

Natural Wellness Center

Call Today 988-0800

August 2007 Newsletter

www.DrFerchoff.com

Your Monthly Health Guide

Can't Get Your Weight Rite...Try Ultra Lite

Sometimes trying to lose weight on your own can be challenging and frustrating. Would it help if you had someone there that you could call on when you are not sure what to eat or someone to keep you motivated and to remind you of your original goals? Let Dr. Ryan help you on your way to a more healthy and satisfying lifestyle with the Ultra Lite program. The Ultra Lite program gives you all the necessary amounts of high quality protein, carbohydrates, vitamins, minerals, trace elements and essential fatty acids all in proper balance.

With the Ultra Lite program you can lose 5 to 10 lbs the first week and an average of 5 pounds the following weeks, when followed correctly.

You will meet with the doctor once a week for measurements and weighing and to go over any questions you may have. Over 500,000 men and women have had positive results with the Ultra Lite program; in addition to weight loss they also reported other health benefits including clearer skin, improved digestion, sharper mind and improved memory. Ultra Lite is only available through health care practitioners, so call Dr. Ryan today and schedule your appointment to start making the changes in your life you have been waiting for.



Don't Just Pop Your Vitamins...

Absorb Them With Nutritional IV's

Many times we are not absorbing all the vitamins and nutrients our body needs due to poor digestion and absorption. Many illnesses and conditions are associated with digestive disturbances such as bloating, mal-digestion and food sensitivities, and people with such conditions may not absorb many of the nutrients. Many diseases also require higher amounts of nutrients. Nutritional IV therapy is a way of bypassing the digestive tract in order to absorb the vitamins and minerals more readily, increasing the nutrient levels in the bloodstream.



The use of intravenous (IV) nutritional therapy, founded by Dr. John Myers in the 1970's is used for various medical ailments. The therapy involves the infusion of various vitamins and

nutrients including magnesium, calcium, B12, B6, and C over a course of treatments in the doctor's office. Some of the conditions treated are cold/flu, alcohol/drug withdrawal, allergies, cancer, chronic fatigue syndrome, depression, Fibromyalgia, gastrointestinal problems, migraine headaches, senile dementia and viral infections. The overall benefits includes, an increase in immune function, boosts in energy levels, supports the adrenal glands and reduces free radical damage.

Don't Pout...We Can Help You With Your Gout

Gout is a type of arthritis that occurs when there is too much uric acid in the body. When People have gout the body is not producing enough of the right enzyme to break down the uric acid into a soluble compound. When uric acid fails to break down it is crystallized in the blood and tissues, and takes on the shape of a needle and jabs into the joints. It crystallizes at lower temperatures, which is why it usually attacks the joint of the big toe, but other joints maybe affected as well, like the mid-foot, ankle, knee, wrist and even the fingers. Acute pain is usually the first symptom, then the affected joints become inflamed, and extremely sensitive to the touch. Repeated attacks can lead to joint damage. Uric acid is not a harmful substance until the levels become elevated that problems arise. Uric acid is a byproduct of certain foods, so it is closely related to the diet. It is associated with the overindulgence of rich foods and alcohol. Gout most commonly affects males between the ages of forty to fifty but it can affect people from all walks of life. Gout may be a result of hereditary, crash dieting, drinking, certain medications, overeating, stress, surgery, or injury to a joint. Drinking 100% black cherry juice or eating foods/ herbs that help to restore proper pH balance may relive gout; here at Natural Wellness Center we have Phosfood Liquid from Standard Process that is an excellent product for balancing the pH.



Getting to Know You and Your pH

Acidity and alkalinity are measured on a pH (potential of hydrogen) scale between 1-14.0, with water being neutral at a pH of 7.0. Anything that measures below 7.0 is considered acidic and anything above 7.0 is alkaline. The ideal pH for the human



body is slightly basic between the ranges of 7.0 to 7.5, for the body any reading below 6.5 is acidic and anything 7.0 and above is alkaline. To determine if your body is acidic or alkaline, litmus paper is available that enables you to test your urine/saliva. Acidosis and alkalosis are the two abnormalities of acid-base balance. Acidosis is much more common and the person will experience insomnia, water retention, recessed eyes, arthritis, migraine headaches, abnormally low blood pressure, strong perspiration, alternating constipation and diarrhea, and a burning sensation in the mouth and/or under the tongue. A person may decrease the acidity of the body by decreasing the intake of highly acidic foods such as animal products (especially beef and pork), beans, cereals, crackers, eggs, flour products, grains, oily foods, sugar, plums, prunes and cranberries are some examples. Alkalosis is the opposite of acidosis the body is too alkaline. Alkalosis affects the nervous system so you will experience hyperventilation, sore muscles, creaking joints, drowsiness, edema, night cramps, menstrual problems, and hard dry stools. We have products here at Natural Wellness Center that can help to balance your pH levels such as phosphorus and kelp.

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.**

Alkalive pH Booster for water



**Additional
10% OFF**

With coupon expires 8/31/07



**Happy Birthday
August Babies!**

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

Save Additional 5%

Alkalive pH test strips



Save 20%

With coupon expires 8/31/07

With coupon expires 8/31/07

B-12 Spray



Save 20%

With coupon expires 8/31/07

7 Keto-Lean



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Hoodia Trim



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Black Cherry Juice Concentrate



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Save 25%

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**Simply print out coupons and bring to the Natural Wellness
Center to save money!!!**

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