



HAPPY NEW YEAR



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On October 15th I became one of only 16 NUCCA Doctors to be Board Certified since the certification process was initiated in 1966. This process took seven years to complete and I have learned a great deal during this time. I owe all of you so much as you have helped and supported me through the process.

I'd like to share the letter I received notifying me of my certification.

"Congratulations on completing the certification process. I have seen you grow in your vision and abilities throughout this program. It is a process that truly shapes the individual that pursues their ability to identify, measure, and correct the ASC.

You have earned all that you have achieved with your dedication toward being the best. Many doctors see that certification is the top of the learning pyramid. What you will soon come to know is that it is only the foundation of what is yet to come. There will be some doctors that attend NUCCA seminars that will see your personal accomplishment as a stamp of approval towards procedures that have yet to be demonstrated as being truly effective. What that actually means to the future of NUCCA and the reduction of the subluxation is yet to be seen. In my personal experience after seeing hundreds of x-rays that have been submitted for certification that if doctors followed what was taught at seminars they would progress faster. What does all of this have to do with you and your gallant efforts I must say, I am not sure. I have rewritten this letter three times.

In the movie "Spiderman", Spiderman is told "With great power comes great responsibility". Welcome to my world, use your Spidy senses wisely. There is no way to get through this program without creating and generating your own integrity. I know that it is who you are and for me it is a privilege to be partners with you and people like yourself.

I want you to know that even if there was not money in the budget for your certification plaque I would have personally carved one out of wood for you. Again, Congratulations on a job well done. I look forward to seeing you at the fall conference, and officially present you with your certification plaque.

Sincerely,
Dr. Marshall Dickholtz, Jr."

My next goal is to start writing and lecturing on the biomechanics of the misaligned spine to doctors, organizations, and focus groups with specific symptoms like post spinal surgery, fibromyalgia, athletic injuries, and migraine headaches. If you can facilitate this or have any suggestions, I would appreciate hearing from you. Again, thanks for your dedication to our success and to the success of others through your referrals. Have a safe and healthy New Year. Dr. Friedman

Have friends, family or co-workers who might benefit from our services? We can send free information.

OPEN THE FIRST SUNDAY OF EVERY MONTH (by appt)

9:00am-11:00am

Jan 9th Feb 6th

... We'll send free information to people interested in safe, gentle pain relief. And, as always, we appreciate your referrals.

Visit our web site: alternahealthsolutions.com

ASPARTAME- NUTRASWEET...The Bad News

I knew there was something wrong with aspartame (ASP/NutraSweet/Equal). Yes, the ingredients are chemicals found in foods, but it is a little different when ingested as a sweetener or without food around it. I just received an eye opener called the "DEADLY DECEPTION," compiled by the aspartame consumer safety network (ACSN, PO Box 780634 Dallas, TX 75378). Founded in 1987, it serves as a clearing house for vital information. One of the opening pages hit me:

"85% of all complaints registered with the Food & Drug Admin. (FDA) concerns aspartame adverse reactions.

It is now reported that 5 deaths and at least 70 symptoms have resulted from its use. The list includes neurological, dermatological, cardiac, respiratory, food sensitivity, low blood sugar, Alzheimer's, chronic fatigue and methanol poisoning. Aspartame sound ideal with no calories and its potency of 200% sweeter than sugar. It is a dieter's and sweet tooth's dream.

This compound breaks down in your body to:

- Phenylalanine(50%) which can be neurotoxic and can cause seizures
- Aspartic acid(40%) which can cause brain damage in a developing nervous system
- Methanol (10%) which turns into **formaldehyde- embalming fluid an obvious toxin**

Dr. Russell Blaylock M.D states that it is his opinion that aspartame is a dangerous neurotoxin and its use should be discouraged. Take a look on the internet for mountains of information on aspartame. Dr.F

