

NATURAL HEALTH

2000 Jefferson, Quincy, IL 62301

217-228-2040

www.naturalhealthquincy.com

Hello Everyone in Natural Health Nation-

I hope that you enjoyed the weekend despite the rain. At least it was warm. We did some traveling during the weekend and it sure rained a lot across the state. This morning was nice and crisp, makes you think that fall might be coming. I hope not too quickly though as we all dread what comes after.

The 1st article this week is on Raw Milk Vending Machines Flourish in Europe. The interesting thing about this article is that Europeans can get raw milk which is a good nutritious food but, in the US, these vending machines are banned, and farmers get arrested for trying to sell raw milk. We are stuck with pasteurized milk which is basically nutritionally worthless. Of course, the politics and money involved are determining factors for the US farmers. Europeans are more concerned with health than money.

The 2nd article this week is titled One Unusual Sign That You're Not Sleeping Enough. The article goes into a discussion on loneliness and emotional problems like a short fuse or anxiety, etc. Sleep is so important for the body as that's when the body heals itself. It's important to have the right nutrients available for the body to do this though, and that's where a good diet and necessary supplements come in. We have a great vitamin B complex called Cataplex G that helps the nervous system to calm down and allows a person to get a good restful sleep. You Don't Need Sleeping Pills, just a Correctly Working Nervous System.

The bonus article this week is entitled Antibiotics Send 70,000 Kids to the ER. Of course, antibiotics are important if needed but they are way overprescribed with 50% being unnecessary. Most colds are viral in nature anyway, and antibiotics do not work on viruses. A major side effect of antibiotics is killing off the intestinal flora which causes all kinds of problems with not only bowel function but absorption of nutrients from your food. At Natural Health, our goal is to keep people healthy, so they have no need for antibiotics for colds and sicknesses. If your immune system is working correctly and your body is able to handle stress, the bugs that are out there don't bother you. **Get Healthy, Stay Healthy, and Live Well**

-Dr. Mark

Nest Education Workshop: Tuesday, September 18 at 5:00 pm

Patient Testimony: I had a general "sick" feeling. Did not sleep well. Spent 98% of my day bloated and tired despite eating a "healthy diet." I had months at a time when I had unexplained dizziness. I was missing periods and I have suffered unexplained miscarriages. My hormones were off and I was on medication to level my prolactin.

How is it now?

I feel GREAT! I am no longer bloated all the time. I sleep amazing through the night. I have regular bowel movements. Never thought that would happen for me! I am happy all the time, have a positive attitude. No longer suffer dizziness. On top of all that I have clearer skin, softer hair and visible cellulite on my thighs are GONE! We are still working on my menstrual cycle, but my hormones are leveling and there is no sign of high prolactin. T.R.

Please click links below to read articles from Dr. Mark

[Raw Milk Vending Machines Flourish in Europe](#)

[Feelings of Loneliness Linked to Lack of Sleep](#)

[Antibiotics Send 70,000 Kids to the ER](#)