

# Holistic or “Whole Body” Stress Examination

One of the biggest causes of all chronic health problems is something called a Chiropractic subluxation. A subluxation is a bone that is out of place that pinches a nerve and causes interference to the messages to and from the brain. Since the brain has complete control over the whole body, restoring the proper communication and messages helps to restore health and eliminate pain. When it comes to the spine, on a physical level, we must rehabilitate and retrain the bones, muscles, and ligaments that have been out of alignment for a while to stay in the proper position. This is best accomplished with a series of Chiropractic adjustments in a specific frequency of time. Once that is realized, periodic maintenance adjustments and check-ups help to keep it where it should be on a physical level.

However, with chronic pain or complex health issues, or any issue that is not healing as fast as it should, there can be several causes to the interference or subluxation that need to be addressed to help the health issue. The purpose of the Holistic Stress examination is to look at the whole person and identify the root causes of your problems. Then they can be addressed through both advanced treatment protocols in the office, as well as education and lifestyle recommendations in your daily life. These can be broken into 3 main categories of interference or stress:

1. Physical / Neurologic Stress
2. Biochemical / Nutritional Stress
3. Psychological / Emotional Stress

In order to heal as quickly and completely as possible, and maintain optimal health, we need to address all of these factors, as any of them can be the limiting factor in healing. In addition, there are two

other factors that are relatively new with advances in technology that also negatively affect our health. These are electro-magnetic pollution and allergies/sensitivities, especially from foods. This is important with all of the processed and genetically-modified foods now out there. We often don't even know or feel that we are sensitive to many foods that are robbing us of our energy, health, and contributing to significant pain. It is important to realize that inflammation is the cause of pain, and inflammation originates and is made worse by all the categories of stress listed above. Without addressing those, in our experience many chronic pain patients will never get well.

In the Holistic examination, we use muscle response testing as a form of biofeedback to challenge or stress the body to see where you have weak links. The idea is to identify weak links before they become broken ones. In particular, most chronic patients we see will have several organs or systems "weak" but not showing disease yet. In order to truly restore your health to heal and repair, we must support and treat all of the weak parts of the body, or else whatever is not being helped will prevent the body from healing properly. (Ex. The weak link in the chain). This is the hallmark of what is missing in traditional healthcare. It is of course very important to rule out major pathology and disease, but if that is all you are looking for, then patients are often told there is nothing wrong with them, which couldn't be further from the truth. Since traditional medicine is primarily looking for the disease or pathology, that is also all they are treating as well. Most disease do not develop overnight; it happens over time.

This is why prevention of health problems is so important and having testing available that measures malfunction or dysfunction long before it reaches pathology or disease is vital.



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Muscle testing is a non-invasive and the results are immediate. When combined with other diagnostic techniques, muscle testing is a very powerful tool that helps us keep you on the road to **Optimal Health!**

The Holistic examination is non-invasive and is done right in the convenience of our office. It consists of muscle response testing and evaluates for:

- Inflammation
- Weaknesses in organs and glands
- Weaknesses in body systems
- Emotional Stress
- Help with digestion, assimilation, and elimination of foods
- Weakness of the immune system, especially with imbalances of yeast, fungus, mold, and parasites
- Food and environmental allergies/sensitivities
- Areas of the body where mental/emotional stress is specifically contributing to pain and decreased healing
- Issues related to toxicity and electro-magnetic pollution, and their effect on your body and ability to heal your pain and health conditions

This testing will also help us to determine, along with history, X-rays, and examination procedures, if you might benefit from additional laboratory testing such as comprehensive blood work, hair testing for heavy metal toxicity, saliva hormone testing, and/or more in-depth blood allergy testing.

Once tested, we will prescribe specific pharmaceutical grade nutritional supplements to help repair your weaknesses. Periodic rechecks for nutritional supplements are strongly recommended as long as you are under Chiropractic care. Each month as we re-check and your body continues to heal, you should require fewer supplements. We will also perform allergy treatments to any of your known sensitivities we find with a technique called ASERT (Allergy/Sensitivity Elimination and Reprogramming Technique). This is very important because you can do everything else right and if sensitivities are present your body will have the memory of prior problems and problems can reoccur. We will also help address stress very specifically through a treatment called Neuro-Emotional Technique (NET) and use other treatments in the office, as well as through lifestyle recommendations.

As you can see, the more we look at all that makes up your body and what affects your body, the more we can help you get well. Once you eliminate your health issues, it is much easier to maintain your health than it is to try to get it back all over again.

**The price for this is \$200 for the testing and is never covered by any insurance. An Ionic Cleanse Detox treatment and LifeStyle Health Coaching consultation is included in this examination. (This does not include the cost of recommended nutritional supplements.)**

## Full Spectrum of Health & Disease

