

Nebraska Natural Health Center
7643 Cass Street
Omaha, NE 68114

September/October
2001

Nebraska Natural Health Center

“Nebraska Most Progressive Holistic Health Care Center”

Providing The Holistic Health Needs Of The Midwest Region For The Past 11 Years

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Points Of Interest

- Children play because it is fun. But it is now known that play is also an important part of a child's development.
- Children sometimes need to play alone. But sometimes they need to play with adults as well. Talking to infants, repeating words and sounds, singing, music, nursery rhymes, repetitive babyish games - all of these are vital to the child's happiness and normal growth and development.
- Crying is a young child's way of saying that something is wrong. Maybe the child is hungry, or tired, or in pain or discomfort, or too hot or too cold, or has been startled, or needs to be held and cuddled. Crying should not be ignored.

“The Bradley Method of Natural Childbirth” by Barb Hake, AAHCC

Preparing for the birth of a child is a very exciting time for most couples. Prospective parents find themselves wandering through the baby department of Dillard's or matching paint and wallpaper at Home Depot. **Less thought, however, is sometimes given to which childbirth education class is right for them and their baby.** All too often parents are led to believe that all childbirth classes are the same. Nothing could be farther from the truth!

The Bradley Method of childbirth began in 1947 through the work of Dr. Robert Bradley. **Dr. Bradley believed that at least 90% of well-trained parents could experience labor and birth naturally, without harmful drugs.** His practice in Denver, Colorado flourished as mothers began once again to believe in their bodies, and fathers were invited to become an integral part of the miracle.

The Bradley Method emphasizes being a

good consumer and taking responsibility for your birth. We teach the laboring mother to relax completely and use normal, rhythmic, abdominal breathing during contractions, tuning into their bodies. Fundamental to all Bradley classes are the beliefs that excellent nutrition and exercise build the foundation for a healthy pregnancy.

Unlike other childbirth classes, Bradley Method classes last for 12 weeks. This gives

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“Nikken: A Welcome Addition” by Vicki Baines

The Nebraska Natural Health Center, after diligent investigation, has chosen to incorporate and encourage their patients to learn about the natural energy technologies that Nikken provides. Nikken is not

a tennis shoe or a camera, but is a global giant in the health and wellness industry. For over 25 years, Nikken has been researching and developing products that are unique, extraordinary, and easy to

incorporate into ones daily life; products that help you combat stress on an ongoing basis. Isn't stress what brings us to the doctor 80% of the time?

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September 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Office Closed	7	8
9	10	11	12	13 Office Closed	14	15 Health & Wellness 12 p.m.
16	17	18	19 Health & Wellness 6:30 p.m.	20 Office Closed	21	22
23	24	25	26	27 Office Closed	28	29
30						

Cost Increase For Services

As of September 1st we will have new prices for Chiropractic Adjustments, Therapy, and Acupuncture. A price list of all of our services will be available at that time. **Additionally, any bill not paid at the time of service will have a \$10.00 billing fee applied to the total.** You may contact the Office Manager (Julie Bledsoe) at 399-2020 with any questions.

“Bradley Method of Natural Childbirth” by Barb Hake, AAHCC (Continued)

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coaches the time they need to become confident in their duties, and it provides mothers enough time to become experts in relaxation.

Bradley instructors go through a rigorous certification process and fulfill requirements each year to remain affiliated. All of the Omaha area Bradley instructors are experienced natural childbirth parents. Classes are available year round.

Childbirth is a natural, joyful event, not a medical crisis.

Occasionally medical intervention is necessary and appreciated. There is, however, an appropriate time for intervention and an appropriate time to let nature take its natural course. **Natural childbirth is hard work, but our children deserve it.**

For information about local classes contact:

Barb Hake, AAHCC
 3620 Lincoln Blvd.
 Omaha, NE 68131
 402-553-5056
 joyfulbirth@huntel.net

For a national directory of Brad-

ley teachers contact:
The Bradley Method
Box 5224
Sherman Oaks, CA
91413 – 5224
(800) 4-A-BIRTH



Childbirth is a natural, joyful event, not a medical crisis.

