

The

LIGHT



HOUSE

A Beacon of Health

NATURAL HEALTH CENTER, P.C.
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May / June
2006

“When Is The Best Time To Be Adjusted” by Dr. Shawn M. Schmidt

Inside this issue:

| | |
|--|--------|
| “The Best Time To Be Adjusted” (continued) | 2 |
| Masayo Mori Helps Katrina Survivors | 2 |
| “BioMeridian Case Studies: (continued)” | 3 |
| Health and Wellness 101 Class Schedule | 4 |
| “Calendar of Events” “Health in the 21st Century” | Insert |

Many times I see patients in the clinic who are experiencing severe pain. When you ask them what happened they’ll tell you that they sneezed or just bent over to pick –up a pair of socks and “POP”.

Why is it that such simple daily tasks or events can result in someone being in such pain? Many times the patient will tell me of mild discomfort they experienced days prior to their back “going out”. You’ll hear

them say, “I should of came in sooner.”

So this leads to the question of “When is the Best Time to Be Adjusted?”. Lets look at the 4 categories of chiropractic care:

1. **Relief based intensive care:** This is the type of care that is given when a patient has suffered an injury such as a auto accident, slip and fall or is in severe pain.
2. **Corrective Care:** Begins when the symptoms are resolved. This helps in

maintaining mobility and continued healing.

3. **Wellness Care:** Once maximum improvement has been met I will prescribe an individual program of wellness care. The patients that I referred to in the beginning of the article are usually the ones who fail to follow this plan and go too long between adjustments.
4. **Palliative Care:** Some patient have
(Continued on page 3)

“BioMeridian Case Studies” by Jim Jensen

Through BioMeridian Testing we are able to determine the “energetic presence” or core of many different health conditions, some of which are “outside of the box” in relation to allopathic or holistic medicine.

Such a case involved a one year old female patient who had been suffering from seizures accompanied with high fevers since birth. She had received a thorough medical work-up and her parents were told by the doctors that there was no known cause of the seizures that they could find.

Her parents were told she would need to be placed on Phenobarbital indefinitely to control her seizures. Her parents, not wanting her to be on such a strong medication consulted with Dr. Schmidt.

After the initial consulta-

ON THE WEB @

www.naturalhealthpc.com

Fees stated indicate fees at the time of the article and may have been changed

Natural Health Center P.C
8001 Chicago Street Omaha, NE 68114

Presents:

“Health and Wellness 101”

This workshop is a two-hour educational journey through the holistic philosophy and natural laws that balance the human body.

This program empowers the attendees with the cutting edge nutritional knowledge to aid and enhance their current health and reduce the future risk of the “modern disease”, diabetes, cancer, heart disease and degenerative arthritis.

May 2006

Saturday, May 6th @ 11:00 pm

Tuesday, May 16th @ 6:30 am

June 2006

Saturday, June 10th @ 11:00 pm

Tuesday, June 20th @ 6:30 am

This program is provided as a courtesy of Natural Health Center

Seating is limited

Call: 399-2020

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“Serving The Holistic Needs Of The Midwest For The Past 20 Years ”

“When Is The Best Time To Be Adjusted”

by Dr. Shawn M. Schmidt (continued)

ongoing structural problems that are a result of a prior accident or a birth defect that will not allow the patient to enjoy an active life or mobility without routine adjustments.

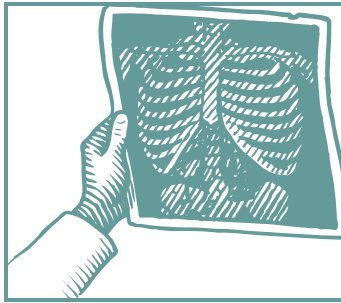
Another time to be adjusted is when you are sick. **The correction of misalignments within the spine will allow the nervous system to work to it's optimal best. This will aid the immune system and has shown to increase white blood cell counts to fight the infection more efficiently.** Also misalignment of the vertebra in the upper neck can hinder the drainage of the ears, nose, and sinus.

Its not just the spine that can benefit from chiropractic care. Did you know that chiropractors are also trained in adjusting the extremities such as the elbows, wrists, hands, knees, ankles, and feet. Many times patients will seek out medical care for extremity pain only to be placed on a pain medication when a chiropractic adjustment can resolve some symptoms with a single treatment.

