



NATURAL HEALTH

Get Healthy, Stay Healthy, Live Well

Hello Everyone in Natural Health Nation,

Another hot weekend. We went down to the Lake of the Ozarks for a couple days and it was very hot there. We brought along an extra bottle of Cal Amo, our calcium salt pill from Standard Process, and we had no problems with fatigue, cramps, or other symptoms of dehydration. We heard stories of many of the people who did and did some explaining to get them to understand why sea salt or mineral salt is so important over the hot summer months. We go through a lot of Cal Amo over the summer and into the fall.

The first article is information on 14 herbs for handling the thyroid naturally. There are many folks out there who have low thyroid function. The medical treatment for this is a synthetic thyroid hormone. It helps with symptoms but does not help with everything the thyroid naturally does so can lead to side effects. Natural remedies help to strengthen the thyroid and this article describes some of these natural thyroid helpers. We treat a lot of thyroids with Standard Process nutrition and have excellent results.

The second article gives the reader information on which foods are best for your heart health. Again, there are natural ways of helping the circulatory system stay healthy. Blood pressure medication and cholesterol medication have many side effects and are not helping the underlying cause of the problem. We treat a lot of this in the office and get people off of those medications. Enjoy the article.

Our bonus article this week is on the top eight natural remedies that would end most preventable diseases. This is a little more explanation on how you can be in control your own health by using natural remedies and foods to help your body repair itself. At **Natural Health**, we help our patients to learn how to take care for themselves and be healthy and enjoy life to its fullest and for as long as possible. Please let your friends and family know that we are here to help them and would love to see them Get Healthy, Stay Healthy, Live Well-Dr. Mark

Dr. Mark Holtschlag

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