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March 2006

Wholistic Health Services Newsletter

Dr.Randy Schaetzke

First E-newsletter

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Join our mailing list!

Join

Dear Randy,

It's been a while since I have mailed out a newsletter. I hope to change that by using this electronic form. So very often I come across information that I think you should know about. I plan to give you information that is cutting edge and pertinent. Of course I will keep you abreast of the changes at the office too.

The forgotten Vitamin

Vitamin D



Most of the grew up drinking milk to obtain vitamin D and knew that this would create healthy bones. We were also told not to get too much of the fat soluble vitamins A,D,E,K. The current recommendations for vitamin D are 200 to 600 IU per day and this is creating a world wide epidemic of vitamin D deficiencies. 93% of 150 patients with chronic musculoskeletal pain in Minnesota were recently found to be very deficient in vitamin D.


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

Take a spin

GyroGym



We have just added in a Gyro in the backroom of the office. I feel this is an exceptional piece of equipment that provides , aerobic exercise, muscular



strength and neurological balance all at once. Some of you may remember Don Prosch from Woodstock Vermont. He has been a pioneer in the development, education and wonders of the gyro. I have had patients use the gyro in the past at Don's former facility in Woodstock and have seen excellent results in conditions such as chronic back pain, neurological imbalances, and just plain clumsiness. I would like everyone to have the opportunity to take a spin in the gyro. So for everyone on this mailing list, your first session is free!

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

Massage Takes Off

Get Stoned



Most of you know by now the we have added massage in the office for quite some time now. April Simoneau and Lynn Martin(both certified massage therapists) have been doing an excellent job in providing, relaxation, deep tissue and hot stone massage therapy. We've had people locally and from out of town, state that by far, these have been the best massages they have experienced. In the months of March and April, you can save five dollars on the massage if you get a chiropractic adjustment, the same day. Why not? It does make my job easier. Call today and schedule a series of sessions.

Pat Laurin LMT

She's back!

This news is so new and exciting. Pat Laurin will be back in the area delivering massage in our office. Many of you know Pat from her 20 years of massage experience

in the Upper Valley. Pat was one of my very first patients when I moved to the area and I'm glad to call her my friend as well. She will be offering her own unique style massage or blend of techniques that may be needed for your individual requirements. Call Sonya at the office to schedule a session now. She is already getting very busy!

Washington Law makers ruin your health



link.

Urgent: Stop the National Uniformity for Food Act (H.R. 4167) before it wipes out hundreds of food safety labeling laws. This is big business at its best and it's best is not in our best interest. This is not a partisan issue. Check out the find out more

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

I appreciate your feed back about this newsletter and any suggestions you may have for it's content and or format.

Be Well,

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