

# The LIGHT HOUSE

*A Beacon of Health*



NATURAL HEALTH CENTER, P.C.  
 8001 CHICAGO ST. OMAHA NE, 68114  
 WEB: WWW.NATURALHEALTHPC.COM

New Year Edition  
 2006

## “A Look Back At 2005 And A Look Forward to 2006” by Dr. Shawn M. Schmidt

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2005 was a year of many great changes at the clinic. We had three 12 week Metabolic Classes which over one hundred patients participated in.

Those that participate and made the lifestyle changes needed, not only saw an improved body composition but also saw the reduction

or resolution of many symptoms such as **high blood pressure, diabetes, high cholesterol, PMS symptoms, fatigue and more.**

As a means to make this class more accessible I have decided to make the class a one day event lasting nine hours and will now be titled **“Health in the 21st Century”**. You can find more details

**about this class on the insert in this newsletter.**

We not only helped thousands of patients with common chiropractic problems but also helped hundreds of patients with complex conditions such as **seizures, eczema, allergies, IBS, Crohn’s Disease, colitis, acid reflux, hy-**

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## “Probiotics - The Good Bacteria Your Body Needs” by Jim Jensen

When you speak of bacteria most people will automatically think of the unhealthy kind like you would find on dirty surfaces in the bathroom or kitchen. Some may

think of the last time they were sick and their doctor gave them an antibiotic.

The truth of the matter is that we have hundreds of different beneficial bac-

teria that live inside us. It is said that the average adult will have 2-3 lbs of beneficial bacteria in their intestines. So when we are prescribed an antibiotic it will go

Check Our Website

[www.naturalhealthpc.com](http://www.naturalhealthpc.com)

## Meet Dr. Janine Belitz: Our Newest Doctor

**Dr. Janine Belitz**, the daughter of Dr. Jack and Joan Belitz grew-up in Omaha. Graduating from Mercy High School in 1985 and then went on to Creighton University where she received her B.S. in Nursing. She has worked for 15 years as an Intensive Care Unit R.N.

During that time she also attended Logan

College of Chiropractic and graduated in 1999.

She has spent 10 of the last 15 years as a traveling nurse, spending time in CA, NV, CO, IL, MO, NY, and FL.

She has returned to the Omaha area to spend time with family and to pursue her chiropractic career.

She looks forward to working with the Natural

Health Center staff and patients.

**Dr. Belitz will begin seeing patients for chiropractic care starting on February 2nd. Appointments will be available on Tuesday and Thursdays from 9 am to 6 pm. She will also see patients on Saturdays 9 am to noon.**

Please contact the staff at the front desk to schedule an appointment.

NATURAL HEALTH CENTER, PC

8001 CHICAGO STREET  
OMAHA, NE 68114  
402.399.2020 VOICE  
402.399.0707 FAX  
WWW.NATURALHEALTHPC.COM

**"Serving The Holistic Needs Of The Midwest For The Past 20 Years"**

## “A Look Back At 2005 And A Look Forward to 2006” by Dr. Schmidt

**poglycemia and many, many more.** This was done by using technology such as BioMeridian Testing and Acupuncture, as well as herbal, homeopathic, and nutritional support.

**Many of these patients had for years seen numerous “specialists” and had exhausted thousands of dollars prior to being successfully treated through our office.** I am always pleased to help these patients and look forward to the challenge.

Looking to this year, 2006, I see even more positive changes that I'll announce in future newsletters.

I will continue to strive to give you the absolute best care possible using every means necessary. Myself and staff will continue training through continuing education and

seminars to sharpen our skills and continue to grow in knowledge to help best treat you. I will continue to make the environment of the clinic as pleasing as possible through remodeling.

I look forward to this year and helping each and every one of our established patients as well



as new patients.

**With this said I would invite you to access your health goals for 2006.** What areas would you like to improve?

- Improve flexibility and mobility?
- Decrease your medications or find a natural alternative?

- Improve your body composition?
- Resolve a chronic condition?
- Increase your energy?

These things and many more conditions are treated on a daily basis at our clinic. If you ever have a question about any type of condition and whether we treat it please consult with me, you may be surprised.

For those patients who have chosen to take their health journey with us, Thank You. For those new patients just starting their journey, Welcome. **May this year see you achieving all your goals and dreams!**

Best of Health,

*Dr. Shawn M. Schmidt*

## “Thank You For Your Referrals”

**What is the best compliment you can give a business? Tell other people about it.** And that's exactly what our patient's do. So we would like to say a very big **“THANK YOU!”**

We do very little advertising because of our great patient refer-

als and referrals from other Doctor's offices.

