

NATURAL HEALTH

2000 Jefferson, Quincy, IL 62301

217-228-2040

www.naturalhealthquincy.com

Hello Everyone in Natural Health Nation-

What a beautiful fall weekend! We sure did a lot outside this weekend and weren't the temperatures wonderful? It almost seemed cold going from 95 to 65 but we'll adapt. I hope that you all had a great weekend too and got some of those fall chores done.

The 1st article this week is called Generation Zapped. It's about cell phone usage and the cause of neurologic effects on the body, reproductive issues, and cancer if overused the wrong way. It's a good article that explains how to use the cell phone and not set yourself up for problems. If you've not checked out our Q link line of EMF protection, come by and look. We're not going to stop using our cell phones, just like we're not going to stop watching TV, so you need to protect yourself from the harmful effects of EMF.

The 2nd article this week is titled Strange Bedfellows: GMO and Vaccine Partnerships. This article talks about the front groups that are out there promoting these businesses and quoting each other with fake "science" and research articles on each other. It's another eye-opening article that you don't realize there pulling the wool over your eyes, but they do a good job.

The bonus article this week is entitled Common Painkiller Is Causing Many Heart Attacks. This is about an over-the-counter pain medication that people have used for decades and we were told that it was safe. Ibuprofen and naproxen are not safe, especially if used for long periods of time. The article goes into an explanation of this and what combinations are especially harmful. We are seeing a good increase in the number of our chiropractic patients who are coming in for healthy maintenance care to keep from having joint pains are other irritations that they would use these over-the-counter medications for. Plus, they feel a lot better and have more energy to do their daily activities. Chiropractic care and good nutritional support are 2 very good alternatives to using pain medications, especially opioids, over short or long periods of time. The adjustments get to the cause of the problem, not just cover it up. Our use of the Activator adjusting technique makes it so easy and we adjust any age patient.

Get Healthy, Stay Healthy, and Live Well

-Dr. Mark

Next Patient Health Workshop: October 1 at 6:00 pm – Hidden Dangers of Sugar and Diabetes

Next Chiropractic Workshop: October 2 at 5:00 pm – Osteoporosis and Scoliosis

Patient Testimony: "Before I started a Nutrition Response Testing program with Natural Health, I had a dry, scaly patch on my wrist that would not improve. even my dermatologist told me it was just a rash. It was getting worse and I wasn't sure what would help. Also, my acne was flaring up, I was feeling VERY lethargic, and I was having severe headaches 2-3 times per week. After my first week on a program the patch on my wrist was about 90% gone, my acne began clearing up, and no headaches... also I was falling right to sleep at night and waking up with far more energy!"

Please click links to read articles from Dr. Mark

[Generation Zapped](#)

[Strange Bedfellows: GMO and Vaccine Partnerships](#)

[Common Painkiller Is Causing Many Heart Attacks](#)