It amazes me when patients come in with severe pain and when asked

why they didn't come in sooner they will say, "I just didn't have the time." **It seems that time becomes more plentiful when you are in severe pain.**

Chiropractor, Dr. Christopher Kent, in his article titled, "Chiropractic and Infectious Disease — a Historical Per-



spective," which is posted on www.subluxation.com, provides statistics that show the superiority of chiropractic care **during the 1918 flu epidemic. In Davenport, Iowa 6,116 patients died out of 93,590 treated (a loss of one in fifteen) under modern medical care. Meanwhile, chiropractors at the Palmer School of Chiropractic treated 1,635 cases and lost only one patient.** Outside Davenport, chiropractors cared for 4,735 cases with only six deaths, or one death

per 866 patients. Meanwhile, in Oklahoma, another bastion of chiropractic activity, out of 3,490 flu patients under chiropractic care, there were only seven deaths.

In many areas of our life we will use the routine check-up or maintenance as means to evaluate that things are at their best or if there is a problem. How many times have you had your car serviced prior to driving out of town on a long trip, or do you get dental check-ups or eye exams even though you don't think you have a problem; only to find out that you are in the beginning stages of something more serious that if left alone could of caused you undue stress or pain.

So how long has it been since you had a chiropractic check-up? Do you know when you need to see me next? Next time you start feeling like you're about to catch a cold or flu, what are you going to do? How about your foot pain or knee pain? I look forward to seeing you at your next check-up.
Best of Health!

Dr. Shawn M. Schmidt

“Masayo Mori Helps Katrina Survivors” by Jim Jensen

Some college students like to go to Cancun and other locales to party during spring break. **Our very own Masayo went to New Orleans to lend a helping hand.**

For seven days she and a group of other students helped families to remove debris from destroyed homes and aid them in the rebuilding process.

When asked why she chose to donate her time over spring break she stated, **“I've always wanted to do volunteer work and help others.”** As a matter of fact, one of Masayo's goals is to join the Peace Corp.

She relates being most surprised by how hard the physical work was and the amount of devastation.

Some of her best memories include all the great people she met from other countries such as Africa, China, Russia and also from her home country of Japan.

The Doctors and staff would like to say thanks to Masayo for all her hard work and spirit of giving to the people of New Orleans.

“BioMeridian Case Studies” by Jim Jensen (continued)

(Continued from page 1)

tion Dr. Schmidt felt that a referral for BioMeridian testing was most appropriate. The initial testing showed an energetic split within her meridian system. The split was unique in that one side of her lower meridian were weak and the other side was stressed.

After review of the testing Dr. Schmidt recommended a specific treatment for the patient to be administered by the parents. The treatment involved using an Acu-Laser, which is a handheld low lever laser to stimulate the meridian system. The parents were instructed to treat the patient 1-3 times per day.

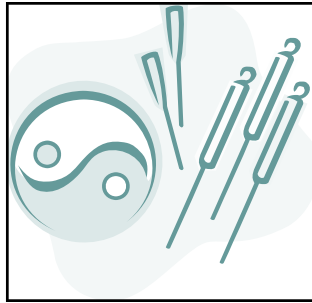
In the initial month of clearing the patient developed hives and the parents contacted Dr. Schmidt. They were advised to discontinue treatment until follow-up BioMeridian testing could be performed. Although she had developed hives she did not experience any high fever or seizure during the first month of treatment.

A second BioMeridian test was accomplished and it was determined that the energetic split was removed and now the patient's meridians were all in the low readings. Dr. Schmidt designed a new treatment protocol for the parents to administer at home using the Acu-Laser. **The patient was now entering in her second month of being seizure free.**

By the third visit for BioMeridian testing all of the patient's meridians were in balance and the patient was still seizure free, this was the longest period of time the patient had gone in her life without a seizure. The parents were instructed to discontinue the Acu-Laser treatment and to follow-up in one month for a retest.

The following month the patient was again retested and all of the meridians were in balance and a follow-up test was scheduled for six months. **To date the patient is still seizure free.**

A different case involving a **male patient diagnosed with Crohn's**



Disease for 4-5 years prior to being tested. His symptoms involved severe gastrointestinal discomfort to include IBS, episodes of diarrhea or constipation lasting for days or weeks. **He was told that that there was no known cause for his condition and all diagnostic testing had been done.** He was prescribed Pentasa and was told that he would need to stay on the medication for the rest of his life. Being only in his early twenties, he felt a second opinion was warranted and consulted with Dr. Schmidt.

