



December 2008

Wholistic Health Services Newsletter

Happy Holidays



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Worried about your holiday diet? Don't be, eat that fruitcake, have some eggnog.

The first part of the year we'll be starting a DETOX program that will get you back on track and shed a few pounds too. You can participate in

Dear Randy,

During this time of both "stress" and "excitement" with the undertone of economic gloom, now is the time to do what you need to do in order to stay healthy. I hope to offer you some solid suggestions in this newsletter.

Chiropractic Christmas Poem

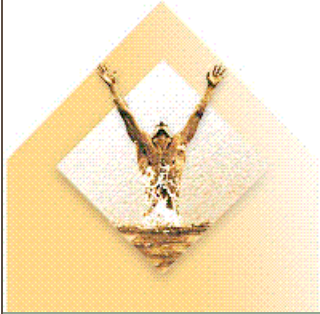
Santa knows

Author Unknown

T'was the day before Christmas,
 but there was no cheer.
 No jingle bells jingled, no sound of reindeer.
 The word had got out that Santa was sick.
 There'd be no friendly visit from jolly St. Nick.
 The people were sad; no gaiety sounded.
 For Christmas had come,
 but Santa was grounded.
 He walked down the street,
 and what should he see?

On a small sign was printed, Randy Schaezke, D.C..
 Now, Santa was not one to like a new tactic, But all else had failed, so he'd try Chiropractic.
 He entered the office and saw at a glance In a place such as this illness

this challenging program from where every you are. This is a serious program so let me know if you are interested.



[Email me for more information.](#)

hasn't a chance.
For all were smiling; the music was snappy, With all the patients contented and happy.
In a very short time, to judge by the clock, He was in the adjusting room, talking to Doc.

"It must be the hurry, the tension and all.
I simply can't seem to get on the ball.
Life used to be easy, just toys, guns and whistles.
Now I have to dodge fall-out, space ships and missiles."

"And Doc, take a look at the size of this pack!
Have you any idea what it does to my back?"
Poor Santa was miserable; just barely able With the help of the doctor, to get to the table.
The doctor was gentle. Without fuss or tussle He examined the vertebrae and relaxed the muscles.
He spotted the trouble, and then with a click, Started aligning the ailing St. Nick.

And Santa felt aches and pains slipping away.
In no time at all he began to feel gay.
The air was a tingle with a new fallen snow.
And a healthy Kris Kringle was rarin' to go.
As he went out the door, he threw all a kiss.

Why, it has been centuries since he'd felt as good as this!
Then once more he shouldered the bag full of toys.
His heart overflowing with true Christmas joys.
So, may we, your friends, echo this cheer?
Merry Christmas to you and to all a good year!

Happy Holidays,

Antioxidants

Red Wine, Wine Enhancer, OPC



An antioxidant is a molecule that inhibits the oxidation of another molecule. Oxygen causes rust on iron as we all know. But, oxygen also causes a rusting of our molecules too, since oxygen is a free radical. This means that the oxygen molecule is not very stable and will attach to other molecules to be satisfied.

During this process other free radicals are formed and released into circulation as a byproduct. Then other antioxidants are needed to satisfy the cascade of free radicals.

Our bodies makes some antioxidants to quell the free radicals formed from

normal metabolism. But most free radicals need to be obtained from the diet.

Antioxidants are found in fruits and vegetables and are mainly located in the skins. The reason they are found in the skins is that they are protecting the fruit or vegetable from the sun, fungi, bacteria and other pests. The smaller the fruit the more antioxidants per volume, hence the popularity of blueberries as a antioxidant source.

RED Wine

Purple grapes contain resveratrol, which protects against both cancer and heart disease. They also contain antioxidants that are more powerful than vitamins C and E. In order to obtain the benefits studies thus far suggest that you'd need to drink a lot of wine.



If you choose to drink red wine I suggest you should consider the "[Catania Wine Enhancer](#)". I have tried this magical device and I agree with the "Wine Spectator" and the "Boston Herald" that it indeed does transform ordinary wine into something

much better. See the video and articles at www.wineenhancer.net



Prefer to get your antioxidants in a capsule? Try OPC Synergy from Standard Process.

OPC Synergy is a whole food supplement that contains a combination of grape seed extract (including Masquelier's® Original OPC), buckwheat, red wine extract, green tea extract, and bilberry to provide the strongest, natural, antioxidant protection available. Each ingredient brings its OPC plus synergistic cofactors to help address the effects of aging, maintain a healthy cardiovascular system, support healthy brain tissue, maintain capillary integrity, and restore collagen strength and elasticity. We have this on hand at the office!

I don't hurt why should I see a chiropractor or keep my appointment?



- You realize that the spine deteriorates with out pain.
- Life time preventive care keeps you moving and enjoying activities.

- Your body thrives on motion. Loss of motion = less life. Choose to maintain your body.
- You know that you can replace your teeth, knees, hips and other joints but not your spine.
- Maintenance treatment will keep you healthier and happier which costs less over time.
- You realize that drugs don't make you healthier, you just feel better by covering up the symptoms.

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

Be Well,

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

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