

## RELAX



## Antidotes for Stress

We all know that stress is bad for us. Take a look at the stress you have invited into your life in the form of toxic food, habits, and people. These are the things you have complete control over and it is your choice (yes, really, it is!!) whether to allow them to remain a part of your life (and stress) or not. "Even though" there are some people who might get mad at you for making these changes, isn't your health and well-being worth that temporary discomfort? Besides, you're better off without the angry people in your life anyway!

For stressful events that come up in the course of your normal day – deadlines at work, unruly kids, traffic jams, etc. – here are two quick and easy antidotes:

**Breathe** – even just 5 minutes or less of Dr. Andrew Weil's 4-7-8 breathing or alternate nostril breathing can give you a much needed break. I can provide internet links to the instructions, or I am happy to teach them to you personally!

**Take a walk** – 10 minutes of walking like you're late for an appointment (remember to breathe!); this also has the added benefit of removing you from the stressful situation.

**For long term stress relief, meditate!** In Mindfulness Meditation, you start by focusing on your breath. As thoughts pop up, you acknowledge and recognize them without judgment. If your mind wanders, you simply go back to focusing on your breath. When you begin to watch what comes and goes in your mind, you start to discover which mental habits bring you feelings of peace and which create suffering. Your focus is always on the present moment. As little as 5 minutes a day of regular meditation can boost your immune function, decrease stress and blood pressure, and improve your mood. *Liz Kerby, Certified Holistic Health Coach*

## Intravenous Vitamin C and Cancer

**Is intravenous vitamin C really that helpful in treating cancer?**

**In one word, yes.** Not only does it help slow cancer growth but also alleviates many of the adverse symptoms associated with chemotherapy and radiation.

Qi Chen, Ph.D. of the University of Kansas destroyed the myth that high doses of vitamin C interferes with chemotherapy. She found that not only did it not antagonize the chemotherapy, but that it also made the chemotherapy more effective. For example, the chemotherapeutic agent 5-FU decreases cancer growth by 38% when high dose IV vitamin C was given in conjunction with 5-FU the combination decreased the cancer growth by 72%!

A study published May of this year show that IV vitamin C significantly reduced the side effects of chemotherapy. Specifically patient's fatigue, nausea, depression, and insomnia were all improved.

*Terry Pfau DO, HMD*



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**

# Renaissance

Healing the Whole Person

## Miracle?

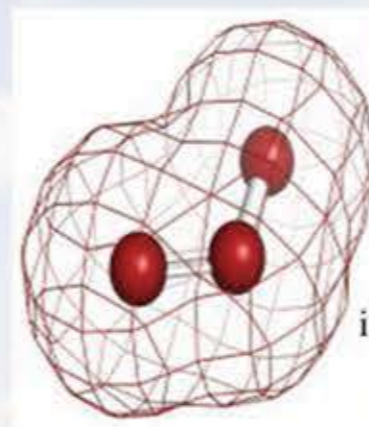
"How can I summarize a miracle in so few words?"

**Well, this is our story:**

On May 9th 2014, my son Andrew, was diagnosed with Multiple Sclerosis, by the end of May, we brought him home, unable to walk properly, partially blind and deaf, he was just 29 years old. That day my struggle started, what do I do now? Our next appointment with a neurologist was scheduled that coming August, - 4 months away!! A dear friend suggested that I give Dr. Pfau a call, so I did. I recall our appointment with him for the first time, His calm voice, and his reassurance that we will figure this "thing out". I cried all the way home, I also remember him telling my son, that he was after a cure for him and not just palliation of his symptoms.

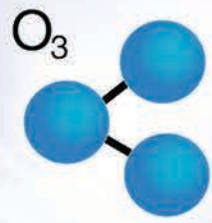
Fast forward to November 2014, my son is doing wonderful, most of the symptoms are gone, spinal and brain lesions are either faded away or simply gone. The neurologists were baffled as to how he had improved without any pharmaceuticals. As I unsuccessfully tried to explain to them, how I credited the treatments he received at the Renaissance Health Centre to his amazing recovery, they dismissed me, as not being realistic."

What appears to be a miracle in Andrew's healing was really just his body being encouraged to restore health – an innate ability all our bodies have. One of the therapies which were crucial in stimulating his healing was ozone. Clinical studies from around the world show that autoimmune diseases like MS respond to this safe alternative treatment.



## OZONE Super Charged Oxygen

Ozone is a blue colored form of oxygen (it's what makes the sky blue), and unlike regular oxygen, it is composed of three oxygen atoms instead of two. It is the addition of the third oxygen atom that makes ozone "supercharged" oxygen, and gives it all of its remarkable medical properties.



