



NATURAL HEALTH

Get Healthy, Stay Healthy, Live Well

Hello Everyone in Natural Health Nation,

It seems like summer is here. Another very nice weekend but a little warm. Don't forget to include some sea salt in your diet when the temperatures get this warm. If your outside, you notice sweating a lot, but even inside with the air conditioner running you can get dehydrated. We use the trick of putting a teaspoon of fresh squeezed lemon juice per gallon of water to keep the electrolytes available to the body. It's a lot better than snow though-ha.

The first article this week is a review but it's good to remember it. It's about the mounting evidence against diet soda. The artificial sweeteners on diet soda are some of the worst chemicals to get a hold of. We tell our patients to drink regular soda if they're going to do it, hopefully not, and stay away from the diet stuff. Enjoy the article.

The second article is on stem cell therapy. During our last trip to Florida we learned about stem cell therapy but we have it available in a tablet form rather than some of the medical stem cell therapies of injections. Stem cell therapy has been around for a long time but now the technology has caught up to where we can use it orally and we have this available at our office here at **Natural Health**. Read the article and see what you think and we would be happy to get you on a program. It's some amazing products and complements the nutritional approach that we do very well.

Our bonus article this week is an "I told you so" article. It's really sad to think of the millions of people who were hurt by the poor science used to promote trans fats for all those years. It's also a wake up article that people need to know that much of the science is political so be aware of what you listen to/ and who/ on these topics of diet and nutrition. You can't go wrong eating **whole foods** that are naturally grown and supplemented with **whole food** nutrition as needed. The human body was meant to work on these real foods and not on fractionated pieces or synthesized chemicals. **At Natural Health**, we strive to promote these principles and help people find these food sources to-Get Healthy, Stay Healthy, Live Well

-Dr. Mark

Dr. Mark Holtschlag

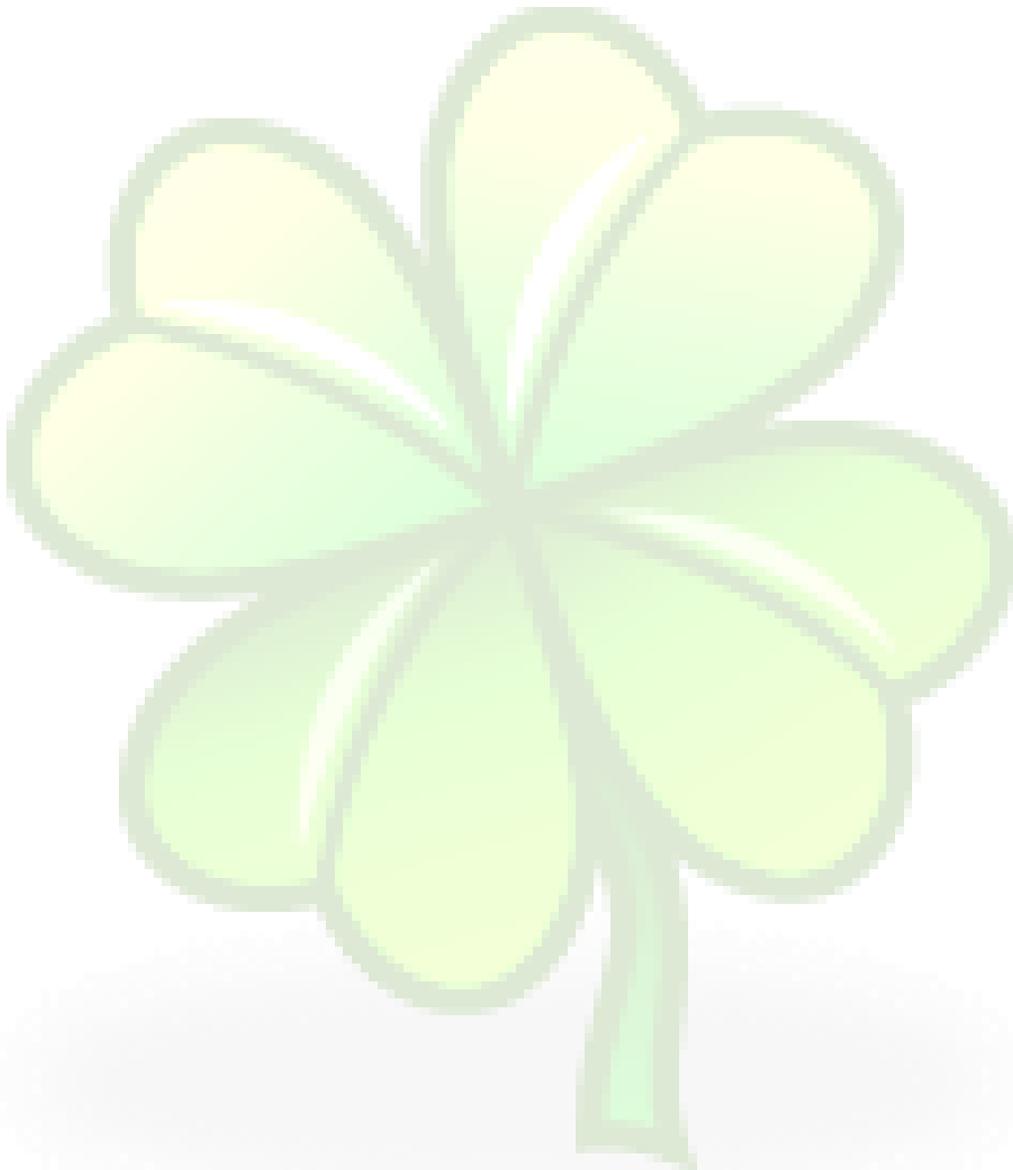
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