

Feel Better!

CELEBRATION  
OF  
HEALTH  
ASSOCIATION

# newsletter



2009

L. Terry Chappell, M.D.

Robert C. Angus, B.S., Naturopathy  
122 Thurman St  
Box 248  
Bluffton, Oh 45817  
800-788-4627  
419-358-4627

[www.healthcelebration.com](http://www.healthcelebration.com)  
[www.terrychappell.blogspot.com](http://www.terrychappell.blogspot.com)

COHA NEWSLETTER is a communication with our patients and others exploring the potential of progressive medicine.

Dr. Chappell is a family physician specializing in nutritional and preventive medicine. His office, COHA, offers traditional family health care and services, plus innovative treatments for "hard-to-treat" medical problems.

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### From the Desk of Dr. Chappell

Welcome to the fall. Hopefully, the economy is on the road to recovery, and health insurance reform will be a positive step for America. We are trying to help address some of our country's biggest challenges through COHA.

First, we are establishing a Medical Home as recommended by the American Academy of Family Physicians. If you have not already done so, please let us know whether you want us to be your Medical Home or to serve as a consultant for a MH run by your own family doctor.

Second, we are emphasizing what we do best-helping you feel better and prevent illness. Ask about our new Why Weight Loss program with Human Chorionic Gonadotrophin (HCH) option. We have a new pain control technique called PNT that does not require shots, and a more detailed approach to cholesterol (see inside for the latter).

Finally, keep us in mind if you know people that might need our help. We value your referrals very much, and they help us create a medical community with members that assist and care for each other.

To your health,

L. Terry Chappell, M.D.



## Seminar Schedule & HEALTH SCREENING

at Claudia's Natural Food Market

5644 Monroe St Sylvania, OH

September 14 - - - Tapping Your Way to Pain, Stress, and Allergy Relief

MONDAY-7pm The amazing results from simple acupressure techniques and other procedures.

September 25 - - - HEALTH SCREENING - CALL COHA FOR DETAILS or see website

FRIDAY 1-5pm? for CARDIO RISK, MercOut-testing for mercury, Blood test for food allergies

Call COHA for reservation for testing-

FRIDAY 5:00-6:00pm - From Fatigue to Fantastic

How to get your body back to functioning at a high level by finding the underlying cause of your fatigue.

September 28 - - - Maximizing Total Body Circulation

MONDAY-7pm Drugs and surgery should be last resorts. Improving blood flow and avoiding blockages naturally.

Please call the office to confirm the seminars are being held the day of the seminar or go to

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

# EVIDENCE-BASED APPROACH TO LIPID ABNORMALITIES

L. Terry Chappell, M.D.

If your cholesterol level or low density lipoprotein (LDL) level is high or your high density lipoprotein (HDL) is low, we now need further information to assess your risk of a heart attack or stroke more effectively. You could have a VAP or LPP profile done to determine the particle size of these lipids. You might also have an Lp(a), CRPsens, Insulin, Homocysteine, Vitamin D3 and a Peripheral Blood Analysis (PBA) to measure clotting tendency.

What you should do to decrease your risk of heart attack and stroke varies, depending on the results of the tests. Sometimes your sex (male or female) and age affect what steps are recommended, also. New recommendations are as follows:

1. If you are a male between age 50 and 75 and you have evidence of coronary artery disease and your LDL particles are small and dense (the bad guys), you should take a statin drug or red yeast rice to reduce your risk. The purpose is not only to lower your cholesterol but to reduce abnormal inflammation. After age 75, you might be able to forget statin drugs. If you have these small, dense LDL particles, it is reasonable to bring the total LDL down below 100, but lower than 70 is usually not required, despite what some cardiologists recommend.



