

Incorporating Natural Energy Medicine into your Practice.

Building a Foundation for Health

(Part 4)

Our General Health (Foundational Health) protocol is unlike most therapy programs because it is not designed to treat any specific health issue and everyone needs the exact same program regardless of their individual health issues. Many providers find this hard to understand so we explain it this way. If I told you that I had five, three story buildings that were over 100 years old and in very bad shape and I wanted you to restore them, where would you start? Common sense would say to level and restore the foundations of all five units first. Then thinking with the logic of a health care provider one would say how can you say how to begin fixing five damaged buildings that you have never even seen much less diagnosed. But with normal non-medical logic we know that nothing that you fix on the third floor of that building will stay fixed if the foundation is unstable and constantly shifting.

The same holds true with your patient's health. Health care providers spend a lot of time chasing symptoms without ever looking to stabilize the foundational components of the patient's health. Few patients have any stability to their health because the basic causes of their health have been compromised.

Don't get me wrong, addressing a patient's primary complaints is very important to the patient and needs to be accomplished but the real job of a health care provider should be to improve their patient's health and keep them healthy throughout their life. This can only be accomplished by stabilizing the basic foundational components of their health so that you have a foundation to build health on.

These are the different components that our General (Foundational) health program address.

1. External Energy system:

We start with the Spiritual or the External Energy System. *Our opinion based on our experience*, the Spiritual or the external Energy System is PRIMARY to the physical body or system. Research has shown that the physical body does not manage the energy fields around itself, the energy fields manage the physical body within. Corrupt the integrity of this energy field and you corrupt the function of the body within. Likewise, trying to correct the physical body without correcting the energy field around the body first is a losing endeavor because you never really get to the source of the problem.

2. Meridian or acupuncture system:

This is again a controversial subject because even though it is a licensed profession and payable by third party payers, orthodox science for the most part still denies it exists. Why, because it is still an intangible part of us that cannot be scientifically proven according to current medical technology, but is still a vital part of our health

3. Emotional Stress and Trauma:

The third component we address is the Emotional Component of health. Emotions and how those emotions are connected and related with other memories, especially traumatic memories are vital for good health.

4. Mild TBI (Mild Traumatic Brain Injuries)

After we address the trauma to the Emotional system the fourth component we address is trauma to the brain and nervous system itself. Traumatic Brain Injuries (TBI) occur quite often and the more you acquire the easier and the more severe the next one becomes. This is evident by the number of athletes

in the prime of their life in excellent physical condition lose the function of their brains due to multiple continuous concussions that are just another name for TBIs that were never treated correctly.

All schizophrenic diagnosis are found to have brain antibodies in their system. This means that all schizophrenic patients suffer from brain autoimmune disorders. This is also very common with many other neurologic disorders. This has been directly related to past Traumatic Brain Injuries.

5. Allergies:

6. Intolerances:

7. Sensitivities:

The 5th 6th and 7th components that we address are how the body reacts to what it comes in contact with. If the body is constantly abnormally reacting to multiple external influences it is not possible to stabilize the internal systems of health.

8. Autoimmune:

Once the body begins to manage the outside stimulus without reacting we need to address the 8th component which is internal stimulus or the abnormal reactions that we have to ourselves.

9. Neurotoxins & Chemical Pollutants:

The 9th component that we must address is the continual input of poisons and toxins into our body. A part of this will be educating the patient about diet, the other part is to help the body clear and detox itself of the ones that are already stored in the body.

10. General Inflammation:

11. All Tissues and Genes:

12. All Systems:

13. All Bone Aura:

14. All Organs:

15. All fluids:

Now we are finally ready to address the basic physical structures of the body. These are not specific disease or illness conditions but are more to stimulate the function of general body systems.

16. Structure:

The next system is the structural component of health. As a chiropractor for the past 40 years I know the importance of returning the structure to a normal and balanced state. Without structural balance the body will never be healthy.

17. Immune system – Cellular Reproduction:

The ability of the cells to reproduce normal healthy cells is vital as this happens billions of times a day within the body. This function is very dependent on the immune system of the body.

These are the basic systems that we recommend everyone has addressed before you ever say that their primary complaints cannot be helped. In fact, ideally these programs should be addressed before you even start working on their primary complaints but that is not usually acceptable in our culture of health care.

This is an extensive health care program which is why we usually tell patients to perform this on themselves and every member of the family regardless if they have any symptoms or not with the Home Therapy system.

If this was the only care you offered you could have a standing room only practice if your patients actually understood what you were providing. I believe the general patient is interested in this form of health care, they just don't know it exists. I look at what they do and how much they spend on all forms of general health care such as exercise, diet, trainers, and the list goes on and on.