



CENTER FOR HEALTH & HEALING

FRED SCHULTZ, M.D.

FAMILY PHYSICIAN
SPECIALIZING IN INTEGRATIVE APPROACHES TO WELLNESS

As a Family Physician since 1980, Dr. Fred Schultz has acquired extensive experience treating a wide variety of conditions including thyroid issues, heart disease, digestive disorders, multiple sclerosis, asthma, lupus, eating disorders, scleroderma, allergies, headaches, Sjögren's syndrome, diabetes, arthritis, fibromyalgia, depression, insomnia, attention deficit disorder, chronic fatigue, and anxiety. After 17 years in conventional medicine, he followed his heart and founded the Center for Health and Healing in 1997. He practices Integrative Medicine, combining natural therapies with conventional methods of treatment and taking into account the whole person. Dr. Schultz believes in the body's innate ability to heal when the patient observes recommended treatment plans, follows dietary guidelines, and makes appropriate lifestyle changes.

Rather than treating symptoms, Dr. Schultz focuses on resolving the causes of those symptoms. He practices Functional Medicine. He uses several methods of treatment, including pharmaceutical-grade supplementation with vitamins, minerals, amino acids and botanicals, bio-identical hormone replacement therapy, oral heavy metal chelation, and intravenous therapy.

"I provide individualized care for every person I see. I do not follow any "cookbook" rules, but instead I help people in a way that is appropriate for them. I routinely care for people with extremely complex medical issues. Most of the people I see have already had extensive workups and treatments by many specialists before seeking my help."

"Regardless of whether a person is in good health, seeking preventative healthcare, or is suffering from many complicated issues, at our first visit I order blood and urine testing based upon the information shared with me. After analyzing the results, I provide a detailed analysis of the person's individual biochemistry. I may also recommend additional functional testing. I work with the patient to make specific, tailored dietary changes. I prescribe pharmaceutical-grade vitamins, minerals, enzymes, hormones and amino acids to stimulate the body's healing process. I utilize nutritional intravenous (IV) therapies, oxygen and nebulizer treatments. I formulate each IV specifically for each person, using exclusively preservative-free nutrients. I administer every IV. Spending time with the patient in this setting allows me to fine-tune their care."

Chronic illness is often associated with compromised digestion. IV therapy bypasses the digestive tract, thereby guaranteeing nutrient absorption. This results in improved energy and improved immune system function. IV therapy supports brain function, and relieves pain. A nutritional IV provides essential vitamins and minerals the body needs. It also increases resistance and helps overcome infections, colds, and the flu. The following conditions, among many others, benefit from nutritional IV therapy: chronic fatigue, depression, fibromyalgia, headaches, asthma, allergies, muscle spasm, "brain fog," congestive heart failure, anxiety, angina, senile dementia, TMJ, addictions, and insomnia.

The Center for Health and Healing is dedicated to providing natural approaches to medicine with kindness, respect, and compassion. Mary, Tracy, Amy, Pam, Lynn or Greg will be happy to schedule your appointment.

CALL (630) 933-9722

INTEGRATIVE MEDICINE...INTELLIGENT HEALTHCARE