

Types of services available. Please mark all desired areas you would like to explore.

\_\_\_\_ 1. **Structure Corrective Care:** the goal here is to restore normal joint function and mobility. This includes Cranial Bone, TMJ, extremities shoulders, elbows, wrists, fingers, hips, knees, ankles, and toe **joints. Acute and Chronic injury.** to avoid surgery, knee replacement, hip replacement. I had a patient that had both knees replaces long before she came to see us but her knees still hurt. Turns out her pelvis was torqued and misaligned and much like your car when it is out of alignment it will wear the tires out quickly and steering is always a struggle while it is trying to pull you off the road or into oncoming traffic till you get your front end aligned again. We corrected the muscle imbalance, the nervous control of the muscles, the position of the bones to restore motion in the pelvis and the knee pain went away. I don't know if she needed the surgery because I didn't see the condition she was in before having them replaced but often times we can avoid replacement surgery. There are a few times that I agree they need surgery. Lets put it this way, if you are still walking and putting pressure on the knee, unless you are taking massive doses of pain killers to cover the pain, you are not "bone on bone" and the cartilage will usually restore itself once it is given what it needs.

**Circle the letters that matches your condition/conditions. Mark all that apply**

- a. **Muscle-** attach across joints and control joint motion. Muscles also monitor organs. Organs don't have pain receptors. If your liver was sitting outside the body, you could poke it, pinch it, pierce it and it would not hurt but it will refer its problems to specific muscles. Gall bladder refers its pain to the right subscapular muscle under the shoulder blade. There are 2 main organ problem that refer to muscle that even the medical people recognize. Gall bladder and heart. When someone has a heart attack, they don't grab their chest, they grab their arm that is in severe pain and then they fall to the ground as circulation rapidly decrease. If the heart goes into fibrillation, you most likely will die. 50% of the time, the first indication of heart disease is the last indication because they die before intervention can be administrated.
- b. **Ligament-** attach across joints and limit the range of motion

- c. **Tendons-** part of the muscle that attaching to bone and may contain sesamoid assessor bones that aid mechanical advantage like the knee cap. We have bones like this in our hands and feet that when dislocated or mal-located, cause pain or difficulty.
- d. **Peripheral nerves-** these are the nerves that come out of the spine into all the soft tissue in the body. These nerves can control muscle, sense pain-heat-cold-fine vibration-pressure, tell us where we are in time and space so we can close our eyes and touch our nose instead of our eye, receptors in the skin and joints tells our brains information it needs to adapt and survive. Peripheral nerves can be affected by adjustment to joints, movement in joints, pressure or stimulation of the skin thru various methods to affect change in body function. Acupuncture works in many of these areas under certain condition. It helps to know the right tools to use for the right job so you don't have to try stuff and hope it helps. That's why we treat the whole body, whole person and we use medical research to find what works taking most of the guess work out. The guess work is replaced with experience and the Art of Alternative Medicine working with doctors all over the world to find ways to help the body heal itself. The body is the only thing that can heal itself. Chiropractic doctors, medical doctors, osteopathic doctors, homeopathic doctors, ...never healed anything and never will. But our goal is to find what the body needs and give the body, to the best of our ability, what it needs so it can heal itself. Part of the formula is what the person is willing to do. I could tell someone how to change their diet but if they just keep eating the way they have been eating and expect their health to change when it doesn't get what it needs to heal, that is just crazy. **Are you crazy?**
- e. **Arteries-** blood vessels that carry oxygenated blood to tissues to exchange CO<sub>2</sub> for O<sub>2</sub> so we don't die. But what happens if we get injuries that cause placquing and decreased blood flow? You run the risk of blood clots, strokes and heart attack, right? This can be reversed when we give the body what it needs to correct and heal the tissues. There is no reason for people to keep having stroke and heart attack in this day and age except people don't know what to do or how to do it. But we know and so can you.

