

Natural Health Patient Testimonies

Before coming to see Dr. Mark I was covered in eczema, a disease I have battled all my life and it was getting worse the older I got. It began to affect more than my skin and I felt fatigued and had GI upset almost every day. I had to see two different dermatologists, an allergist and a holistic MD and the solution was always steroids or allergy shots. I felt hopeless and fed up! I wanted to cure myself not suppress the problem.

I am absolutely on the road to recovery! The eczema on my face has completely vanished and the rest is better than it has been in years! Right away with the first month of seeing Dr. Mark I was able to rid myself of my fatigue and GI problems. Along the way, I have also picked up useful diet tips that have made me feel great; such as giving up gluten and drastically decreasing my white sugar intake! A.G.

Symptoms I have been working on with Dr. Mark:

I first came to see Dr. Mark for symptoms of weight loss, no energy, anxiety, irritable bloating, etc. I was going to the gym 3x a week and watching what I ate (as I know how) and the scales would not budge.

How he has helped me?

Dr. Mark has got my body unblocked – taught me how to eat and stay on track in a healthy way – I have lost 40 lbs and learned a new life style to continue on track. How to keep your body healthy by the things you put or don't put in your mouth.

What I have learned through this process:

The #1 thing I've learned is the real healthy way to cook and eat. The difference between medical standpoints and the natural standpoint. How to be on a healthy, real life diet. ☺ ALH

What was it like before you came to see us?

Couldn't sleep, Fatigued all the time. Coughed a lot. Got upset a lot.

How is it now?

Much better on all things. (B. L)

What was it like before you came in to see us?

I have several issues that I came to see Dr. Mark with. The first improvement I have had is relief from bursitis. Two weeks after using Cal-Amo I had relief. The first time I saw Dr. Mark, he couldn't use my left arm for NRT testing and for the first time we used it today!

How is it now?

Improved bursitis. Still have other issues to work on. The issues didn't happen overnight, so it will take time for improvement. (D.L.)

What was it like before I came to see Dr. Mark?:

I had allergies and sinus issues my entire life. I also had joint pain from several broken bones and previous injuries. I have taken medicine for years for both allergies and joint inflammation.

How it is now?:

With the changes in my diet, supplements and chiropractic care I have been off all medication for well over a year and feel great. M.H.

Because all the regular doctors couldn't figure out what was wrong. They just kept sending me from one doctor to another and I got tired of it, so I came to Dr. Mark. I couldn't walk or stand up much at all. I stayed in my chair and didn't get out at all. I couldn't do anything without severe pain.

Now I have my life back, I don't feel like I'm crippled anymore. I get out of my chair, go places and enjoy things like walking and just life again. PL

"Before coming in, I had stress issues, weight gain, I was tired/sluggish, and had severe mood swings, PMS, and cramps [around my period]. Now, my stress decreased, I haven't put on any more weight, and my emotions and cramps have decreased just before and during my period. -S.D."

“I was exhausted physically. I lacked motivation to do anything. This led to depression which in turn fueled the cycle. I knew I did not want anti-depression medication from conventional medicine, but I had to do something. Having seen the video on nutritional response testing while utilizing Dr. Holtschlag’s chiropractic service, I decided I had an alternative. If NRT did not work for me, then I could seek the more conventional path. I had many doubts about the testing methodology of NRT. Dr. Mark patiently answered my questions in easy to understand language (thank you Dr. Mark). Although Dr. Mark emphasized that NRT was not an overnight cure, my expectation were just that—something fast. I started my program with all my doubts firmly in place. The first week the “black cloud” of depression lifted from my head. That is truly the feeling that was invoked—the lifting of a dark cloud from me. I was shocked, amazed, thankful and motivated to continue one less doubt.

The second awakening came a week or 2 later. Getting off work late at night, I had fallen into the bad habit of making a fast food run—for speed of satisfying my immediate hunger and to avoid the necessity of preparing something at home so late at night. So as I was preparing to leave work a couple of weeks into my program, I was running the list of fast food options through my mind. To my total amazement my body told me I didn’t not want any of them!! No, it was not self-control, I have none. Some signal in my brain/body was saying it did not want what I had proposed. I was blown away.

