

Dr. Siegfried's Patient Newsletter

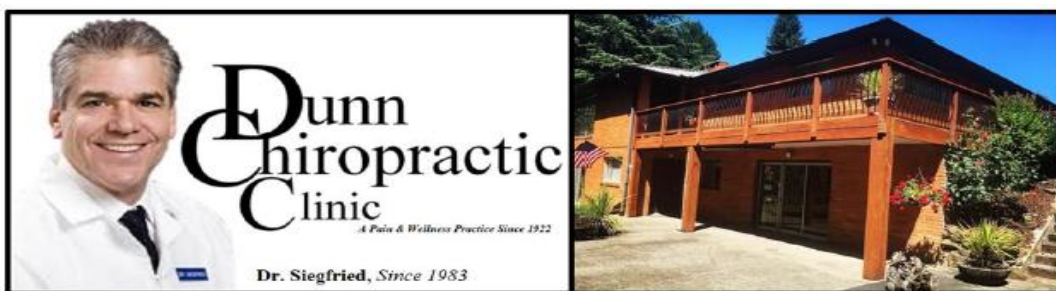


~ October 2026 ~



We Appreciate You!

Your Health, Your Hope, When Other Treatments Fail



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Fall Hours: MWF: 9-12 and 3-6

Thanks for your donations to Juliette House. We collected \$500 for them. I will help them a lot. Stay tuned for our next campaign fund raiser for them.

Your Health, Your Hope

I just finished reading, cover to cover, my quarterly Price-Pottenger Ancestral Nutrition Foundation Journal for Summer 2026. I cannot recommend joining this organization enough. I was introduced to it in 1976 by one of my nutrition mentors. Dr. Price and Pottenger did research on food and their effects on our health. Pottenger's Cat Studies on 900 cats showed the effects of cooked food on animals. Price on the effects of modern foods, primarily sugar and white flour-- on our health. Truly tragedy in the making. But hope reigns supreme. It has to!! Scan the QR code if you would like to become a member.



My dad became interested in nutrition in his late 40's. That is when he became the local "health nut" and really started in on his gardening, whole food supplements, chiropractic and naturopathic health studies. We always got regular adjustments, were given whole food supplements for each meal, drank raw milk, etc. All this contribution to our excellence in school and athletics. Being introduced to the work of Dr. Price and Pottenger put it all into perspective for me.

My wife, also raised on good food, etc., jumped in as well. We raised our 4 children following the principles of the research and observations of Dr. Price and Pottenger. Not perfect, but enough that our children have given us 10 healthy grandchildren. Now it is up to the grandchildren to take care

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of themselves so that they can have healthy children. The principles of Dr. Price and Pottenger are timeless, for my children, their children, plus you and your family. The simple principles?

In A Nutshell



Drink the best water you can get your hands on. Breathe the freshest air you can. Exercise to your capability. Be positive about being able to live life on your terms. Eat as well as you can. Avoid the chemicals in our food, water and environment as much as possible.

From a food standpoint, that means avoiding as much as possible anything that's dead or refined. Like any refined flour, anything pasteurized, anything with food additives/preservatives. Go to the local farmers' markets where you can get fresh food weekly. For example, fresh baked bread from heirloom grains by dolce farms and orchards in Newberg. They are at the Mac market on Thursdays and the Grange on Saturday. Azure Standard is another great company. Also keep in mind that anything packaged or processed is potentially full of chemicals and there is very little, if any, controlled over the food industry. This, according to Mr. VE Irons, in his lectures I have available if you like to listen to them. Just scan the QR code. He details the history of the food industry in this country and how it is controlled. The answer is basically, grow your own, and find growers and producers you can trust. Remember that it is your health, your hope. Now and for your future and your children. Companies like **AZURE STANDARD** are providing good foodstuffs for your pantry as well.



Take only whole food concentrates as supplements that are raw, no chemicals, etc. The pharmaceutical and chemical companies are buying supplement companies. Their interest is profit, not your health. To help keep you on track, my nutrition consultations are Free to current patients.

Summarizing

The overall health situation in our country is very disturbing. But there is hope, locally and nationally. The **ACRES USA group** and the **Price Pottenger Foundation** and others are leading people to a better consciousness of health. Dr. Jarvis' books *Folk Medicine and Arthritis* and *Folk Medicine* are classic nutrition books on the health habits of Vermonters from their days as settlers in the 1700's to the early 1900's, before all the drugs hit the market and farming methods. You can find them on eBay for a couple bucks each. Being proactive instead of just waiting for something to happen is the best way to go.



Once again, modern medicine has its place but must be regulated better. Being made to let up on all the drug ads everywhere, all the procedures, all the unnecessary surgeries, all the bad mouthing and ignoring the natural therapies.

Being proactive about your health is much more rewarding. As my Irish grandfather used to say: "The race doesn't always go to the strongest and fastest horse, but that's the way to bet".

As Kevin Cosner said in the movie “The Untouchables”: Thus endeth the lesson. And as Dr. Price said: Life in all its fullness is Mother Nature obeyed.

