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Wholistic Health Services Newsletter

RANDY SCHAETZKE, D.C., D.I.B.A.K.

February 2010

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Dear Randy,

As Congress struggles to agree on a health care bill the reality of where health comes from has never been more apparent. If you are not taking responsibility for your health and working to prevent future problems then you too are part of the problem.

What I try to do with is newsletter is inform and enable you to be healthier. I hope you like this edition.

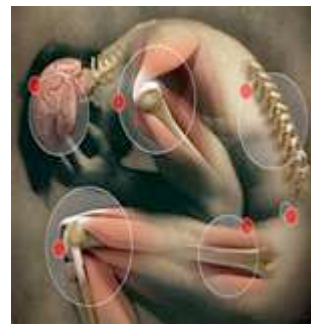
Sincerely,

Randy Schaeetzke, DC, D.I.B.A.K.
802.296.6030

Fibromyalgia Muscle Pain Gone in Minutes!

This is going to sound magical but I have seen the muscle tenderness of fibromyalgia and chronically sore muscle pain disappear in minutes.

If you think that muscle pain is from a lack of drugs you are probably not a patient of mine. Yet the medicos will have you believe that only medication can treat the disabling



pain of fibromyalgia. Right now 43 drugs are prescribed for this condition which does nothing at all to fix the reasons of muscle pain. Drug options include antidepressants, muscle relaxers, sedatives, painkillers, NSAIDs, and other medicines that ease symptoms, relieve pain, promote sleep, or fight fatigue.

So how do you get rid of the muscle pain?

Here is my procedure for this one aspect of fibromyalgia:

- Palpate a tender area such as the pectoral muscles or upper shoulder area and note how bad the pain is.
- Observe your breathing patterns: are you breathing from your diaphragm or using your upper chest. Most likely the latter.
- Fix the diaphragm using Applied Kinesiology procedures.
- Practice breathing slowly and deeply from the abdomen for 5 minutes.
- Re-palpate the muscles as you did a few minutes ago. You should notice a remarkable difference in muscle pain.

The reason this works is via correction of the oxygen/carbon dioxide ratios. An imbalance in this ratio will increase tissue acidity which irritates the nerves in the muscles and otherwise causes metabolic tissue stress. In essence this is a form of hyperventilation syndrome which is often preceded by psychological stress.

Of course there are many other associated factors to consider with fibromyalgia but I can guarantee that few if any medical personal have told you to breath correctly. We also look at the many other causes of muscle pain that rarely are treated successfully just by taking drugs.

For more information on breathing correctly see my article by clicking [here](#).

Randy Schaetzke, D.C., D.B.I.A.K.

What do these conditions have in common?

Digestive Disorders, Migraines, Obesity, Chronic Fatigue, Aching Joints, Skin Disorders, Autism, Fibromyalgia and many more...

Foods can be your enemy. That food you love to eat every day or the food that you have eaten all your life may just be causing you loads of trouble. Food sensitivity is very common and over looked.

The ALCAT Test differs from other food allergy or intolerance tests as it accurately and

objectively measures leukocyte cellular reactivity in whole blood, which is a final common pathway of all mechanisms. The test utilizes electronic, state of the art, hematological instrumentation. Standard allergy tests, such as skin testing or RAST are not accurate for delayed type reactions to foods and chemicals. They measure only a single mechanism, such as the effect of mast cell release of histamine or the presence of allergen specific IgE molecules. Delayed reactions to foods and chemicals are NOT IgE mediated.

The ALCAT Test also differs from standard IgG tests in that they rely exclusively on one immune pathway, serum levels of immunoglobulin G (IgG). In fact, high food specific IgG titers are indicative only of exposure, not necessarily intolerance.

