



# NATURAL HEALTH

*Get Healthy, Stay Healthy, Live Well*

Hello Everyone in Natural Health Nation,

I'd like to start this week's letter by wishing all our patients who are mothers a happy Mother's Day just one day late. It sure was a nice spring day and I hope that you were able to get out and enjoy it. We are always thankful when our sons can come home and visit or at least talk on the phone and catch up with the news. We help a lot of mothers and mothers-to-be at the office by helping them with a good diet and supplementing with good quality supplements to make sure their healthy and can help their families be healthy.

I have three articles this week which are geared towards our moms and being healthy and enjoying life. The first article is on using aged cheese and mushrooms and why they're so good for you, and they help you to live longer too.

It is important to eat good quality, especially with our fast-paced lives and all the stress.

The second article is on flowers and why it's important to help our bee population by planting flowers, in other words, a good excuse to have all those flowerpots around the house.

The third article is on breathing exercises that can help control high blood pressure and anxiety. Doing all the things that moms do, working and taxi service and all, can be stressful and just learning to breathe correctly can help reduce this stress and anxiety which helps keep blood pressure lower. It's hard to believe that we get so busy we forget how to breathe but it's the truth. So all you moms enjoy these articles, everyone else too, and have a great week.

We hope to see you soon at **Natural Health** to Get Healthy, Stay Healthy, Live Well

-Dr. Mark

[Back to Natural Health](#)

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