This recipe serves: 4

Cooking time : 15 minutes

PESTO GRILLED CHICKEN

Ingredients

4 boneless, skinless chicken breasts, about 4 to 6 ounces each
1/4 cup balsamic vinegar
1/2 cup fresh basil leaves, plus a few for garnishing (about 1 large bunch)
2 tablespoons olive oil
salt to taste
freshly ground black pepper
12 sun-dried tomatoes, soaked in warm water for 30 minutes
1 tablespoon pine nuts
1 clove garlic
1 tablespoon freshly grated Parmesan cheese
nonstick cooking spray
pinch sugar
3 tablespoons low sodium chicken broth

Cooking Instructions:

1. In a large re-sealable bag, combine the balsamic vinegar, 1/4 cup of the basil leaves, 1 tablespoon of olive oil, salt and pepper. Add the chicken breasts, seal the bag and turn it over a few times until the chicken is evenly coated. (This can be prepared a day in advance and stored in the refrigerator.)
2. For the sun-dried tomato pesto, combine the sun-dried tomatoes, pine nuts, garlic and the remaining 1/4 cup basil leaves in a food processor. Process until the mixture is finely ground. Add the Parmesan cheese, the remaining olive oil, sugar, chicken broth and pepper and process for a few more seconds to combine. (This can be prepared in advance and stored in the refrigerator for up to 5 days.). Preheat the oven to medium-high.
3. Grill the chicken on each side until it is cooked through, about 6 minutes per side. Serve each chicken breast with a dollop of the sun-dried tomato pesto and garnish with basil leaves.

Words of Wisdom

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

– Ralph Nichols

If you think you're too small to have an impact try going to bed with a mosquito in the room.

– Anita Koddick

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

Shirley Cox Harty- Partner in Health

Energy Healing:

If you are interested in a creative way to increase happiness into your life, or you have discovered a hunger for something different you may want to chat with Shirley Harty from Sacred Journeys and Core Healing.

Shirley is a graduate of the Barbara Brennan School of Energy Healing and has practiced energy healing for the past seven years.

She teaches a program called Sacred Journeys. In the Sacred Journeys Program you will learn:

- * Self healing techniques.
- * To connect from the heart with yourself and others.
- * To develop deep friendships with like-minded people.
- * Awareness of your energetic patterns and how they play out in your relationships, career and health.

Sacred Journeys opens a space where you are humanly and divinely supported as you increase contact with your true and permanent nature, helping you fulfill relationships, family, career and health.

Shirley teaches through both individual session and group work.

To learn more or receive information about Energy Healing or Reflexology call: 678-642-6222

• Natural Health Care Partners

- **Counseling and Psychotherapy**
- Jerry Conner M.S.
- **Nutritional Evaluation and Consulting** - Amy Smith, R.N.,
- **Colonic Therapy**- Alma Bolden, Awareness Institute
- **Massage Therapy**
Roswell- Lauren Zuk, Healing Touch
Chamblee- Susan Strange
- **Nutritional Support**- Debbie & Doug Schmidt, Manatec Corp.
- **Trainer and Emotional Healer**- Catherine Carrigan
- **Energy Healing**- Shirley Cox Harty

These practitioners provide excellent natural care. Contact Dr. Friedman for referral information.

Alternatives to Antibiotics

Thankfully antibiotics are available when your body's immune system is seriously compromised. They should however be used very sparingly. The reason is that antibiotics, although very effective in killing bacteria, also destroy your own immune system. This is why many times one course of antibiotics is not sufficient. They leave your immune system weakened and compromised by not only killing the bad stuff but the good stuff as well.

There is another route to take before your health gets in big trouble. Keeping your spine corrected so your nervous system and immune system are working as well as possible is important. But also at the first sign of a cold, the office now carries a natural & powerful immune booster and a decongestant. It is especially helpful for cold, flu, and upper respiratory troubles.

If you have already taken some antibiotics there is still time even with winter upon us to replace and boost your body's immunity. We have in stock a natural flora specifically formulated for that very reason.

Remember, prevention is far better than fighting disease.

If you have any questions, don't hesitate to ask Dr. Friedman



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