



Hilltop WellNews

Fall 2009

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Special Interest Articles and Notes:

- Inside-Out Day is Friday, October 30th! Celebrate with us by wearing your clothes inside-out!

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Big News...And Lots Of It!

I'd like to start this newsletter out on a "newsy" note – and it's all good news, so that makes it easy!

First, we welcomed a second little dude into our home on August 17. His name is Van Christopher Gosselin and he weighed in at...drumroll please...9.04 pounds! Keren and Van (and Jack) are doing great and happy to be home!

Second, we have finally been accepted into Aetna's

network! Woo hoo! Thank you to all those who have called and written letters. We should be receiving our 'Official Welcome Letter' in a few weeks, and as soon as we receive it, we will begin the process of reverifying all insurance information for those of you with Aetna.

Third, the clinic bathroom is finally 100% functional! The process took longer than I anticipated, and I still have to install the baseboard tile, but everything works. And

please pay special attention to the water-saving toilet Keren picked out – it will be color-coded soon, so choose the correct button!

Lastly, I'd like to thank all of you for the many, many referrals we have been receiving. It is truly an honor for me to help your friends and family. With your help, we'll get people on the road to wellness!

Increase Libido and Reduce Menopause Symptoms?

Commentary: Dr. Scott

I was recently made aware of an herbal supplement called Tribulus. It's not a very well-known herb, but it has properties that make it a great choice in alleviating two problems: increasing libido and alleviating the negative aspects of menopause.

In some literature, Tribulus is being called the "natural Viagra," a statement I think is self-explanatory. This statement is particularly true when taken by men,

and clinical studies have shown an increase in sperm concentration, motility, rate of movement, and ejaculate volume after just 30-60 days of use. These benefits occur because the herb causes the body to increase the levels of growth hormone and testosterone.

An increase in libido is nice, but the main reason Tribulus is taken is for its potential to lessen the effects of menopause, especially easing hot- flashes. In a recent study, 98% of women who took Tribulus had an

improvement in hot flashes, sweating, and insomnia.

There are several other effective treatments for the effects of menopause, but not many people know of Tribulus. If you are suffering with a lowered libido (because of prostatitis, testicular hypotrophy, or an age-related reason) or pre- or post-menopausal symptoms, make sure you check out the back page of the newsletter for the special sale we have on this awesome herb!

Avoid the bleached white flour and added sugar of other snacks and enjoy this naturally sweet treat!



Recipe of the Month

Provided by Keren Gosselin

Oatmeal Raisin Bars

1 ½ C honey
1 egg
½ C coconut oil
2 tsp vanilla
1 C oats
2 C whole wheat flour
½ tsp baking soda
¾ tsp salt
1 Tbs cinnamon
¼ tsp allspice
¼ tsp nutmeg
1 C raisins

In large bowl mix honey, egg, oil, and vanilla.

In separate bowl, whisk together oats, flour, baking soda, salt, and spices.

Add flour mixture to honey mixture. Stir until just combined. Stir in raisins. Pour into 9x13" cake pan.

Bake at 350 degrees for 20-25 minutes or until edges

are just brown. Do not over bake or bars will too crumbly.

Top with drizzle: 1 bar cream cheese, ¼ C honey, pinch salt, and ¼ tsp vanilla

Diaper-Free Babies? Try NIH!

Learn more about NIH in Ingrid Bauer's book, "Diaper Free! The Gentle Wisdom of Natural Infant Hygiene."



With our second son, Van, (born on July 17th) we are practicing what is called Natural Infant Hygiene (NIH). The idea is that babies are just as aware when they need to eliminate waste as they are of their hunger, tiredness, and comfort.