Now, I have had a few fast food meals during my program (yes, Dr. Mark knows) and I am still eating out—but I am trying to make better choices. I have continued to improve throughout my program, progressing to observation phase within the 12 week time frame...not exactly overnight, but another lesson learned. I had to reassess my unrealistic time expectation and enjoy the little unexpected surprises coming my way. I am in my observation phase and am again motivated to pick up my crafting and gardening. I am expecting to turn into Wonder Woman any day now!!

The program is one of common sense nutrition and healing without disapproval or guilt from bad diet choices. The program is working for me. Thank you all at Natural Health.
(J.F.)

What was it like before you came to see us?

In 2014 Alexis contracted a rare form of lymes disease. Ever since she has been sickly, bloated, sluggish and her system wasn't "digesting" the way it should. She's had trouble going the bathroom to the point of walking in so much pain and not going for over a week at a time. We visited multiple doctors but none fixed the problem.

How is it now?

Now Alexis is doing so great. She is able to go the bathroom regularly. She's lost all of her bloating. AS well as running, playing and being active. Since we started her I've noticed so many changes in her that I didn't realize were off. She's happy, no pain and has that twinkle in her eye again. I've also noticed now that her body is healing. She isn't getting sick as often. (N.B.)

1. What it was like before I came to see Dr. Mark:

Before I came to Dr. Mark, I was on a prescription arthritis medicine and a stomach medicine because the arthritis medicine messed my stomach up. My joints ached. I had borderline eye pressure for glaucoma. I thought I was eating healthy and had already cut out soybean from my diet. I couldn't have dairy without passing blood or having diarrhea. I also took over the counter vitamins and supplements. I didn't sleep very well at night, I slept on one side until it went numb and then would turn over to the other. Plus I had hot flashes.

2. How it is now:

Since coming to Dr. Mark, within a few months I quit my stomach medicine. I switched to all natural supplements from Dr. Mark instead of the synthetic ones over the counter. My eye pressure has gone down. Within the last couple of months, I have weaned myself off of my arthritis medicine. My kidney numbers have gone up because of not taking the arthritic medicine. I can eat a limited amount of hard cheeses now and not have side effects. As a plus, I've lost over 30 pounds in the last 13 months. I haven't had any hot flashes. I sleep through the night. I have more energy. I also use Dr. Mark as a chiropractor along with the Standard Process supplements. (R.T.)

What was it like before I came to see Dr. Mark?:

I had a hip injury 9 years ago that I would seek chiropractic help for. Starting there, my adjustments just would not “hold”. Walking my calf muscles would cramp hard & I would have exterior bruises. I would be cold, yet have profuse arm pit sweating; even during intense exercise I would experience my toes and fingers going numb often. I had rapid decline in eyesight, would bruise easily, have receding gums quickly and had dealt with a “trigger” finger for two years. I had that afternoon fatigue each day, headaches that would render me sick if I didn’t sleep and brain “fog”. I also had pain/achiness in my joints that would cause me to almost fall when walking or getting up from a sitting position.

How is it now?:

Changing my diet, within 6 days I started to see improvement in each area. In 5 months, all my organs tested 50% better. I am 8 months into eating well and feel like a new person!! We are targeting the trigger finger yet & some slight joint ache, yet each and every other symptom is in the past! I also am excited about all the learning our family has taken on. Trying to be healthy, we thought certain foods were really good for us, when in fact; they were actually causing our problems. We are all benefitting from knowing the truth and I am back to the things I enjoy; horseback riding, walking, hiking, biking and mowing all because I am not aching and bruising! Thank you Dr. Mark for your help and insight as our family is truly grateful! (S.W.)

What it was like before I came to see Dr. Mark:

Eighteen years ago I was a mess of allergies, asthma, swollen glands and always sick. I was constantly sneezing, wiping my nose, using my asthma inhaler, on steroids and my glands were swollen to the size of medium eggs. My primary doctor suggested a trip to Barnes-Jewish Hospital for further testing.

How it is now:

I went to Dr. Mark instead who suggested trading raw vegetables for frozen, eliminating sugar and wheat, and taking several nutrition supplements. In a year I was off steroids, had eliminated my life long asthma, the swollen glands were greatly reduced and I felt better than I did when in my teens and 20’s. I learned good health is a lifetime commitment. As long as I continue to eat clean, take supplements that Dr. Mark suggests to maintain good health. I have avoided the prescription medication track that so many people my age are on. I am now 59 years old and feel better than when I was 29 years old. (T.G.)