

# NATURAL HEALTH

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Hello Everyone in Natural Health Nation-

I hope that you all had a great weekend and got some of the beautiful rain that we did at our house. It really came nice and I don't think any of it ran off. It'll make the grass grow and I'd much rather it be green than brown. The cooler temperatures are great too and we haven't noticed much of a bug problem either so it's a great time of year to enjoy the outdoors.

The 1<sup>st</sup> article this week is called The US Campaign against Breast-Feeding. "Breast is best" is true in many ways and only makes natural sense. The government is backing the formula makers for guess what reason-money. Many folks don't realize that the breast-feeding mom changes the nature of the milk as needed by the baby. There is also a lot of benefit to the skin on skin contact between mother and baby. I have seen many formulas cause all kinds of trouble in babies, so breast is best.

The 2<sup>nd</sup> article this week is entitled Time in Nature Provides a Host of Benefits. This is really a great article on stress reduction and getting away from all the EMF pollution and just regular old air pollution. Getting back to enjoying the green grass and getting away from all the hustle and bustle of our modern busy lives. The benefits of this are many, for instance, lowering blood pressure, helping your eyes to strengthen from looking long-distance, grounding to help your energy systems, and on and on. It's a great little article.

The bonus article this week is called Enhanced External Counter Pulsation Therapy for Heart Disease and More. This is a great alternative to bypass surgery and helps the body to heal itself. It's a good therapy for diabetics and stops the need for blood thinners, which is a major benefit all by itself. There would be no shunts or wires in the chest and less chance of a return to the hospital as you're helping to remove the cause of the problem, not just cover it up with surgery. It's always best to **Get Healthy, Stay Healthy, and Live Well.**

-Dr. Mark

**Next Health Workshop:** Monday, August 6<sup>th</sup> – Healthy Children

**Next Chiropractic Workshop:** Tuesday, August 7<sup>th</sup> – Arthritis & Osteoarthritis

**Patient Testimony:** I was fatigued, had “brain fog,” sluggish on a daily basis. I was not sleeping well, I would fall asleep easily but wake up several times during the night and had trouble returning to sleep. I also had GERD and other digestive problems.

I sleep through the night however should I wake up, I can easily go back to sleep. I have enough energy to get me through my busy days and I have better concentration and no more “brain fog.” I no longer have constant heartburn and rarely have gas or bloating. Overall, I have seen and felt a vast improvement in 6 weeks. Some happened instantly.

Please click links below to read articles from Dr. Mark

[The US Campaign Against Breastfeeding](#)

[Time in Nature Provides a Host of Health Benefits](#)

[Enhanced External Counterpulsation Therapy for Heart Disease and More](#)