- f. **Veins-** return the CO<sub>2</sub> to the lungs to exchange it for O<sub>2</sub>. These can get low grade infection called phlebitis especially in the lower extremities. There are several things that can be used to treat varicose veins and inflammation in the veins often seen thru the skin. Again, this is an indication of what is going on inside the body that you can't see. The eyes are a window into the soul, the skin is a window into the body.
- g. **Skin-** Window into the body by what is happening on the skin, indicates problems with organs, nutrition, digestive system, detoxification ...
- h. **Flexibility-** you may think the muscle are too tight and you got old so you lost your flexibility but it may be what your brain is doing or not doing based on communication or lost or bad communications to the brain. So many of these can be improved immediately. Amazing stuff. If your knee can't come up and touch your ribs on your chest, it is most likely the brain causing it and when we restore communication thru the receptors in the joints, flexibility changes immediately unless we have scar tissue.
- i. **Scar tissue-** injury that results in damage causing the body to produces scar tissue to reconnect the separated tissues. Did you know that scar tissue is supposed to go away? it is meant to pull tissues together for repair but if there is interference, lack of energy or communication it gets stuck in the scar stage that can restrict motion of a joint and over time the joint degenerates because there are elements of the joint that require motion to maintain strong healthy tissues and joints. Note: the number one cause of aging problems are injuries that were never corrected resulting in loss of full range of motion resulting in degeneration. If that degeneration is associated with the spine, it can affect the nerves that control muscles, tissues, organs. This will allow the affected target to degenerate until you get in emergency and need surgery or pills to cover the symptoms they call old age. But what happens when you break up scar tissue and restore motion to the joints? You get mobility, balance, restored function and this is anti-aging. Because aging should not mean you are going to get arthritis, painful joints, difficulty moving, weakness, needing multiple prescriptions. This only happens if you don't know what to do to give the body what it needs. These problems can be helped even in their 80s and 90s. if someone loses flexibility in their 30s or 40s they probably wont live into their 80s or 90s because they will degenerate

which then affects the organs and decreased function due to degeneration necessitates medications and surgeries under medical protocols. You got to remember medical doctors are emergency doctors and they are the best at emergency medicine to save your life but they are NOT Health Care which is taking care of the body, maintaining or restoring motions and function by giving the body what it needs physically, mental/emotionally and biochemically at any age. As long as they are not dead, there is hope. When you are in your nineties and you extend your life 3 or 4 years, that is a great thing. If you are in your eighties and extend your life 7 to 10 years that is a great thing. If you are in your seventies and extent your life 10 to 15 years even greater. The earlier you take control of your health the better your future will be and it is your responsibility to live a long life on the earth as a functional, productive, contributing member of society, still driving your car, still living in your home, cooking your meals, active life until one day you just don't wake up. That is what normal aging looks like when you give the body what it needs.

- j. **Strength-** we can test over 200 muscles, find all the weak muscles, and turn them back on as long as there is nerves connected to the muscle and the brain. If the nerve is cut and still in close proximity to each end of the nerve, it may grow back under proper conditions and then muscle can grow back. If the nerve is crushed, we may be able to break up scar tissue, stimulate the repair and restore muscle control again but the intact muscles and nerves restore strength almost instantly, it's amazing.
- k. **Pain points-** we have treatment for pain points all over the body, we scan for tender points over the whole body then we treat a specific point to reset all the points in just a few minutes. Go back and touch the point and the pain is greatly diminished and generally goes away completely in a short time. The ones that take longer may need help with scar tissue or nerve damage repair but that can also be addressed.
- l. **Trigger points with referred pain-** when you touch a point and get pain somewhere else on the body, it is called referred pain. Trigger points may be from previous injuries but may be at points on the body distant from the injury site. These may reside along ridges of bone where ligaments and tendons attach. When you work on an area of the body and it still has pain, this may be due to trigger points elsewhere on the body and until

these trigger points are treated, the pain keeps coming back. Knee pain, back pain, muscle pain, etc.

- m. **Multiple trigger points often called “fibromyalgia syndrome”** because they don’t have a pill or surgery to fix it. We routinely change fibromyalgia symptoms in a few days but we have to address the factors that brought it on in the first place or it will set up the feedback loop that creates trigger points. Trigger point- lesion in the muscle accompanied by swelling which reduces circulation to the area, increased inflammatory poisons and toxins which cause swelling and pain. See the loop? When the trigger points keep coming back after a massage or trigger point therapy, it means there is a systemic cause that must be restored to break the cycle so it doesn’t keep coming back.
- n. **Chronic Injury-** this is one big injury like a car wreck, falling off a cliff, falling out of a tree, sports injuries that you thought would go away or that you could just “walk off”, Chronic means it has been going on for a long time and has not corrected itself, so it needs help which could be physical, mental/emotional, biochemical and most often a combination of the three. You often see people with chronic injuries in sports because they are wearing a support garment on the knee, ankle, elbow, wrist because they keep spraining or straining the muscles and joints. Most often they don’t know their condition can be corrected when we give the body what it needs to heal itself.
- o. **Abnormal tissues-** any unregulated or distorted tissues that may cause nerve, organ, brain, muscle dysfunction or impairment or may appear abnormal. This may indicate a genetic expression away from normal and may be affected greatly by nutrition, enzymes, minerals but doesn’t seem to be affected by taking multiple vitamins, minerals and enzymes. This would indicate a digestive problem and immune system problem. Alternative medicine center is better than guessing and hoping it will help or that it will just go away or that “I’m just getting older and nothing can be done” or “I’m afraid they will want to give me drugs or surgeries and I don’t want to do that and I will put it off as long as I can”. In the meantime, they should decide to take back control of their health. At the Alternative Medicine Center, we teach our patients what they need to do, what they need to change and where to find it and keep it without drugs or surgeries. Doesn’t that sound great? Of course, nobody can promise to

cure anything, even medical doctors can't cure anything. Only the body can heal itself. And that's a fact jack!

