



Nutrition-based Medicine and Natural Healthcare Newsletter

Innovative, Safe, Effective, Research-Study Referenced Information on Health Topics:
Newsletter, Online Content, and Consulting Service - 6/1/22.

Dear Neighbors,

My name is John H. Lutz III. I research and share information from the fields of nutrition-based medicine and natural healthcare on health-related topics. I do this through print newsletters, e-newsletters, online content, and health research consulting provided remotely (through HIPAA compliant video conferencing on your phone or computer) or in-person (at your home, or another nearby location). **I work on a donation basis, rather than a fee basis.**

I've been studying the fields of nutrition-based medicine and natural healthcare for over forty years (independent studies, then dietetics studies, then direct studies with many of the top authors, researchers, doctors and other experts in the fields of nutrition-based medicine, natural healthcare, alternative medicine, naturopathic medicine, integrative medicine, functional medicine, holistic medicine, and orthomolecular medicine (each of which are similar fields, with a focus on nutrition-based medicine, natural healthcare, and the use of safe, effective healing and health optimization methods; additional information on these fields of healthcare and other natural healthcare fields: <https://johnlutz.com/health/>).

Previously, I managed the book departments in some of the largest, most advanced health stores in the U.S. for 8 years (in Los Angeles and Philadelphia, stores offering thousands of books highlighting the top research available from these fields), while speaking directly, one-on-one, with likely over 50,000 to 75,000 consumers about nutrition-based medicine and natural healthcare-related topics and concerns, as well as discussing their experiences with all kind of mainstream and alternative treatment methods.

I've worked on-site at two of the top natural healthcare/alternative medicine/integrative medicine health centers in the U.S., and I've worked remotely with some of the top researchers from these fields for most of the last 20 years, while managing the websites of four of these researchers, doctors and authors for about 8 years during this time.

Additionally, I've been blessed to have met some outstanding priests, pastors and other church members of strong faith during my work and studies, who greatly helped further my research in the above fields, and greatly helped strengthen my faith (and my understanding of how prayer and faith affect health and healing), during some very challenging situations I encountered (during three cross country moves, many related local moves, and numerous misadventures along the way!), while pursuing and obtaining work and educational training

directly with top experts (in some cases, world-class experts) in the above health fields.

As most of us know, there's a whole lot more to healthcare, which could be more accurately described as "the care of health, and the active promotion of optimal health and healing," than what is presented to us pretty much 24/7 on TV and everywhere else we look these days! I've personally experienced much of the best of what is available in the natural healthcare fields first hand during my work and studies. Currently, I'm working on sharing this information online (summarizing information on health topics in a research study referenced format, readable for both consumers and medical professionals). But, there is quite a bit of work involved in effectively doing so (managing 500+ web pages, 20,000+ links, and all of the supporting web code). For now, see <https://johnlutz.com/#enews> for a research summary on nutrition-based medicine and natural healthcare for immune system support, with over 1,500 supporting research studies referenced, and <https://johnlutz.com/books/#health>, for a list of top books on nutrition-based medicine and natural healthcare -- books citing thousands of supporting research studies. Sharing innovative health information online is important, but **it's also important to focus on sharing information more directly with others through health consulting!**

Whether you and your family choose a 100% natural healthcare approach, or an integrative medicine approach, or a mostly allopathic ("mainstream") medicine approach, the above fields of healthcare (which greatly focus on the "care of health") provide information and services that may provide significant, to excellent, highly innovative support for your healthcare concerns!

Please note, I share: research study referenced information; 40+ years of experience, testing, and knowledge; direct, first hand experience in the use of innovative natural healthcare therapies; and direct, first hand knowledge gained through studies and work with top authors, doctors, researchers, and other experts in these fields. I do not "diagnose or prescribe" which is the concise legal definition of the practice of medicine. I share information, helping others make their own well-informed decisions related to their health.

So, **if you are seeking information on any health-related topic or concern**, which may provide a different, or **a much more effective path to improved health** than the information that you've encountered elsewhere, **contact me**. I would look forward to sharing what I know, and possibly helping you achieve a greatly improved level of health!

Sincerely,

John H. Lutz III

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