Chiropractic and Car Accident Corner: As you can imagine, after 104 years, many patients have been through this clinic. Here are just some of the health conditions that have been helped! Asthma, allergies, headaches, neck pain, back pain, joint pain, digestive issues, bed wetting, decreased immune system, disc problems, carpal tunnel, knee, elbow pain, scoliosis, foot pain, numbness, tingling, neuropathy, shoulder pain, sciatica, and many more. Call us to see if we can help you. Who do you know might need our help?



Testimonial: “Dear Dr. Siegfried, when I walked into your office that first day, I was in so much pain and not sure that anything be done, other than the surgery that was recommended. I didn’t believe that your adjustments could relieve my pain. I am a believer now. With all your methods and caring information, you provided me, I am so grateful. I would recommend your methods for people who might be in pain as I was. I will continue to follow your guidelines on maintaining my strength and exercises for my condition, because it really works! Thank you again. You are a great inspiration to me and my body.” - Barbara C.

Nasal Specific Corner: Did you know that Arabian horses are known for their ability to breathe so well? I would like the same for you!! The most common response from my nasal specific treatment is that patients start breathing better. From there, sinusitis and allergies and other nasal problems start to improve. But you need more oxygen first!!.



Testimonial: “No more sinusitis, allergies, and breathing better. Without your treatment Dr. Siegfried, I’d still be breathing like a pig!!!” - Nikita Z.

Nutrition Corner: Are you deficient in vitamin E2? If you are eating any refined flour products, you may be. Here’s why and what you can do about it. First, stop eating refined flour products. Unless you grind your own flour for pasta, muffins, pastry, etc., you are setting yourself up for a deficiency. With conditions like angina pectoris, muscle fatigue, tissue oxygen starvation, aerobic exercise fatigue, high altitude discomfort to follow. Here is what Mr. John Courtney, the Standard Process Director of Research for over 30 years has to say about Vitamin E2:



John Courtney Cataplex E-2 3-9 daily

Indications: Heart and muscle oxygen modulation, oxygen conserving factor of bloodstream. USE FOR: Angina pectoris, muscle fatigue, tissue oxygen starvation, anerobic exercise, high altitude discomfort.

John Courtney: This is a special fraction of the vitamin E complex. It is found in beef chromatin material, which is a glandular substance extracted by means of a special process. It is not a patented process, but we don't talk about it, so nobody else knows how to do it. It is quite complicated. But this is a food factor that will stop a heart cramp or heart pain, usually within about 10 minutes. Most cramps are due to calcium deficiency. However, tissue oxygen starvation is also a factor. Somehow, E2 gets oxygen into the area to relax the muscle. This can be used to relax any muscle cramp, but it's especially effective to relax cramps in the muscles of the heart. Cardio-Plus, which is a multiple product, is part E2. It contains Cataplex G, E2 and Cardiotrophin PMG. I mentioned Cataplex G, being a vasodilator, would be good for a coronary patient. We added the Cardiotrophin PMG to rebuild the heart. So, Cardio-Plus is for the patient who tends to have high blood pressure and heart cramps. A few tablets of E2 or Cardio-Plus, chewed, are very effective for this. A good rule of thumb to follow would be to use E2 and G for the more acute situations, and Cardio-Plus for maintenance support. In his book, "Balancing Body Chemistry with Nutrition", Dr. Robert Peshak writes of E2, "Its anti-spasmodic action acts on angina pectoris much like nitroglycerin tablets." The patient can keep the nitro, because E2 is a preventive, precluding the need. Dr. Peshak states that angina is as specific a deficiency syndrome (E2) as scurvy (vitamin C). Dr. Lee said that the E2 factor was the first vitamin destroyed in the commercial milling of flour. You can purchase this at the clinic or online from Standard process.

SPOOKY DEALS! Expires: October 30, 2026!

(Must mention this newsletter so we know you read it!!!)

Still Struggling? You Belong Here!

New Patient Special: \$117 (Normally \$157)

Chiropractic Adjustment Special: \$20 off.

Spinal Adjustment Packages: Buy 5 get 1 free or Buy 9 get 3 free. ***

Supplements: 10% Off

New Nasal Specific Initial Visit Special: \$100 off.

Nasal Specific Treatment: \$40 off for current patients.

Nasal Specific Packages: Package of 3 available for 10% off or Buy 5 and get 1 free. ***

Decompression Package (includes adjustment): 3 visit Package only \$1,077, (Normally \$1,191) ***

20 visit Package only \$4,720, (Normally \$5,900) ***

Diapulse Package: Buy 5 get 1 Free \$375, (Normally \$450) ***

Neck, Low back Pillows and Wedges: \$10 off

Sea Mix Super Food Fertilizer for gardeners: 10% off. Available in quart plastic bottles, while supplies last.

*****Remember**, all packages do not have an expiration date! Use them as you need to and can be shared with the family once each family member is an established patient at the clinic.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY.

AGAIN, Thanks For Letting US Serve You!! 104 years and counting!!!