

Feel Better!

**CELEBRATION
OF
HEALTH
ASSOCIATION**

newsletter



Winter 2010

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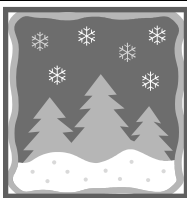
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COHA NEWSLETTER is a communication with our patients and others exploring the potential of progressive medicine.

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

Latest Scientific Findings Applied At COHA

In early December, I joined 18 other U.S. physicians in Prague, Czech Republic for a week-long update on new understandings about how the body falls into disease. Most diseases are triggered by inflammation, which results when the delicate balance and feedback among the nervous, endocrine, and immune systems gets disrupted. Toxicity and allergy are common stimulants for inflammation.

The really good news is that SAM injections, consisting of vitamins and amino acids, can often nudge the body back into balance and help restore normal function. I can now predict better which SAM injections are most likely to benefit each patient.

Inflammation affects all of the five pillars of health: Emotion, Brain/Circulation, Immunity/Endocrine, Structure, and Fuel/Detox. As we move from inflammation toward homeostasis, we create health out of disease.

We have offered basic SAM peptide injections for four years, but now our accuracy in predicting which SAM injection will work best has leaped forward. Safety is not a factor, since we estimate that U.S. doctors have given 180,000 SAM injections without one serious side effect or death. We can never guarantee success with any treatment, nor can we make a claim for effectiveness. However, in our experience, SAMs can help prevent illness, control diseases currently present, and eliminate toxic drugs. For more information, contact our staff or ask me.

To your health,

L. Terry Chappell, M.D.



Free Phone Consults in January

Many of the members of COHA refer their friends and relatives to us. Sometimes the referred patients are interested but they are reluctant to change their current medical care, and we never wind up seeing them. This is a shame to us, because we often can help those who are not getting help from conventional medical care, and we want to help as many people as we can. Through January we are offering free telephone consults to those people who want to know if the therapies we provide might be useful to them.

So if you have been thinking of someone who is "sick and tired of being sick and tired," or someone who has chronic health problems, or a person with vascular problems (they might even want to join the TACT study, which is free of charge, if they are at least 50 years old and have had a heart attack), give them our number to set up a free telephone consult with Dr. Chappell. Be sure to tell them to let us know that you sent them. We see everyone from children to seniors, and we depend on your referrals.



COHA is now web enabled with a patient portal.

What is a web enabled portal? It is an entrance to our office through the internet.

Through the portal, patients can set up appointments, renew prescriptions, and ask simple questions. If you would like to participate, give us your e-mail address at your next appointment, and you will be given a web address, a membership username, and password so you can begin using the portal.

Lab Tests Get Cheaper, More Accurate and Easier

Laboratory testing has been a source of frustration for many of our patients. The cost varies a great deal, depending on the source. Hospital and other labs sometimes mark up certain procedures tenfold. Results are not always consistent. Lab personnel often promise that we will have the results within a few days, but this rarely occurs. Our nurses literally spend hours on the phone getting the results for Dr. Chappell to review at the next office visit. The requirement for fasting can make scheduling the tests awkward for patients.

A recent study in *The Journal of the American Medical Association (JAMA)* has concluded that non-fasting specimens for lipids are as accurate as fasting specimens. This includes cholesterol, HDL and LDL measurements. A previous study showed that non-fasting

specimens for triglycerides might even be more important than fasting specimens.

The local lab that we have used for years, Med LAB, is virtually the only lab that does not give us problems getting the results. They transmit the results directly to our computerized records. In addition, Med LAB has now agreed to give us discounts for lab work that we draw in our office and send with cash payment. Most of those savings will be passed on to our patients. In most cases, the lab work may still be submitted to insurance for reimbursement (we will provide you with the form(s) to send to insurance). In the case of Medicare, Med LAB will continue to bill Medicare, as usual.

Further, as noted above in this newsletter, patients can get many of their lab results

through our patient portal, another new service offered by COHA.

For all the above-mentioned reasons, we are encouraging as many patients as possible to schedule their lab draws here during their office visits or at another suitable time. We anticipate that this will be more convenient for you and our negotiated discounts will help us do a better job of saving you money. We will get accurate, timely results, and we will be saved a great deal of nursing time, as well. Our negotiated discounts will also allow us to offer (if needed) several new tests that we previously did not offer because they were cost-prohibitive.

Reference: Major Lipids, Apolipoproteins, and Risk of Vascular Disease, *JAMA*, November, 11, 2009, P. 1993-2000.

Effective Weight Loss—Simplified

Most people can lose weight by reducing their food intake and exercising more. Sometimes reducing carbohydrates is an effective diet, especially if there are yeast problems. If lifestyle changes are not enough, often you can lose weight by avoiding foods to which you are allergic (a simple blood test will tell you which foods might be problems for you). And we may uncover a

problem with your thyroid gland, which often makes it difficult to lose weight. This problem is easily remedied by a relatively inexpensive natural supplement.

If all of these measures have been explored and you still cannot lose weight, we can prescribe HCG by injections that you take at home. When HCG is combined with a

very low calorie diet, patients usually lose weight very effectively and keep it off, in my experience and in the experience of several of my close colleagues. If you are interested in any of these therapies, make a New Year's resolution to give us a call.



