



NATURAL HEALTH

Get Healthy, Stay Healthy, Live Well

Hello Everyone in Natural Health Nation,

I hope that you've all been enjoying the cooler weather and we got some nice rain this weekend so the grass will continue to grow. We had a great weekend as my sons came home and we caught up on all the news. My one son plays rugby and that season starts next week so we will have a busy fall. I'm hoping it doesn't get too cool too fast.

The first article this week talks about the link between antidepressant use and autism risk. One of the most common findings we find in our women patients is a low functioning thyroid. It still can be in the medical range for "normal", but the patient is tired and depressed. Using some nutritional support and changing the diet almost always does the trick and keeps people from getting on these toxic drugs.

The next article I found interesting because most people think that these top five associations work towards good health. Unfortunately, most of them work towards business and profit. The article is very interesting and has a lot of information in a small amount of print. Take a look and see what you think.

The bonus article this week is about giving to others to help make you happy. We know how this works, especially around Christmas, but at that time it seems stressful. I find that giving someone a smile is not only good for them but helps me stay in a better mood as well. Sometimes it's the simple things that can keep us happy throughout the day. Vacations and big things are fun but are a lot of work and can be somewhat stressful. That's why we like to keep things simple here at **Natural Health**, using simple whole food products to give the body what it needs to heal itself, helping patients with their everyday diets to remove the troublemakers that affect their health, and keeping their spines in line to remove nerve interference that affects the body's ability to heal itself. We would love to help you and yours so make yourself happy and give them our name and phone number. That would make us happy too-thanks. Get Healthy, Stay Healthy, Live Well-Dr. Mark

Dr. Mark Holtschlag

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