His initial BioMeridian testing indicated the energetic presence of bacteria, yeast and parasites. He was given a regimen of homeopathic, herbal and nutritional remedies. This regimen was to support his systems and organs while removing the toxins.

Within four months he had decreased his dosage of Pentasa from 16 capsules per day to 4. By the 5 month he was only taking 1 capsule of Pentasa per day.

In a few months following the completion of the detox of what appeared to be bacteria, yeast and parasites, his symptoms were completely cleared and he was off all medication. The following is an excerpt from a letter he sent to Dr. Schmidt.

Dear Dr. Schmidt

I would like to start off by saying that your approach to sickness and health has not only changed my life, but many of the lives around Omaha. I came in last fall, being diagnosed with Crohn's Disease for 4-5 years. Battling the repercussions of Crohn's, and trying to perform at peak performance for the Nebraska Football Team was truly an adventure. After going through the BioMeridian testing with Jim and fixing the parasites, I have had no signs of it (symptoms) being around. All the time, effort and investment into your office has truly paid off for me.....Again I truly believe in what you do and this I am so grateful...

Respectively,

Mike

These are just some of the many people we have helped with the aid of BioMeridian technology. **If you or a loved one are interested in BioMeridian Testing, please contact the front office to schedule a consultation with Dr. Schmidt.** He will determine if the testing is most appropriate for your current condition or if other medical testing or treatment would be most needed.

Best of Health!

Jim Jensen, MSA Tech

Natural Health Center Calendar of Events April-May 2006

MAY 2006

| Sun Closed | Mon 7:30am - 6:00 pm | Tue 9:00am - 5:00pm | Wed 7:30am - 6:00 pm | Thu 9:00am - 5:00pm | Fri 7:30am - 6:00 pm | Sat 9:00am - 12:00pm |
|---------------|-------------------------|--|------------------------------------|------------------------|-------------------------|--|
| | 1 | 2 | 3 All nutrition purchases 10% off | 4 | 5 | 6 Health & Wellness Class 101 (11:00 am) |
| 7 | 8 | 9 | 10 All nutrition purchases 10% off | 11 | 12 | 13 |
| 14 | 15 | 16 Health & Wellness Class 101 (6:30 pm) | 17 All nutrition purchases 10% off | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 All nutrition purchases 10% off | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 All nutrition purchases 10% off | | | |

JUNE 2006

| Sun Closed | Mon 7:30am - 6:00 pm | Tue 9:00am - 5:00pm | Wed 7:30am - 6:00 pm | Thu 9:00am - 5:00pm | Fri 7:30am - 6:00 pm | Sat 9:00am - 12:00pm |
|--|-------------------------|--|------------------------------------|------------------------|-------------------------|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 All nutrition purchases 10% off | 8 | 9 | 10 Health & Wellness Class 101 (11:00 am) |
| 11 | 12 | 13 | 14 All nutrition purchases 10% off | 15 | 16 | 17 |
| 18 | 19 | 20 Health & Wellness Class 101 (6:30 pm) | 21 All nutrition purchases 10% off | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| <p><i>Dr Schmidt and Jim Jensen will be out of the office from June 24th until July 2nd. The office will remain open for other scheduled appointments and nutrition sales.</i></p> | | | | | | |

Natural Health Center, P.C . presents: **‘Your Health in the 21st Century’**

‘Good Health!’ ...isn't that what everybody wants? High energy, mental clarity, full function, and absence of disease well into old age. If that's what you want, the ‘Your Health in the 21st Century’ one-day seminar can help.

What is ‘Your Health in the 21st Century’ ?

‘Your Health in the 21st Century’ is a “therapeutic lifestyle program”. It is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging are largely caused by lifestyle choices.

These diseases include:

- | | |
|---------------------------|----------------------|
| *Heart Disease | *Diabetes |
| *High Blood Pressure | *High Cholesterol |
| *Stroke | *Metabolic Syndrome |
| *Osteoarthritis | *Osteoporosis |
| *Cancer | *Alzheimer's Disease |
| *Stress-related disorders | *PMS |
| *Menopause | *Fatigue |
| *Obesity | *Chronic Pain |

Program fee \$145

This program includes your initial body composition testing and analysis, two seminar books, a full day of educating, motivating classes, snacks and a delicious healthy lunch.

Fall Schedule To Be Announced
Seating Is Limited
Call 399-2020

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