How Dangerous are Mercury-Amalgam Dental Fillings?

We know that mercury is toxic and dangerous to your health. Too much mercury can increase your risk of many diseases, including heart disease, memory loss, cancer and various auto-immune disorders. We also know that mercury slowly leeches from the metal fillings in our mouths. What we don't know is how much of that mercury is retained in the body, at least without testing.

A simple and inexpensive test using a single treatment of an oral chelator will tell us exactly how much mercury we can pull out of the body into the urine.

This is called a Merc-Out test, and it is now available from COHA for about \$60.

We recommend the Merc-Out test for virtually anyone who has ever had metal fillings, even if the fillings have already been removed. If the test reveals high levels of mercury in the body, we believe it is important to reduce them quickly,

which we can do with further treatment. Sometimes environmental measures to avoid exposure to mercury or occasionally replacement of dental fillings with a non-toxic substance is/are needed for long-term benefit.



Mammograms and Pap Smears-What now?

Last month the U.S. Preventive Services Task Force rejected the previous long-standing guideline of annual mammograms. Many physicians are crying out in protest, but we believe this can be good news. Why get x-rays more often than necessary when radiation can cause cancer? Mammograms detect early cancers already growing, but do nothing to identify areas that are at risk for cancer to grow.

In contrast, thermograms can detect areas that are at risk for cancer to grow at the very earliest stages, before the cancer has actually started growing, or before the cancer is large enough to be felt. What is a thermogram? It is a non-invasive procedure which utilizes digital thermal imaging to

view areas of the body. The procedure has been developed over the last forty years. Thermography is, simply, a heat picture taken by a special camera which is very sensitive to heat gradations in the area being imaged. Breast thermography detects patterns of heat from the increased circulation produced by abnormal metabolic activity in cancer cells. Since there is no radiation or compression involved, thermography is free of physical risks and can be done on women of any age.

In our opinion we believe that breast thermography is a better, safer, more comfortable screening test. However, for the most sensitive detection screening, some women choose to alternate years for thermography and

mammography.

A final issue is breast self-exam. This procedure may not be perfect, but it is another important way to find breast lumps at an early stage, and is encouraged at my office. The earlier we find lumps and bumps, the better our chances for a cure. This is basic common sense.

Pap smears are now recommended by gynecologic doctors every other year rather than the previously recommended yearly screening. Because cervical cancer grows very slowly, this is also a good recommendation. If you catch a cancer two years after it started growing, your chances of a cure are excellent. The problem cases are the ones who have neglected to get pap smears at all. They are the ones who die of cervical cancer.

Thermography
Winter Special!
~ \$20 off,
January,
February &
March 2010!



Age Management at COHA

If you have collected some chronic degenerative conditions over the years, we need to help you keep them under control. Great nutrition and a top-notch lifestyle are good places to start.

We want to provide you with the best advice and therapies to minimize problems that you are prone to develop as you age. One of the most effective treatments, in our experience, is EDTA chelation therapy.

We have been offering this therapy for

28 years, and Dr. Chappell has published many articles on the subject.

The most common causes of death and disability tend to be related to vascular problems. Through the years we have seen great benefits from chelation therapy for such problems, including a significant decrease in heart attacks and strokes in patients who have received the therapy.

Whether you undergo chelation therapy or not, please ask us about some

therapies used primarily in Europe that might greatly decrease the infirmities of old age. Such therapies can be imported for use by individual patients, if indicated.

We make no claims of effectiveness for them, but if you are interested in more information, just ask. Dr. Chappell takes them and is very pleased with the results.

REFERRALS

A SINCERE THANK YOU TO ALL WHO HELP SPREAD THE WORD OF OUR OFFICE! NEW PATIENTS MENTIONED THE FOLLOWING BY NAME:

<i>Bob Wierwille</i>	<i>Colleen Weaver</i>	<i>Dr. David Wig-</i>	<i>Dr David McCarty</i>	<i>Karen Foster</i>	<i>Bill Houser</i>
<i>Pierre Peters</i>	<i>Larry Sheets</i>	<i>ton</i>	<i>Rebecca Vagades</i>	<i>Melissa Gertz</i>	<i>Arlene Hart</i>
<i>Colleen Weaver</i>	<i>Lynn Griffin, DC</i>	<i>Nate Hendricks</i>	<i>Anna & Steve Good</i>	<i>Harvest of Health</i>	<i>Rachel Rauch</i>
<i>Beth Cook</i>	<i>Cathy Miller</i>	<i>Karen Johnson</i>	<i>Becky Riepenhoff</i>	<i>Teresa Bertke</i>	<i>THANK YOU!</i>
<i>Susan Troyer</i>	<i>Rebecca Clow</i>	<i>Ginny Ott</i>	<i>Claudia's Nat. Foods</i>	<i>Adrienne Noel</i>	
<i>Becky Baratta</i>	<i>Helen Gorby</i>	<i>Margie Diller</i>	<i>Schlarman's Health</i>	<i>Jennifer & Chad Doll</i>	
				<i>Linda & George Hanna</i>	

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RETURN SERVICE REQUESTED

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

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Celebration of Health Association

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 - MARCH 2, 2010

CALL FOR APPOINTMENT

419-358-4627 or 800-788-4627

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