

6 STEPS TO WELLNESS

THE JOURNEY TO A HEALTHY YOU...

When you come to our clinic, we will address all of the negative factors that are affecting your health. We evaluate your body individually to create a health program just for your body.

There are six keys to creating superior health.

The answer to "how do you live a healthy life in an unhealthy world" is the Six Steps to Wellness. This comprehensive program - the result of thirty five years of intensive research is - your key to better health.

The Six Steps to Wellness are:

- * [Structure](#)
- * [Electro Magnetic Therapy](#)
- * [Nutrition](#)
- * [Emotional Therapy](#)
- * [Detoxification](#)
- * [Allergies and Sensitivities](#)

These steps represent all six of the major steps of your journey to optimum health.

STRUCTURE

Your nervous system is your body's electrical system - it controls and manages all functions of your body. If a nerve is pinched off by vertebrae that are out of place, then it is not functioning at its optimal level, which means your body is not functioning as well as it should.

Nerve and Structural interference happens when nerves or tissue are interfered with causing the life energy, which flows through them, to be blocked. It can be produced through trauma such as an accident or fall, fractures, surgery, emotional stress, etc.

If our tissues, muscles or fascial movements are restricted it can cause interference with the electrical impulses moving through them. Pain and disease are not the initial cause, but are actually key indicators of nerve interference.

Re-establishing structural integrity is the foundation of health. 80% of all conditions improve when the structure of the body is properly re-established to allow a free flow of vital energy.

We will locate subluxations, and reduce or correct them through a series of chiropractic

adjustments specifically designed to correct the vertebral subluxations in your spine. Many modern tools and techniques exist to easily rebalance the body without discomfort.

ELECTRO MAGNETIC THERAPY

Fields of Possibility

Electrical pollution is killing us. Power lines, air wave communication, fluorescent lights, computers - even hair dryers - are affecting our health and energy. The potentially harmful electromagnetic field caused by electricity interferes with our own energy field and nervous system.

Many people feel weak, have headaches or just feel ill when they work in front of computers or under florescent lights. They may never feel as good as they would like to. It is often this electromagnetic pollution causing these feelings.

Our bodies have their own electromagnetic field much like a magnet has north and south polarities. Every cell has north and south polarity that affects all functions of the cell. Our fields should be synchronized with the natural rhythms of the earth, moon and sun.

The nervous system controls and coordinates the whole body through electromagnetic energy. What can you do about all of this electromagnetic pollution? We have created special techniques that we use to help you shield yourself against harmful effects of electromagnetic pollution.

NUTRITION

SUPER SIZE ME

JUNK FOOD IS NOW THE RULE - NOT THE EXCEPTION.

Surveys show that 20% of the US population never eats vegetables, and 40% rarely consumes fruit or fruit juices. 80% of the population never consumes whole grains or high-fiber foods. All forms of refined sugar lower the immune system response and interferes with the ability of the white blood cells to destroy unfriendly bacteria.

The standard American diet, which contains food grown on depleted soils, has left Americans deficient in many nutrients important to health. To get the right nutrition, you must supplement your diet. Supplementation is recommended for nearly 99% of the patients that come into our office.

Specific nutrition has been developed to correct the deficiencies, inadequacies, and toxicities. To rebalance nutrition it is important to:

A. Reset Adrenals & the General Adaptive Syndrome (GAS)

- B. Replenish Nutrition for Organs, Glands or Systems Weakness.
- C. Reduce Infective Organisms in the Body.
- D. Replace Enzymes and/or HCL to Aid Digestion, Assimilation and Elimination.
- E. Restore Proper Bowel Flora to Optimize Colon Function

EMOTIONAL THERAPY

Mind Over Matter

At our clinic we understand that many of your physical problems are either directly or indirectly related to your emotions. We use a variety of methods to help you "clear" negative emotions.

*Do you suffer from a phobia that is getting in the way of your daily functions?
Do you feel depressed for no reason? Do you suffer from anxiety attacks?*

Emotion has been shown by the latest research to be a complex reaction between the body and mind. This results in chemical reactions in the brain and cells, which produces energy made of electrical and magnetic nerve signals. These energies or emotions literally have a frequency, which radiates outward from our energy field.

We will teach you techniques to overcome even the most difficult emotional issues. We use a combination of color therapy, NLP, emotional release therapy and behavior modification techniques to clear negative emotional energy that is affecting your happiness.

DETOXIFICATION

Spring Cleaning

We continuously consume artificial additives in our food. We breathe pollution. We are exposed to chemicals, pesticides and cigarette smoke.

Exposures to these toxins are not blatantly obvious to us and are hard to pinpoint as a cause for illness. Some toxins are naturally occurring chemicals that our body has had a hard time breaking down. When accumulated in our cells these toxins can cause mutation or death. These can be harmless in very small quantities but deadly in large amounts.

All of these toxins are getting in the way of our health. We use a variety of detoxification techniques.

One of our most-popular methods of detoxification is the footbath. The footbath was designed and developed to restore the body's energy while facilitating and aiding in its natural detoxification process. This device has been proven in clinical trials to balance and restore the body's Ph and electromagnetic energy.

Also using Healing Lasers and frequency modulation we can use energy to help move the toxins out of the tissues and enhance the body's processes to flush them out of the system. Cold laser treatments can facilitate detoxification by increasing blood or lymph circulation.

You may benefit from the footbath if you suffer from:

- *arthritis*
- *allergies*
- *chronic pain*
- *autoimmune diseases*
- *inflammation*

Regular detoxification is also a good way to maintain a general feeling of well-being and overall health.

ALLERGIES AND SENSITIVITIES

Stop And Smell The Roses - Again

Many people have had allergies since they were young or have developed them over time. Your allergies are not necessarily something you have to live with. Using our methods, we can determine the root of the allergy or sensitivity and take measures to help you overcome it.

Our methods have been very effective for a variety of patients and are completely natural.

You don't need to spend your whole life depending on a medication to reduce your allergies or avoid certain foods - it could just be a matter of working with your body's

physiological programming to train your body to respond differently to substances that cause negative effects.

With over five-hundred supplements available, our clinic can offer you a combination of minerals, vitamins and enzymes that are optimal for your body's chemistry. Each of more than 3,800 raw materials used in these formulations undergo regular and random lab analysis to ensure purity and potency. Unlike the typical commercially available products these supplements are formulated to guarantee results.

In conjunction with the **Six Steps to Wellness**, taking supplements will contribute to providing you with exceptional health.