2. The same goes for a woman, except that the statins don't work as well in women, and you could do just as well with other measures to reduce inflammation.
3. If your HDL subgroup 2b is low (the good guys), then you need to raise it, usually with niacin and/or increased fitness through a prescribed exercise plan.
4. If your Lp(a) (the baddest guy in town) is high, do not take a statin drug. It will not work. Instead take niacin, fish oil and nattokinase. In my experience, chelation is the most effective agent to lower this dangerous lipid.
5. If your triglycerides and/or insulin are high, you have "mud for blood" and a tendency to clot. The best way to lower triglycerides is a strict low carbohydrate diet. If you lower your triglycerides, a side benefit is that your HDL will probably go up, which gives you additional protection.

Other supplements and lifestyle changes can also correct for abnormalities on the above blood tests. If you can bring all values into the normal range, your risk of suffering a heart attack or stroke will be reduced significantly. This information is based on peer-reviewed articles in major medical journals and on the guidance of Stephen Sinatra, M.D., a prominent integrative cardiologist.

## Cash Bonus Offered for TACT

The Trial to Assess Chelation Therapy (TACT) has enrolled over 1500 patients to date, nationwide. At COHA, we are one of the leading centers for enrollment, and we need your help. Enrollment has slowed considerably, and 300 more patients are required to finish this important study. We have been offered a bonus for enrolling new patients in the study.

We cannot pay referral sources for bringing us patients, but we can pass on a \$500 bonus to every new patient who enrolls in the study from now until the enrollment is completed. So if you know non-smoker who is 50 y.o. and has had a heart attack, even a "silent" heart attack, please send them our way. Dr. Chappell will be glad to speak to them by telephone if they are interested. Have them call our office to set it up. You will be doing them a favor. They will be contributing to the advancement of medicine. They will eventually get free chelation treatments. And now they will get paid for their time as well! Thanks for your efforts to help us finish TACT.

By the way, even if you do not personally qualify for TACT and if you have any risk of heart disease, stroke, or circulation problems, personally or in your family, you should strongly consider chelation therapy for yourself and your loved ones. We believe that it is one of the most effective treatments available to prevent premature death and disability.

## Toxic Metals

Toxic metals such as lead, mercury, arsenic, tin, cadmium and aluminum are very common

in our polluted environment, food supply, and even in the fillings in our teeth. These metals stimulate free radicals, which cause inflammation. Eventually, they increase the risk of brain malfunction, memory loss, heart disease, strokes, cancer and bone disease. All of this is documented in the medical literature. If a patient is not getting well with a good nutritional program, we always suspect heavy metals. That and allergies are the most common impediments that keep patients from improving as expected.

Virtually anyone with a chronic medical problem, especially if there is a circulation factor or memory loss, should be tested for metals. A blood test is insufficient because the metals are stored rather quickly in the brain, bone or fat cells. A challenge test with one or two chelating agents is usually required. If a patient has or has had mercury amalgam fillings, a mercury chelator such as DMPS or DMSA should be included.

If high levels of metals are detected (and this is certainly common from our polluted environment), it is imperative that the patient be treated to reduce the amounts significantly.

Most patients feel better and function better after a course of chelation therapy. Their risk of dying early from cancer, strokes and heart attacks will likely be less. Sometimes oral treatment is sufficient, but other times, a series of intravenous treatments is preferred.

Toxic metals are pushed under the carpet by conventional medicine. They are an important factor for many health problems. If detected and effective treatment is given, our experience shows that we can expect significant benefits.

## Do You or a Loved One Have a Problem with Alcohol?

The **CAGE** questionnaire is a simple way to detect if too much alcohol is interfering with your life. It consists of four simple questions:

- 1) Have you felt the need to **C**ut down your drinking?
- 2) Have you felt **A**nnoyed by criticism of your drinking?
- 3) Have you had **G**uilty feelings about your drinking?
- 4) Have taken a morning **E**ye opener?

A score of two or three yes answers is highly suspicious of a problem with drinking and a score of four is virtually diagnostic of alcoholism.

