myself to be a "health coach" I don't heal you, but rather I enable you to heal yourself. After all we all have the innate ability to heal, we just need some assistance from time to time.

Please forward this email or printed version to your friends and family. As always your feedback and suggestions are most appreciated.

Dr. Randy

## Where Do You Live?



Most of us live in the NQR area and hopefully not in the disease/pathology area. Yet for the most part, we all started in the optimal health area and through the years, we end up coping in the NQR area. We get to the NQR area via, injuries, infections, age, stresses of all kinds, habits, life styles, etc..

The medical profession specializes in the disease/pathology realm. Alternative health care givers work in the NQR area. How often have you heard of someone (maybe you) who went to the MD with symptoms only to be told, "all the tests were normal, go home and call me is it gets worse"? All too often, I'm afraid. Well working in the NQR area is not always easy in that you have less to measure via standard tests. This is where my tools of chiropractic, nutrition, applied kinesiology and Biomeridian come into play. These methods assist me in determining not only what is not "quite right" but also why and what to do about it. Therefore, if you or someone you know is "NQR" they need to do something to handle the situation and prevent the progression toward "Dis-Ease". This is a battle we all have to deal with and with health care costs on the rise; it behooves us to be proactive to feel better while saving money and suffering down the road.

## Auto Brewery Syndrome or Gut Fermentation Syndrome

Abdominal Pain  
 Altered Bowel Movements  
 Bloating Abdomen  
 Flatulence  
 Indigestion  
 Fatigue  
 Headaches



## Muscle Pain

### Joint Pain

If you wanted to make beer you would start with yeast, grains and sugar. The process of fermentation will create gasses, alcohol and other toxins. So, when this process takes place in your gut the above symptoms are a common result. There are some who will say that this maybe caused by another species of bacteria and not something as common the yeast, *Candida Albicans*. Most of the time simple testing in the office will determine what dietary and nutritional aids will rectify this problem. For the more difficult case we have access to specialized labs that can determine exactly what is "bugging" you.

That tight bloated abdomen is not normal and it is not just excess fat. Don't ignore this condition!

## Cry too Easily?

Do you or someone you know cry at the "drop of a hat"?

Common reasons include:

- Low estrogen, progesterone, testosterone.
- Low thyroid hormone.
- Thiamine deficiency.
- Various forms of fatigue and depression.



In my office I see thyroid as the most common reason and more specifically a related iodine deficiency is the real reason. So, if you have been told you need psychiatric drugs for this condition you just might be mis-diagnosed and are being treated incorrectly.

It only takes few minutes to determine if iodine is your answer. Men can also suffer from this condition if they will confess to it.

Applied Kinesiology and chiropractic can make a difference!

### Treat and Release

Chiropractors have a terrible reputation of keeping patients coming in for what seems like an endless treatment schedule. I have a long standing policy that "I will treat patients the way I want to be treated". And don't have the time nor the patience to be

treated and not get the fast results I expect. In fact this is why I have taken so many advanced courses over the years.

So, for efficiency in treatment I do not twist arms for someone to come in after they have relief. True they may need further correction but I leave that up to the patient to decide what type of health care they want.

## Success Story Success Story

Seven months ago, I experienced a sickness like I'd never had before. It all started with extreme thirst, migraine headache and pain shooting down my left arm and leg. By the evening of step 1st someone shook my hand and it felt like someone shocked me, the pain was so bad I almost fell down. Over the next two weeks I only felt worse, my stomach ached constantly, I was so tired and weak I couldn't get out of bed without help. My medical doctors ordered MRI's, CT's, ultrasounds, blood tests and urine tests. I saw several specialists. I spent over \$12,000 on tests. All of my numbers were slightly off but nothing significant enough to explain the problems. They couldn't figure out what was wrong! It was so frightening to feel sick and have no help! All they could suggest was chronic fatigue syndrome. They put me on vitamins and herbs and antidepressants. And suggested that I see someone to help be "adjust to a long term chronic disease". I didn't want to adjust! I wanted to be healthy. Through God's grace, a friend told me about Applied Kinesiology. I researched it and decided to at least try Dr. Schaetzke. To be honest, I came in a skeptical patient. They did tests and talked with me a long time. It felt great having someone deal with the "whole" of me instead of specialists who just looked at parts of the problem. Every doctor said I had an immunity problem but weren't able to be specific. Dr. Schaetzke was very specific. He said it was my thymus and gave me Thymex to help. Within 2 days I felt much better. Within a week I felt like I'd never been sick! It is such a gift to have health again. I am still dealing with some secondary infections but each day seems better and better.

Thank you Dr. Schaetzke!!!

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