Babies do not naturally want to wet where they are lying, and will cue when they need to go. If the mother is in tune with the baby's cues, she can hold the baby in a squatting position over the toilet (or a bowl – we got ours as a parting gift from the hospital – thanks Mount Carmel!) and he will happily go. Every time the baby goes potty, a cueing sound is made by the mother - such as a "psss" sound or a soft grunt - and soon the baby will associate that sound with peeing and will go

whenever the sound is made. This is not potty training, but training your baby to go in the potty instead of a diaper.

Taking the time and putting forth an effort now instead of later when the problems are compounded, fits right in with our lifestyle philosophy. Whether it be NIH, getting adjusted regularly, eating healthfully, or exercising, we try our best to put forth the effort today to enjoy a healthful future – and feel great in the meantime.

Naturally yours, Keren

Comment by Dr. Scott - We do not feel great when we miss a cue and find ourselves sitting on a poo-covered couch, but it's a small price to pay to save on the cost of diapers and to keep all the trash out of the landfills! We do keep Van in a lightly wrapped cloth diaper, saving the throw-aways for errands and times when it's impractical to have a diaper on.

I give Keren a lot of credit for following through with this because I know it's a lot of work. Sometimes Keren holds Van for 30 minutes waiting for all his grunting to stop...sometimes it's over as quickly as it started. We're hoping Van will beat Jack's getting-out-of-diapers record of 13 months. Good luck, Van!

Do You Think Vaccines are Safe?

Commentary by Dr. Scott with excerpts from Mercola.com and thedailyemail.co.uk

Just over a month ago, a letter from the Health Protection Agency (the U.K.'s official body that oversees public health) was leaked to U.K. newspaper *The Daily Mail*. The leaked letter is directed at neurologists, informing them that they must be alert for an increase in a brain disorder called Guillain-Barre Syndrome (GBS), which could be triggered by the soon-to-be-released swine flu vaccine.

GBS attacks the lining of the nerves, causing paralysis and an inability to breathe - it can be fatal.

The letter, sent to about 600 neurologists on July 29, is a prime sign of concern at the highest levels that the vaccine itself could cause serious complications. It refers to the use of a similar swine flu vaccine in the United States in 1976 when:

- More people died from the vaccination than from swine flu.
- 500 cases of GBS were

detected.

- The vaccine was reported to increase the risk of contracting GBS by 800%.
- The vaccine was withdrawn after just ten weeks when the link with GBS became clear.
- The U.S. Government was forced to pay out millions of dollars to those affected.

Concerns have already been raised that the new vaccine has not been sufficiently tested and the effects, especially on children, are unknown.

It is being developed by pharmaceutical companies and will be administered to about 13 million people during the first wave of immunization, expected to start in October.

In 1976, a mass vaccination was given the go-ahead by President Gerald Ford because scientists believed the swine flu strain was similar to the one responsible

for the 1918-19 pandemic, which killed half a million Americans and 20 million people worldwide.

Within days, symptoms of GBS were reported among those who had been immunized and 25 people died from respiratory failure after severe paralysis. Meanwhile, just one person died of swine flu.

More than 40 million Americans had received the vaccine by the time the program was stopped after ten weeks. The US Government paid out millions of dollars in compensation to those affected.

Here's the concern of vaccines in general: most disease-causing organisms enter your body through the mucous membranes of your nose, mouth, lungs, or your digestive tract. These mucous membranes have their own immune system, called the IgA immune system, which fights off invading organisms

at the point of entry, reducing or even eliminating the need for activation of your body's immune system.

A vaccination, however, delivers either live or attenuated (dead) viruses directly into your tissues and blood stream through injection, completely bypassing your body's first line of defense. And when combined with an immune adjuvant, your body's immune system kicks into high gear in response to the vaccination. If your immune system is too weak to deal with the assault, severe side effects can occur.

Injecting organisms into your body to provoke immunity is contrary to nature, and vaccination carries enormous potential to do serious damage to your health.

If you have questions about the H1N1 vaccine, or vaccines in general, feel free to ask at your next appointment.

Alternatives to a Vaccination? There are plenty!