Alcoholics die early of liver and heart disease, and they can ruin their family structure and relationships. Job performance is often affected. Essential for a full recovery is rebuilding the body's health and detoxifying with great nutrition, which means three meals a day, lots more fruits and veggies, whole, organic foods, healthy oils, no caffeine, no junk food and minimal sugar.

High dose B vitamins can be very helpful.

The New England Journal of Medicine recently proposed a simple, inexpensive, safe, effective treatment as well: naltrexone at 25-50 mg a day. This medication is usually used to reverse the effects of a drug overdose, but now we know that it really works to significantly decrease the craving for alcohol. Food allergy desensitization can also be very helpful.

The first step in dealing with problem drinking is to recognize that you have a problem. If the family recognizes that there is a problem but the individual refuses to accept it, an intervention can be arranged in which several people come together to give the same message simultaneously. Sometimes a stay at an alcohol rehab place is needed initially. If you need help with this difficult problem, let us know.



## *Women, Hormones, and Wellness— New Guidelines*

Many women have benefited from bio-identical hormone replacement therapy (BHRT). Unfortunately, the FDA has outlawed estriol, (which comes from soy and has been safely prescribed to women forever), based only on a petition from Wyeth, which makes Premarin and Provera from horse urine. Most BHRT has contained estriol by itself or as part of biest or triest. Recently, the FDA has gone after doctors who continue to prescribe this safest of all estrogens, even if the docs get an Investigational New Drug Application, as they suggest.

If you have been taking estriol, we will help you find a substitute. Generally three choices are available: using just estradiol (which is also from soy), increasing your progesterone, or substituting an herbal preparation like black cohosh. This will require an office visit or phone consult, plus some follow-up to be sure that the change is effective.

The doctor who is prescribing hormones for you is now required to perform the yearly physical exam, breast exam, and pap smear. For all female patients who get their annual exams at COHA and others who seek effective breast screening, we routinely provide breast thermography. The reason we prefer

thermograms is that we believe they can detect potential cancer-growing areas before the cancer actually starts, when we might be able to prevent the cancer, rather than just detect it at an early stage. Mammograms can also be utilized, but when combined with thermography, they can probably be done only every 2-3 years, which reduces radiation exposure (and discomfort from compression).

If you are not taking HRT and you are 21 year old and/or sexually active, yearly pelvic exams are still suggested until you are 70 year old. If you have had a complete hysterectomy for indications other than cancer, you do not need pelvic exams, but breast exams are still indicated. We will also suggest bone density testing as indicated. Be sure to point out any suspicious moles at that time, as well.

If you have questions, please ask one of our COHA nurses.



*Feel Better!*

# CELEBRATION OF HEALTH ASSOCIATION

RETURN SERVICE REQUESTED

**L. Terry Chappell, M.D.**

Robert C. Angus, B.S., Naturopathy  
122 Thurman St. Box 248  
Bluffton, OH 45817

Phone: 419-358-4627 or 800-788-4627

A private group devoted to health-  
so that you can Feel Better, Live  
Longer and Start Now!

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## CARDIO-RISK AND YOUR ARTERIAL AGE

Once again we are offering CardioRisk Ultrasound, an intima media thickness (IMT) scan. The CardioRisk Company in Utah returns to Bluffton to do carotid artery screening. This state-of-the-art ultrasound test tells us not only the exact amount of plaque in the neck carotid arteries leading up to your brain, but also your arterial age compared to your actual age. This test is much more accurate than what is available at hospitals.

For some of you, this will be the chance to compare last year's test to this year's test, and for others it will be a first-time opportunity to see where you stand. Call us for a brochure with more information.

WHAT: **CARDIO RISK HEART SCREENING**      WHERE: **COHA**

WHEN: **TUESDAY - SEPTEMBER 22, 2009**

**CALL FOR APPOINTMENT**

**419-358-4627 or 800-788-4627**



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