

# Natural Wellness Center

## Call Today #988-0800

October 2007 Newsletter

[www.DrFerchoff.com](http://www.DrFerchoff.com)

Your Monthly Health Guide

### Just When You Thought it Was Safe to Go to the Fridge...



Small food allergies may be leading to big health problems for you and your family. Food allergies are very common that may result in swift responses of diarrhea, vomiting, and rashes or slower responses that may lead to other health issues such as migraine headaches, ADHD (attention deficit hyperactivity disorder) and other neurological disorders such as autism spectrum disorders. A food allergy is when the immune system recognizes a food as an invader. If the immune response continues in this fashion it may compromise the intestinal mucosa, leading to "leaky gut syndrome" creating more food allergies as time goes on and starts to affect neurological functions. Usually food reactions can take place anywhere from one-and-a-half hours to 12 hours after the food is ingested. **Some of the common food allergies are wheat, oranges, eggs, tea and coffee, chocolate and milk, beef, corn, cane sugar, and yeast.** When these foods were eliminated from the diets of migraine sufferers nearly 85% of the adults and 93% of the children reported significant improvement in the number and severity of headaches with nearly all of them becoming headache free, as long as the diet was maintained, when the foods were reintroduced 70% reported to have migraine challenges once again. Many parents have reported that when their autistic children are put on a gluten-dairy free diet there were significant improvements in brain function and social skills. If you suspect any food allergies for yourself or members of your family, come in and see Dr. Ryan to find out about testing for food allergies and ways of eliminating them from your diet.

### Pathogens Come From the Darkness to Annihilate Your Healthy Cells...

Fight back with UBI (Ultraviolet Blood Irradiation)! UBI therapy originated in Germany in the late 1920's to battle bacterial infections of the blood, a fundamental effect of UBI is to energize the biochemical and physiological defenses of the your body by introducing ultraviolet energy into the blood stream. Ultraviolet



radiation has been used to treat and purify sewage and water, but it can also clean and purify your blood. No harmful effects have been observed with UBI therapy in thousands of cases of viral infections, hepatitis, bacterial infections and many other illnesses. The overall benefits include increased blood oxygen levels and white blood cell activity, decreased edema, relieves toxemia, controls nausea and vomiting, anti-inflammatory effects, and of course stimulation of your immune system.

## Men Beware Low Testosterone Levels May Be Lurking in Your Endocrine System!

A recent study was completed that was 20 years in the making; it looked at the correlation between low testosterone levels and life expectancy of 800 men 50-91 years of age. Men with low testosterone had a 33 % greater death risk over their next 18 years of life compared with men who had higher testosterone. Symptoms of low testosterone depend on how low the level is; at the lowest levels they may experience hot flashes, much like women in menopause. At moderately low levels the symptoms may be decreased libido, erectile dysfunction, fatigue, loss of strength, decrease in bone density and decreased muscle mass. **Men with low testosterone in the study were also more likely to have a larger waist, putting them at risk for cardiovascular disease and diabetes.** It is important to note that this study suggested an association between low testosterone and mortality, but it did not prove that one cause the other. Schedule an appointment with Dr. Ryan to get your levels tested and start on your way to living a more fulfilling and longer life!



## AHH It's a Zombie! Oh Wait...Its My Loved One With Stiff, Sore Joints.

Flexcin is an amazing dietary supplement shown to relieve the pain of arthritis time and time again. One of the main ingredients in Flexcin is cetyl myristoleate or CM8 that was discovered after two years of intensive study and experimentation by a research chemist who wanted to relieve the pain of his friend and neighbor that was suffering from rheumatoid arthritis. He knew that mice were immune to arthritis and sought to discover why, he found out in the compound CM8 and received US patents for the "use" of CM8 as a treatment for rheumatoid arthritis and then for the treatment of osteoarthritis. Flexcin has brought together the power of CM8 and other proved substances that aid in joint health and mobility. It has shown benefits in the relief of rheumatoid arthritis, gout, Fibromyalgia, osteoarthritis, bursitis and many other joint and muscle conditions. There are five ways that Flexcin promotes health joints. First it "super-lubricates" keeping the joints moving freely and comfortably. Second it soothes aching joints and decreases painful inflammation; third it reconstructs and builds health new cartilage. Forth Flexcin promotes the health and existing joint tissue. The fifth benefit is that it enhances joint flexibility and mobility. You can go online to [www.flexcin.com](http://www.flexcin.com) to find out more or just come in and ask our staff if it is the right decision for you.



**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.**



**Emergen-C  
assorted  
flavors**

**Additional  
10% OFF**

With coupon expires 10/31/07



**Happy Birthday  
October Babies!**

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

**Save Additional 5%**

With coupon expires 10/31/07



**SP Gastro-Fiber**

**Save 20%**

With coupon expires 10/31/07



**Allerplex**

**Save 20%**

With coupon expires 10/31/07



**Heel-Allergy**

**Additional  
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**Flexcin**

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**Sovereign Silver**

**Additional 10% off**

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**Bija Tea Deep Cleanse**

**Save 25%**

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

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