

Natural Wellness Center

Call Today #988-0800

June 2007 Newsletter

www.DrFerchoff.com

Your Monthly Health Guide

Stiff joints...prolotherapy can fix that!



Prolotherapy is used to treat chronic pain in the joints caused by ligament and tendon relaxation. The procedure is done by injecting dextrose, which is a natural irritant, along with procaine, lidocaine, oxygen and/or ozone. The dextrose causes mild irritation in the site of pain; this irritation causes the body to respond, thinking that there is a new injury, leading to the rebuilding of tissues. The new improved ligament/tendon can be up to 40% stronger, greatly reducing the pain caused by weak connective tissues. Some of the conditions **prolotherapy** can benefit are; tennis elbow, shoulder pain, degenerated discs, knee pain, osteoarthritis, hip pain, tendonitis and neck pain along with many others. The response to the treatment varies from person to person and that person's ability to heal, however usually patients begin to see and feel positive results in 3-5 days, after the initial pain and soreness caused by the inflammation wears off. The number of treatments needed depends on the severity of pain, size of the area and patient response. Complicated areas such as the spine may take more injections while an area such as the elbow will not require as many treatments. The average number of treatments is between 5-10. Call and schedule an appointment today to see if you are a good candidate for **prolotherapy**, and start feeling better!

UVB Ultraviolet Therapy sheds light on your sickness

Ultraviolet therapy purifies the blood of contaminations such as, bacteria, viruses, and fungi. UVB was first used on humans in Germany in the late 1920's when a woman dying of a fatal bacterial infection was cured in two days of using the ultraviolet therapy. An effect of the treatment is to energize and enhance the biochemical and physiological defenses of the body by introducing the ultraviolet energy into the blood stream. By killing the germs and re-introducing the pathogens into the blood stream creates a natural vaccine. UVB therapy has gone through thousands of clinical trials and there have been no adverse side effects observed. The trials have shown that the therapy produces a rapid detoxifying effect, increases the levels of oxygen in the blood, and a rapid rise in resistance to viral and bacterial infections, acute and chronic. The conditions treated include, but is not limited to; flu, headaches, rheumatoid arthritis, hepatitis, herpes simplex, gangrene, recurrent skin infections, upper respiratory diseases, ulcers, and poliomyelitis. Some people feel better soon after the treatment others go through the detoxification process of fatigue, headaches and flu-like symptoms, the detox process is totally normal. If you would like to learn more about UVB and what it can do for you call our knowledgeable staff or schedule an appointment with Dr. Ryan.



BioAstin- the power of micro algae

Astaxanthin that is found in BioAstin is more than a powerful antioxidant; it also reduces inflammation, protects the eyes and brain, improves performance in athletes and acts as a natural sunscreen. Oxidation can damage our tissues, cells and even our DNA, oxidation can happen from exposure to chemicals, poor nutrition, and air pollution. There are many diseases and degeneration associated with oxidation, such as, cancer, inflammatory-immune injuries, premature aging disorders, senile dementia, rheumatoid arthritis and cataracts to name a few. Thankfully nature gave us numerous sources of antioxidants found in fresh fruits, vegetables, and algae. Astaxanthin is a pigment, namely a carotenoid, found in micro algae that give shrimp, lobster and salmon its color. Natural astaxanthin has 550 times the antioxidant strength than vitamin E. BioAstin protects the eyes from light-induced damage, photoreceptor cell damage, nerve damage, inflammatory damage and it helps to ward off eye fatigue. Astaxanthin uses multiple pathways to combat inflammation throughout the entire body. In double-blind studies conducted by independent laboratories it was found that this amazing pigment was able to reduce pain and increase mobility in people suffering from rheumatoid arthritis and carpal tunnel syndrome. This is a great product for athletes here in Hawaii because not only does it improve strength and endurance but is also an internal sunscreen, protecting and regenerating your skin from the inside out. Come in today and give this amazing supplement a try!



Support your over worked adrenals...

The adrenal glands are small but very mighty, they produce the hormones cortisone, cortisol, aldosterone, DHEA, adrenaline and norepinephrine, which is also a neurotransmitter. Cortisol is involved in the metabolism of carbohydrates and the regulation of blood sugar. Aldosterone helps to maintain electrolyte and water balance in our bodies. DHEA and is an androgen that converts into testosterone and adrenaline speeds up the rate of metabolism and other changes designed to help the body cope with danger. However if we are under a constant state of stress our adrenals become overworked and cause a host of health problems such as; weakness, lethargy, dizziness, headaches, memory problems, food cravings, allergies, and blood sugar disorders. The long-term use of cortisone drugs, such as those taken for arthritis and asthma, can cause the adrenal glands to shrink in size. Poor nutritional habits, smoking, and alcohol and drug abuse can contribute to adrenal failure. Consuming plenty of fresh fruits and vegetables, deep-water fish, garlic, onions, shiitake mushrooms, and avoiding alcohol, caffeine, tobacco, fried foods, pork, and refined sugars will greatly improve your adrenal function. At Natural Wellness Center we offer numerous supplements to compliment a healthy diet in working to build and keep your adrenals healthy.



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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.**



BioAstin

Additional 10% OFF

With coupon expires 6/30/07



Happy Birthday June Babies!

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

Save Additional 5%

With coupon expires 6/30/07



Planti-oxidants

Save 20%

With coupon expires 6/30/07



Vitamin B-12 Spray

Save 20%

With coupon expires 6/30/07



PhytoGuard Capsules

Additional 10% off

With coupon expires 6/30/07

Adrenal, Desiccated



Additional 10% off

With coupon expires 6/30/07



ITI Greens Formula

Additional 10% off

With coupon expires 6/30/07



Bija Tea Ceylon Green Tea

Save 25%

With coupon expires 6/30/07

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