# Medicinal Properties Of Ozone

The use of ozone to treat various medical conditions was first developed in Germany in the early 1950's. Ozone has five properties that account for why it works so well not only for macular degeneration, but also for most other chronic age related conditions as well:

- 1. Ozone is a potent regulator of the immune system.** This means that when the immune system is overactive (as in auto-immune diseases), ozone will have a dampening effect. Conversely, when the immune system is weakened as in cancer, AIDS, and chronic infections, ozone will strengthen it. This unique property of ozone results from its ability to stimulate white cells to produce cytokines which regulates the immune system.
- 2. Ozone improves oxygenation of cells by stimulating the release of oxygen from the hemoglobin.**
- 3. Ozone improves circulation by enhancing the flow characteristics of blood as a liquid.** This enables the oxygen carrying hemoglobin to more easily perfuse and oxygenate the tissues.
- 4. Ozone increases antioxidant protection more than any other therapy including vitamin C.** The majority of people with chronic diseases have deficient antioxidant defenses.
- 5. Ozone is a powerful mitochondrial stimulant which results in increase energy production.** This lack of energy is an underlying cause behind all degenerative disease from diabetes to heart disease to cancer.

## Ozonated Blood Infusion is Used to Treat the Following Diseases:

### VIRAL INFECTIONS

HIV, Hepatitis, Influenza, Herpes simplex/zoster, Mononucleosis, Measles Infections, Viral Pneumonia

### ALTOIMMUNE DISEASES

Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's Disease, Scleroderma, Multiple Sclerosis

### BACTERIAL INFECTIONS

Pneumonia, Wound Infections, Septicemia (staph, strep, pneumococcus), Peritonitis, Necrotizing infections, recurrent skin infections (furunculosis), E-coli

### OTHER CONDITIONS

Inactivation of Toxins, Fungal Yeast Infection, Cirrhosis, Tetanus, Chronic Fatigue

### EYE DISEASES

Retinitis Pigmentosa, Primary Glaucoma, Optic Nerve Dysfunction, Keratitis, Macular Degeneration

### INFLAMMATORY CONDITIONS

Arthritis, Fibrositis, Bursitis, Nephritis, Iritis, Uveitis, Cholecystitis, Pancreatitis

### SKIN DISORDERS

Psoriasis, Non-healing wounds, Severe Acne, Recurrent skin infections (furunculosis)

## How Is Ozone Administered?

Autotherapy is the most common, and in most cases the most effective way ozone is administered. The patient has from 6-12 ounces of blood removed into a sterilized bottle. Then ozone is infused into the blood allowing the red and white blood cells to absorb the ozone. The ozonated blood is then returned to the body. The entire procedure takes about 30-40 minutes.

## What About the Flu Vaccine?

One paper suggests that it has a non-beneficial effect. Cowling reported in June 2012 that children given flu vaccine were more than four times as likely to suffer from non-flu viral infections than children given placebo. That's bad news.

Clin Infect Dis. 2012 Jun;54(12):1778-1783



# Prolozone

is derived from the word ozone and the Latin word "proli" which means to regenerate or re-build. The treatment causes the proliferation (growth, formation) of new ligament tissue in areas where it has become weak.

**Ligaments are the structural "rubber bands"** that hold bones to bones in joints – acting like the body's shock absorbers. Ligaments can become weak or injured and may not heal back to their original strength or endurance. This is largely because the blood supply to ligaments is limited, and therefore healing is slow and not always complete. To further complicate this, ligaments also have many nerve endings, and therefore the person will feel pain at the areas where the ligaments are damaged or loose.



We can compare the ligaments of our joints to the hinges on a door. Until the hinge is fixed the door just isn't going to open or close right and it's the same exact story with our joints. If we are athletic or if we are just getting older there is some gradual and natural degeneration of the moving parts of the body due to ongoing recurrent mechanical stress, and failure of tissues to repair. This results in laxity and more abnormal mechanical stress and shearing forces on the joint resulting in pain. Prolozone causes repair and tightening of the lax structures, partially torn connective tissue and ligaments.

## Conditions Commonly Treated with Prolozone Therapy Include:

- Weakened joints from prior injury
- Chronic neck and back pain
- Rotator cuff injuries
- Degenerative and arthritic hips and knees (hips are more difficult and less responsive)
- Degenerative/herniated discs (not for an acute herniation)
- Plantar fasciitis
- Carpal tunnel syndrome
- Scleritis
- Tennis elbow
- Non healing fractures
- Sports injuries

## Staying in the Game

My daughter, Alexis, has played more than half the season on a swollen ankle her freshman year. I was worried that this could affect her permanently, but try keeping a 14 year old out of a game. Towards the end of the season I brought her in to see Dr Pfau who did prolotherapy on her ankle, she's a junior now and has not had any problems with her ankle since. Almost a year later, she started complaining about her knees. She plays and trains for competitive basketball throughout the year. Her father, grandfather and half-brother have all played competitive basketball and have all had knee surgery. I brought her back to see dr.Pfau who at the time just introduced prolozone to his practice. He treated her knee with prolozone and then her other knee a few months later. She has not experienced any pain in her knees since being treated with prolozone (except being poked with a needle). I'm sure she would rather be stuck with a needle for injections than a scalpel for surgery.

**Prolozone causes repair and tightening of the lax structures, partially torn connective tissue and ligaments.**



Photo by David Becker/Las Vegas Review Journal