

NATURAL HEALTH

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Hello Everyone in Natural Health Nation-

Another glorious weekend. Started out a little hot but sure turned out nice. It's great to have everything greened up, everything looks so healthy and vibrant. I hope you had a great weekend and weren't too busy. That's the only problem when is not snowing, no excuses not to get anything done!

The 1st article this week is titled Yes You Do Sweat out Toxins. This is not a myth as some authors are trying to propose, it's common sense. You must also realize that you sweat out your salt too and were finding many patients who are low on salt and then become dehydrated. We've heard so much malarkey over the years about salt causing blood pressure issues and that might be true for processed salt but not sea salt. A good indicator is if you start getting tired in the Spring or Summer, you're probably low on salt. We have a great product called Cal-Amo which is a calcium salt pill and replaces your needed electrolytes quickly.

The 2nd article this week is called 50 Years Late, WHO Declares War on Trans Fats. It's a great article and explains why trans fats are bad but you must realize that there are good fats too, even essential ones needed for good health. We've heard that malarkey for years to about fats being bad for you and that is just not true. Commercial and processed fats yes, but not be good food fats and oils. And to be aware that even though the label says no trans fats, you can still get 5 g per serving so read the labels and try not to eat processed foods.

The bonus article this week is entitled How Excess Iron Raises Your Risk for Alzheimer's. The article goes into an explanation of this with the big problem, as we see it, that people are taking iron pills but can't digest them because of low stomach acid. They can also have a probiotic problem which lends towards a B12 deficiency and again absorption is low or wrong. This is another reason to get good proteins as they have the proper form of iron in them as a food source. Then it's up to your body to digest the food correctly which we watch very closely here at Natural Health. Your body wants you to be healthy, but you must treat it correctly and understand how it works. Our goal at Natural Health is to teach you how to do exactly that, become healthy and informed. **Get Healthy, Stay Healthy, and Live Well**

-Dr. Mark

Next Health Education Workshop: Tonight, June 4 at 6:00 pm – How Healthy is Your Water?

Next Chiropractic Workshop: Tuesday, June 5 at 5:00 – Headaches and Dizziness

Patient Testimony: What it was like before I came to see Dr. Mark:

I was trying to find the right combination of foods/supplements to help me with my celiac disease. I was feeling tired and having indigestion and anxiety issues.

How is it now?:

Dr. Mark has helped me reach my goals and feel better every day. I am confident in choosing the right foods to keep me healthy and will continue, trusting him in my journey to better health. (K.M.)

Click links below to read articles from Dr. Mark

[Yes, You Do Sweat Out Toxins](#)

[50 Years Late, WHO Declares War on Trans Fats](#)

[How Excess Iron Raises Your Risk for Alzheimer's](#)

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