Limit your sugar intake. This includes not only the obvious sources of sugar like pop and candy, but also the hidden sources, such as high fructose corn syrup found in breads and cereals. One study showed a 37% reduction in immune function after drinking just one 12 oz. soda, with 9 teaspoons of sugar.

Increase your intake of vitamin D. This doesn't mean

drink more milk, since the pasteurization process actually renders most nutrients in milk worthless. Increasing your exposure to natural sunlight is the best source of vitamin D, but as winter draws near, that option becomes limited. Find a natural source of vitamin D without added preservatives, colors, or dyes.

Spend at least 30 minutes a

day exercising. The benefits are self-explanatory.

Get a good-night's rest. Also self-explanatory.

Limit your stress. While it might seem impossible to *limit* your stress, it is possible to mitigate the effects of the stress in your life – take time to breathe; read a book rather than watch TV; meditate; pray; get a

massage; and yes, visit your chiropractor!

There are many options to choose from, but the best option is to do all the above.

Take a look at this video on CBS News for more information: <http://www.cbsnews.com/video/watch/?id=5237185n> and visit the National Vaccine Information Center: <http://www.nvic.org/NVIC-Vaccine-News/June-2009/Swine-Flu-Vaccine--Will-We-Have-A-Choice--by-Barba.aspx>

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HOURS:

Mon: 9-12, 2-6

Tues: 2-6

Wed: 9-12, 2-6

Thurs: Closed

Fri: 9-12, 2-5

Sat: 9-12, 1st & 3rd of the month



We're on the Web!

Visit us at:

www.hilltopwellness.com

What a Deal!

Our featured article focuses on the benefits of an herbal supplement called Tribulus.

To allow more people to have access to these great health supplements, we are having a sale on the best and highest quality Tribulus available to health-conscious individuals.

Tribulus – regularly \$41, **NOW \$30 (27% off!)**

Also, check out this special deal! **Liquid vitamins** – regularly \$31, **NOW \$25 and Buy One Get One ½ off!** (applies to the multivitamin, calcium, and glucosamine supplements)

And, by popular demand, the **Chewable Tuna Omega Oil** (for children and those with difficulty swallowing) – 120 capsules: regularly \$19, **NOW \$15 (almost 25% off!)**

Newsletter Notes

- **ATTENTION:** We are looking for testimonies from current patients – please go to the “Testimonials” tab on our Web site.
- **Aetna News:** Tell all your friends with Aetna insurance the good news – Hilltop Wellness & Chiropractic is now IN-NETWORK with Aetna!
- **Save Resources:** We are dedicated to conserving natural resources. Please consider leaving your email with us on your next visit to save paper and stamps for these newsletters.

About Our Organization...

Here at Hilltop Wellness & Chiropractic, we believe that your body was given the amazing power to heal itself, if given the right tools. We do not believe that you were created with a shortage of

aspirin, or a deficiency in Maalox, so you will never hear recommendations of drugs to cover up the real source of the problem. Rather, as a chiropractor, I promote addressing the

heart of the matter so your body can do what it was designed to do – heal naturally, from the inside, out.

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NEW STATUS with AETNA !

*Come visit us and celebrate our NEW STATUS with
AETNA HEALTH INSURANCE.*

**According to Aetna, we have been inducted into
their network as of 9/1/09. “Thank you” to all
those who have called and petitioned for us!**

Anyone with Aetna will have new benefits – we’ll be
working hard to get your updated information as soon as we
receive our Official Welcome Packet.

SO, THIS FALL, WE’RE CELEBRATING WITH SALES!

Special Sale → Tribulus (elsewhere \$41) **Sale Price: \$30!**

Special Sale → Liquid Vitamins (elsewhere \$31 each)
Sale Price: Our price \$25; buy one, get one ½ off!
(applies to the multivitamin, calcium, and glucosamine supplements)

Special Sale → Chewable Omega Oil (regularly \$19) **Sale Price: \$15!**