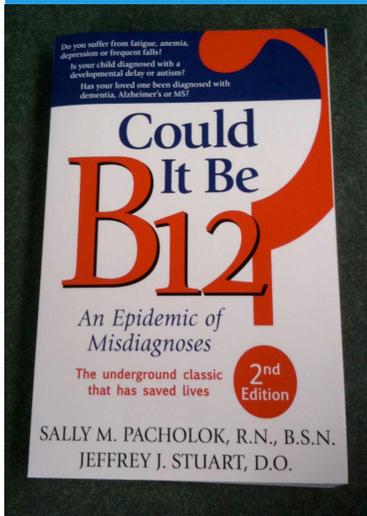


July E-Newsletter 2011



BASICS ABOUT B-12 AND HOW IT KEEPS ONE HEALTHY

If we have consistent (sufficient serum level should be maintained at 2000 pg/ml) amounts of B-12 in our bodies, the nutrients from our foods and supplements can then be efficiently chemically transformed into proper energy and neurological activity. There is then far less likely-hood that negative health conditions will occur. Even so-called "signs of aging" will be slowed down overall.

Healthy and normal brain function will be easier to maintain, with far less odds of dementia and Alzheimer's occurring. Heart health will be easier to maintain, keeping homocysteine levels in proper range. Loss of proper nerve and

Hello everyone.

This month I'd like you to meet one of my favorite people in the world, my mom. Here's her story :

Rich's Mom's Story

While I had been a healthy person all my life, in my early 40's I began to experience occasional unusual fatigue and slightly abnormal irritability. Over a period of several months the unusual lack of energy seemed to worsen and weakness in my legs was clearly noted. These symptoms continued and other abnormal symptoms (though intermittent) were becoming apparent: short - term memory loss, inability to remain focused, poor quality sleep and appetite, difficulty with balance, knees buckling unexpectedly when walking (especially later in the day), poor position sense, general loss of sophistication, development of a negative state of mind (depression), vision changes and development of early cataracts, moderately diminished bladder control, diminished thyroid function, diminished capability of sitting and standing upright. The overall continuing neuromuscular weakness eventually resulted in lung failure and an oxygen level of 53%. Though most of the B-12 deficiency symptoms I experienced are listed above, there are an infinite number of other negative health conditions that can occur, either singly or in groups, when one is B-12 deficient.

muscle function for other internal organs will be prevented.

Note: Use of microwaves will destroy the B-12 in foods. Also, use of nitrous oxide (commonly used by dentists for dental procedures and doctors doing surgery) will inactivate the B-12 in your body.

My mom has formed a relationship with one of the world's leading experts on B-12, Sally Pacholok RN, BSN. She has a brand new book that we are proud to offer you. This month only, buy "Could It Be B12? An Epidemic of Misdiagnoses", get 1/2 off our B-12 lozenges and get ready to feel better!

Yours in Health,

Dr. Richard Venske & KMHC Staff
Kettle Moraine Health Center



262-646-2123

**Half off B-12 Lozenges with purchase of
"Could It Be B12? An Epidemic of Misdiagnoses"**

KMHC Offer Expires: July 31, 2011