**We also encourage you to tell your friends and family about the Health and Wellness Class** (see the insert in this newsletter). This class is free of charge and covers a vast array of nutritional and health

issues facing many of us.

You can also tell friends and family to look us up on the web: **www.naturalhealthpc.com.** Our site covers many of our services.

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Again, Thank You!

## “Probiotics - The Good Bacteria Your Body Needs” (continued)

by Jim Jensen

*(Continued from page 1)*

into our system and kill both good and bad bacteria. **It can't tell the difference between good and evil.** There are many options to using an antibiotic depending on the condition you are needing to treat.

**As a matter of fact a lot of illnesses that are treated by medical doctors are not bacteria related.** You just end-up taking an antibiotic while your own immune system does the job. And in some cases when you are ill with a non-bacterial infection and taking an antibiotic you will prolong your illness.

Here at the Natural Health Center we carry a number of probiotics for different conditions and depending on the age of the person, and their tolerance to dairy will determine which one we use.

Lets talk about some of the reasons to use a probiotic:

- **Post Antibiotic Use:** Probiotics will help replace the good bacteria that antibiotics kill. This will help in preventing the growth of other harmful microorganisms following the aftermath of the antibiotics. Probiotics help in producing natural antibiotic compounds that support the

immune system's production of white blood cells.

- **Digestive Disorders:** This includes diarrhea, constipation, slow GI transit times, food allergies, irritable colon, lactose intolerance, bad breath, gas and bloating.



- **Enhances Synthesis of B Vitamins:** Probiotics aid in the absorption of important minerals such as calcium, copper, iron, magnesium and manganese.
- **Candidia Albicans Overgrowth:** Candida naturally occurs in low levels in the vagina, and in both the male and female GI tracts. When allowed to proliferate in the body, Candida can cause symptoms ranging from food allergies, headaches, general fatigue, yeast infections and sometimes severe emotional and behavioral disturbances.
- **Protects Against E-coli infection:** and other food poisoning

- **Promotes anti-tumor activity.**

- **Helps Normalize Cholesterol Levels**

- **Infections:** Probiotics help fight urinary tract, bowel, gum, and tooth infections.

**“Well my doctor told me to eat some yogurt and I'll be fine.”** The truth of the matter is that you would need to eat 10-20 cups of yogurt to equal the amount of probiotic in just one capsule of a good probiotic. If you really, Really, REALLY like yogurt then YoPlait it is.

**Probiotics are very safe for you to take and will not interfere with medications.** They are safe for children to take and can also aid in supporting proper gut health of infants.

So as you can see there are a number of reasons to make probiotics part of your nutritional regimen. Especially if you have been, are currently on, or plan to be on an antibiotic. Or following a surgical procedure.

**Best Of Health,**

*Jim Jensen,*

*BioMeridian Technician*

**Natural Health Center P.C**  
**& Dr. Shawn M. Schmidt**

8001 Chicago Street Omaha, NE 68114  
(Two blocks North of 80th St.)

**“Nebraska’s Most Progressive Holistic Health Care Center”**

**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.

**February 2006**

Saturday, February 18th @ 11:00 am

Tuesday, February 21st @ 6:30 pm

**March 2006**

Saturday, March 11th @ 11:00 am

Tuesday, March 21st @ 6:30 pm

**There is no fee for this class!**

**Guests are welcome!**

**Please reserve your seat  
at the front desk or call**

**399-2020**

# *Natural Health Center's* **‘Health in the 21<sup>st</sup> Century’**

*Dramatically Reduce Your Risk of Chronic Diseases*

**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 'Health in the 21<sup>st</sup> Century' one-day seminar can help.

What is **‘Health in the 21<sup>st</sup> Century’** ?

**‘Health in the 21<sup>st</sup> Century’** is a “therapeutic lifestyle program”, a program that will help you live your life in a way that improves your health. A “therapeutic lifestyle” means making choices every day that will enhance your health and help prevent disease, enabling you to achieve a full, healthy life.

**‘Health in the 21<sup>st</sup> Century’** 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 |

A therapeutic lifestyle program is now recommended as the *“first line of therapy”* for individuals with many of the conditions listed above, as well as those with other health problems such as:

- |                                 |                        |
|---------------------------------|------------------------|
| *Stress-related disorders       | *PCOS                  |
| *PMS                            | *Menopause             |
| *Fatigue                        | *Conditions related to |
| *Other hormone related symptoms | overweight/obesity     |

**Saturday, February 11, 2006**

**8:30a.m. to 5:00p.m.**

**Program fee \$145**

**Call 402.399.2020**

This program, offered by Dr. Shawn Schmidt and Dr. Janine Belitz, includes initial testing, seminar booklets, lectures, yummy snacks and a healthy lunch.

**Limited Seating -- Sign up now!!!**