

[<Back](#)

[Print](#)



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# Wholistic Health Services Newsletter

from Dr. Randy Schaetzke

## In This Issue

- Did You take Antibiotics this winter?
- BioMeridian
- Creation
- Fun Facts
- PICK MY BRAIN

## Interesting links

- Engery Alternatives
- More about us

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Dear Randy,

Feel free to send this newsletter to your friends. Better yet have them sign up to receive it in their inbox.



### Did You take Antibiotics this winter?

*What you need to do after.*



Antibiotics are sometimes the necessary approach to fight an infection. But were you told what you need to do after taking any antibiotic? Probably not. And this is a serious mistake that in my opinion should be considered

malpractice!

Not having the right bacteria in your gut can cause:

- Obesity
- Colitis
- Bad breath
- Allergies
- Diarrhea
- Gas

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

### BioMeridian

*Meridian stress assessment*



In June of 2006, we purchased an incredible machine called BioMeridian. The BioMeridian is used to measure the resistance to electricity with in a meridian pathway.

Meridian Stress Assessment (MSA) testing is non-invasive and provides an extraordinary new perspective on the state of the body's energetic health.

### How it Works

While the patient holds the brass handmass to create an electrical circuit within the body, the BioMeridian technician places a probe on various Acu-Points on the hands and feet. A small current in the range of 10 millionths of an amp is sent through the body. Healthy tissue in the body has a certain rate of conductivity. Stressed tissue has more conductivity and weakened tissue has less conductivity. Upon completion of the test, the technician runs a report, called Bio-Reportization, which provides the technician and patient with a customized chart that shows the functional health of organ systems.

### **Bio-Reportization**

Bio-Reportization is a patented concept that takes a patient's specific electrical impedance data for each organ and/or system, and references that data to known clinical research and studies. Dr. Schaetzke will then meet with the patient in developing a plan of care to address areas of concern. He will also correlate other tests and data into developing a custom nutritional plan for you.

After the initial test, if a patient is recommended to follow a plan of care, a follow-up test is recommended for 30 or 60 days later.

### **Q & A**

Question: What is the Biomeridian machine? And, what is MSA testing?

Answer: The BioMeridian is a FDA-approved, EAV, class 2 medical device, bioelectrical impedance machine. The machine tests 56 meridian points on the hands and feet. State-of-the-art software records the data and compiles a report indicating the energy (or state of health) of organ systems in the body.

### **History**

Meridian stress assessment instruments have been around for over thirty five years and have been used widely in Europe and virtually around the world for

allergy testing as well as for a variety of other purposes. These instruments, however, have been used for only a few years in this country. Meridian stress assessment instruments have been manufactured in Germany, Japan, China, France, Denmark, Russia, and more recently in the United States.

In the early 1950s, Reinhold Voll, a German medical doctor, developed an electronic testing device for finding acupuncture points electrically. He was successful in finding acupuncture points and demonstrating that these points, known to Chinese acupuncturists for millennia, had a different resistance to a tiny electrical current passed through the body, than did the adjacent tissues. Many other researchers have also verified that electrical conductance at the acupuncture points is significantly greater than the surrounding tissue. Voll then began a lifelong search to identify correlations between disease states and changes in the electrical resistance of the various acupuncture points. He thought that if he could identify electrical changes in certain acupuncture points associated with certain diseases, then he might be able to identify those diseases more easily, or earlier, when treatment intervention was likely to be more effective. Voll was successful in identifying many acupuncture points related to specific conditions and published a great deal of information about using acupuncture points diagnostically. (Until Voll, these points had been used mainly for treatment). He found, for example, that patients with lung cancer had abnormal readings on the acupuncture points referred to as lung points. Changes also occurred in the electrical conductance of the acupuncture points supplying musculoskeletal structures that are inflamed.

Come in for a BioMeridian scan. Graphically see and track your health condition change for the better. For a limited time purchase two scans and get your third scan free. Offer ends March 30, 2007

## Creation

*A new explanation*



EVER HEARD CREATION EXPLAINED THIS WAY BEFORE ? In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of

all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts, Satan created Jen and Berry's Ice Cream and Wispy Creme Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14 .

So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then created a light, fluffy white cake, named it "Angel Food Cake," and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained

pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McBerger's and its 99- cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super size them!" And Satan said, "It is good." And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

Then Satan created HMOs.

I don't know who authored this but I want to thank Hillary in Morocco for sending it to me.

### **Fun Facts**

*Did you know*



Gluten Sensitivity is the #1 Food Sensitivity in the world.

Don't just think of Vitamin K as the clotting factor, think of it as the anti-calcification nutrient. Vitamin K supplies an extra carboxyl group ( atom of carbon joined to a oxygen atom) so that calcium can be moved around and put where it's needed rather than dumping into soft tissues including the arteries. Vitamin D without Vitamin K is like cereal without milk.

712 patients with breast cancer were compared against 712 patients without breast cancer. "High plasma total cysteine(important amino acid) level may predict a reduced risk of breast cancer," said lead author Shumin Zhang, MD, ScD, from Brigham and Women's Hospital, Harvard Medical School and Harvard School of Public Health, in Boston, Massachusetts."

Carnitine is a vitamin-like compound that stimulates the breakdown of long-chain fatty acids and is essential to normal heart function. Clinical trials have shown, incredibly, that carnitine is as effective as calcium channel blockers and other anti- angina drugs in reducing angina symptoms, yet most doctors remain unaware of its value (Drugs Exptl. Clin. Res. 10: 213-217, 1984). Take 1,000mg of this important nutrient daily. Food sources are primarily red meat.

### **PICK MY BRAIN**

#### *Q & A session*



On 2-19-2007 I will be having a Q & A session at the office. Any health topic is open for discussion. You can submit a question ahead of time also. Bring a friend and let Sonya know that you are attending. Space is

limited.

Time: 5:45, here at the office.

802.296.6030

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

**Be Well,**

Randy Schaetzke  
Wholistic Health Services

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