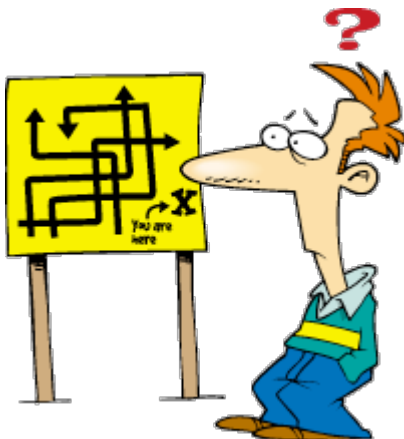
They have several levels of testing. The top of the line panel tests consists of; 200 Food Panel, 10 Food Additives/10 Food Colorings Panel, 10 Antibiotics/10 Anti-Inflammatory Agents Panel, 10 Environmental Chemicals Panel, 20 Molds Panel, 50 Functional Foods and Medicinal Herbs. Other panels offer similar ratios of test with less test and for less cost.

I've had this test myself and it is very revealing and I recommend it to you. Some insurance companies may cover this service too.



Call the office at 802.296.6030

Confused about Nutrition?



Adding Nutritional Counseling to Your Chiropractic Visit.

I've been studying and using nutrition in my practice for over **30** years now. Yet those who are coming in for a structural problem that does not necessitate a nutritional component never realized we have had thousands of patients who come just for nutritional counseling.

With "applied Kinesiology" and other methods I can narrow down what nutritional needs you have. We then work with your diet and nutritional supplements to get the results you want. We take the guess work out of "**what vitamins do I need?**".

Add nutritional counseling to your regular chiropractic visit or as a stand alone visit. Increments of a few minutes to 30 or more is possible. I use a wide variety of specialized labs for toxic screening, hormone evaluations, food allergies etc.. Plus we carry a full line of the finest whole food nutritional supplements around!



We will bill your insurance using nutritional codes but as it stands presently few insurance companies will cover this service. The charge for 30 minute initial assessment is \$65 and follow ups are \$3 per minute.

Save time, save your health, talk to me about your needs and what can be done naturally. In nutrition experience counts!

Randy Schaetzke, D.C., D.I.B.A.K.

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Witch Doctor

Six months of sleepless nights, a bad butt or glut or something, not being able to exercise and basically discomfort. I made the phone call to "the miracle worker" Dr. Randy and one session later all the pain was gone. Some people say Dr. Randy is a witch doctor; others say is has magical hands. I say, "Thank you for working with your magical hands on my no longer bad whatever." Hasse K. Halley



Thank you Hasse for sharing your story with others. Even though I don't consider myself a witch doctor I appreciate you comments!

If you would like your story printed here, please send one to me at drrandy@doctorrandy.com

NO Pain NO Problem Right?

Which of the following are true:

1. I feel fine therefore I am healthy.
2. My blood tests & physical exam are within normal limits therefore I am healthy.
3. I don't eat junk food and I exercise therefore I'm healthy.
4. My back doesn't hurt therefore I don't need an adjustment.
5. If it hurts I don't do that.

None of the above are a true indication of health. With all the talk in Washington about health care you would think they might address the true state of being "healthy".

The World Health Organization (WHO) has defined health as being "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".

We can break this down even further to the "triad of health" and all its aspects to consider to have optimal health.

Structural: bones, muscles, nerves, tendons, ligament, joints, exercise, posture, injuries...

Chemical: toxins, drugs, hormones, vitamins, minerals, proteins, diet, habits, blood sugar, etc..

Mental: Stress of life, conflicts, disagreements, traumas or just the baggage of life.

Conclusion: feeling good is wonderful and passing blood tests is valuable but none of this indicates your true state of health. Applied Kinesiology does help evaluate and treat the state before disease sets in.

DISCLAIMER: Neither Dr. Schaetzke, nor any associate of his office dispenses medical advice from this newsletter. This information is offered for educational purposes only. Do not act or rely upon our information without seeking independent professional medical advice. The information in this newsletter does not create a physician-patient relationship between you and Dr. Schaetzke or any associate of Wholistic Health Services of Vermont. Neither Dr. Schaetzke, nor any associate

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