October 2001

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4 Office Closed	5	6
7	8	9	10	11 Office Closed	12	13 Health & Wellness 12 pm
14	15	16	17 Health & Wellness Class 6:30	18 Office Closed	19	20
21	22	23	24	25 Office Closed	26	27
28	29	30	31			

New Practice Management Software

As of September 1st we will be converting to a new software system. **This is being done in part to better serve our patients and so that we may file insurance claims electronically.** All active patients will be manually put into the new system. We ask for your understanding when checking out at the front desk

“Nikken: A Welcome Addition” (continued) by Vicki Baines

(Continued from page 1)

Creating natural energy technologies is what makes Nikken stand out in the forefront of the wellness industry. The United States has been bombarded over the years with synthetic chemicals, overly processed foods and now, bio-engineered products. **Nikken was the first to introduce the US to safe, simple MAGNETIC technology.** Magnets work by simply supplementing the diminishing magnetic energy that is imperative for life. **Do you know anyone who**

needs to reduce their stress, increase their energy, improve their balance or flexibility? Or do you know anyone needing to improve the quality of their sleep? Or perhaps you know someone who hurts all the time and find little relief from the drugs they already take? Nikken’s products have been clinically proven to help relieve hurting joints and muscles, improve sleep and diminish discomfort as they strengthen a body’s own natural RECOVERY rate.

Most of us have heard about

magnetic products but few of us have heard of the **FAR-INFRARED technology that Nikken has developed.** This innovation promotes natural warmth by using ceramic-reflective fibers to absorb the body’s own energy and return it to the body as gentle warmth. These fibers also release excess heat, so you stay comfortable in practically any environment. This technology also restores a balanced pH level to the body. Now, doesn’t that sound healthy? This natural energy technology is available in socks, long johns, comforters and joint wraps.

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“Nikken: A Welcome Addition” (continued) by Vickie Baines

The Natural Health Clinic promotes good drinking water—clean, ph balanced, mineralized water. The reality that the city of Omaha is adding ammonia to our drinking water before the end of this year should encourage us all to look at healthier options for our drinking water. Nikken has just introduced to the US the *Pi-Mag Living Water System*. During research on plant growth cycles, Japanese scientists discovered a form of water they named pi. This pi water contained specially-charged iron particles which led scientists to refer to it as “living water,” gauging from the effects they perceived it had on plants and other growing things. Used in Asia for over 30 years this process for transforming tap wa-

ter into pi water has been incorporated into a patented, multi-staged portable unit. The benefits of drinking this water has made tremendous differences in peoples health.

Did you know that when you buy a vitamin or mineral supplement at the drug store that the FDA requires that only 17% of what is on the label actually be in the product? Scary, huh! That also explains why some people will try a supplement and report back that “it doesn’t work.” The reality is that they didn’t have enough of what their body needed to make a difference. Nikken has a pharmaceutical grade of nutritional supplements that guarantees

that 99% of what is on the label is in each and every capsule. Our nutritionist, Jeanne, can direct you to the products that would benefit you best.

Now, we all have safe, simple, natural options that we can easily implement into our daily lives that bring about better health. As a Wellness Consultant for the clinic, I am looking forward to providing you with a free in depth introduction to Nikken. Feel free to give me call 397-5670! Vicki Baines

Did you know that the FDA requires that only 17% of what is on the label actually be in the product

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“Nebraska’s Most Progressive Holistic Health Care Center”

Cease the Pain with a Natural Solution—Vicki Baines

There is something new on the nutritional shelves at The Natural Health Center to be excited about. The product is called **JOINT**, and the life changing ingredient is called **Cetyl Myristoleate (CM)**. **A completely natural substance, CM has been proven 90% effective for people with osteoarthritis in a recent double blind study.** This natural ingredient has the ability to *treat the cause* of arthritis; reversing its destructive course. It acts as a lubricant for joints and has anti-inflammatory properties which bring about physical relief from discomfort. Additionally, it works with the other ingredients in the **JOINT** formula to help reconstruct damaged tissue.

The additional ingredients in the **JOINT** formula includes Glucosamine and MSM. **Glucosamine** was discovered in 1989 and has been proven effective in the reconstruction of connective tissue. It is a natural element of the body and is an integral part in the production of nails, tendons, skin, eyes, joint fluid, bone and heart valves.

Methylsulfonylmethane(MSM) is a natural form of organic sulfur which is found in all living organisms. MSM is the flexible bond between cells. Without MSM, cell's interconnections become rigid. When tissues lose their flexibility, problems develop. MSM increases blood circulation and detoxifies the body. It acts as an anti-inflammatory and permits the muscles to heal. MSM is as mild as water and has no negative side effects. It does have one positive side effect—it causes hair and nails to grow faster and become stronger!

“Osteoarthritis, rheumatoid arthritis, gout, lupus, ankylosing spondylitis, Reiter’s syndrome, Sjogren’s syndrome and psoriasis along with back pain of undetermined origin, respond to cetyl myristoleate.” *Dr. Chuck Cochran, D.C.*

So, if you are one of the many thousands of people who are still hurting, run, don't walk to the clinic and see Jeanne, our nutritionist, and get yourself onto a safe, natural product and on the road to recovery from joint discomfort.