

Natural Wellness Center

Call Today #988-0800

July 2007 Newsletter

www.DrFerchoff.com

Your Monthly Health Guide

Having Fun in the Sun? Drink Plenty of Water!



Are you getting enough water? Our bodies can only live about three to five days in the absence of water, quite less than the thirty to forty days we can survive without food.

The body's water supply is involved in nearly every body process from digestion to excretion. Water is the main transporter of nutrients through the body and is also key in the removal of toxins. Often times people only drink enough water to quench the thirst but it is rarely enough to replace the total water lost. Quality drinking water has been shown to help with numerous ailments from bowel and bladder problems to headaches. Some of the discomforts and disorders that can be helped by drinking more water are anxiety attacks, heartburn, muscle pains, hot flashes and chronic fatigue syndrome. Water helps to relieve these ailments because it aids in the flushing out of toxins, the build up of toxins are what can make these problems come to the surface. Without adequate quality water intake, we could poison ourselves with the waste products produced from normal metabolic processes. Even the breathing process needs water, lung tissue must be moist to allow for the intake of oxygen and the excretion of carbon dioxide, one pint of liquid is lost each day through exhaling. Replacing the water we lose is very important to having a healthy and happy life.

Blood spot testing

If you are curious how your hormone levels are we can test that for you here at Natural Wellness Center by doing a blood spot test. A few of the hormone levels we can check for are Thyroid stimulating hormone (TSH), free T3 and T4, insulin-like growth factor (IGF-1), testosterone, and insulin resistance. These hormones are checked by blood spot testing, a minimally invasive finger prick. Clinical laboratories have used dried blood spot analysis since the 1960's for population screening, then went on to be used for infants where conventional blood draws were not feasible. Today blood spot testing has become a routine procedure. Blood spot testing helps the doctor to identify hidden hormonal deficiencies associated with aging and disease, thyroid dysfunction and symptoms of menopause and andropause. And can lead to restoring or maintaining patient quality of life by using the test results to make informed decisions about treatment.



www.DrFerchoff.com

Your “friendly” gastrointestinal tract



One of the keys to living a healthy life is to have a healthy gastrointestinal (GI) tract. The GI tract includes the stomach and intestines that work to digest food and absorb nutrients. A variety of good or “friendly” bacteria (also called probiotics) keeps the digestive system running and in good order. The probiotics help to digest food, process waste and keep the bad or “un-friendly” bacteria in check. Some of the most understood and studied probiotics include members of

the Lactobacillus and Bifidobacterium groups both have the ability to break down the lactose so they may also be referred to as lactic acid bacteria. Both are available in food and dietary supplements. An imbalance between the good and bad bacteria is frequently associated with various disease states such as yeast infections and colon cancer. Eating foods such as yogurt, or taking a supplement can modify the composition of the intestine to assist with making it an inhospitable environment for invading species and stimulates the immune system. Patients suffering from inflammatory bowel diseases, such as ulcerative colitis and Crohn’s disease can benefit from taking probiotics, it was shown to keep ulcerative colitis in remission and preventing reoccurrence of Crohn’s disease. The benefits don’t stop there, other studies have shown that probiotics also prevent and improve skin diseases such as eczema. At Natural Wellness Center we carry an extensive line of quality probiotics for you to choose from.

Coenzyme Q-10

Coenzyme Q-10 (Co-Q10) or ubiquinone is a vitamin like substance that may be an even more powerful antioxidant than vitamin E. It plays a critical role in the production of energy in every cell of the body. Deficiencies have been linked to periodontal disease, diabetes and muscular dystrophy. Co-Q10 has shown to counter histamine and is beneficial for people with allergies, asthma, or other respiratory disease. Other benefits of supplementation of Co-Q10 are fighting obesity, candidiasis, multiple sclerosis, diabetes and has been used in the treatment of schizophrenia and Alzheimer’s disease. One of the most exciting news about Co-Q10 is the leap it has taken in cardiovascular health. A six year study done at the University of Texas found that those who supplemented Co-Q10 had a 75% chance of survival after three years that is quite a difference of the 25% of those on conventional treatment alone. The amount of coenzyme Q10 found in the body slowly declines with age, so it should be supplemented in the body by those over 50 years of age. Some food sources of ubiquinone are mackerel, salmon, sardines, beef, peanuts and spinach. Of course we also offer it as a dietary supplement here at Natural Wellness Center.



Call now to set up your next appointment #988-0800

P.S. Just a friendly reminder for our members; don't forget to come in during the first week of the month to receive your special **members-only discounts**. **20% off all products the first week of the month.**



Fiber Formula

Additional 10% OFF

With coupon expires 7/31/07



Happy Birthday July Babies!

Come in and show us your ID to save additional money on your supplements!

Save Additional 5%

With coupon expires 7/31/07



Vitaline Co-Q10

Save 20%

With coupon expires 7/31/07



Sovereign Silver

Save 20%

With coupon expires 7/31/07



ITI Phytostan

Additional 10% off

With coupon expires 7/31/07



Additional 10% off

With coupon expires 7/31/07



Tuna Omega-3 SP

Additional 10% off

With coupon expires 7/31/07



Bija Tea Heart Hawthorn

Save 25%

With coupon expires 7/31/07

Simply print out coupons and bring in to save money!!!