\_\_\_2. **Organs: Brain, Eyes, Ears** hearing including ringing in the ears. Difficulty hearing conversations in noisy places like at a restaurant causing the need to read lips. **Tongue**- taste-speech, **esophagus**- swallowing, **vocal cords**- singing-speaking-projecting the voice, **thyroid**- effects metabolism too high- too low, **Parathyroid**- uptake and liberation of minerals from and too bone and tissues to supply minerals to maintain homeostasis, **Pituitary**- activation of Hormone production affecting thyroid-reproduction- and many other hormone processes, **Pineal**- some call it source of inner vision but it helps perception of reality around us, **Corpus Collosum** (right brain, left brain coordination/communication for processing and combining emotion/creativity and logic. Together this process allows us to process trauma and when it doesn't work correctly, one may develop **PTSD**: stuck in the emotion or environmental triggers reactivate the emotional state of the trauma), **Cerebellum** (balance/coordination of motion in time and space including cross crawl pattern to keep from falling due to loss of balance), **Pyloric valve**- acid reflux due to non surgical hiatal hernia so the valve on top of the stomach doesn't close properly and the acid from the stomach may rise up into the esophagus causing 'heartburn, acid reflux, gurd, esophageal ulcers etc.' can also cause pyloric spasm, lungs may cause or be affected causing difficulty breathing-difficulty catching breath after activity- asthma like symptoms and may be due to inflammation between alveolar circulation and exchange of gasses CO2 and O2 or may develop low grade coughing without producing mucus indicating the lungs are blowing off poisons or toxins for an as yet undetermined source or cause, **Soft palate** too loose resulting in snoring and difficulty breathing during sleep and maybe affecting sleep partner and in some cases the whole house hold as the walls reverberate from snoring, **heart**- skipping a beat, arrythmeas, placqued arteries (heart disease) resulting in circulatory symptoms like High Blood Pressure-chest pains-rapid heart beat- weak heart- low blood pressure, skin- lessions-spots-bumps-psoriatic scaling-rashes-growths which may be a result of **Digestive Issues**. Digestive issues: **stomach, liver, gall bladder, pancreas, small intestine, large intestine**- may reflect into the skin which can act as a **liver and kidney**. Liver problems may send poisons and toxins to the lungs (low grade cough) and skin (lessions, eruptions, dermatitis, growths etc. when the liver is overloaded and can't handle all the poisons and toxins properly. **Gall Bladder**- associated with joint problems- acute gall bladder attack may result in pain under the right shoulder blade and most doctors will think of gall bladder and send for ultra sound to

determine if it is diseased or has stones deposited there causing malfunction of bile system and digestive enzymes of the pancreas. (Note: when Gall Bladder are not diseased but have stones, there is no reason to remove the gall bladder but you can get rid of the stones and stop the reason for creating stones in the first place).

**Pancreas-** production of digestive enzymes- production of insulin (type 2 diabetes produces too much insulin yet it doesn't control the glucose in the blood sufficiently so more insulin may be prescribed by medical doctors in order to lower glucose levels. This may be a pill form or injection or a pump. None of which address the problem and only affect the symptoms of uncontrolled blood glucose (note: there are several different types of diabetes so named by the organ involved i.e. liver diabetes- regulation of blood glucose is not working properly when the liver dumps too much glucose on the system even when not eating like waking up after sleeping at night and before one eats, the glucose is high (over 100 and may be in the 100s up to 500). Current medical treatment only diagnoses type 1 and type 2 and never treat the cause. **Small intestine** is the kitchen where the food is prepared for absorption into the body. While in the intestine, it is not in the body until it crosses over. **Lymphnodes/immune function** in digestion is another level of cleaning the food to prevent excessive poisons and toxin as well as pathogens like bacteria, virus, fungus which produce these poisons and toxins that make us sick and have a great variety of illnesses. **Reproduction organs-** hormones that affect reproduction, digestion, immune system and even moods or PMS symptoms including pain, difficulty getting pregnant or carrying a pregnancy, preventing fertilization due to low sperm count/hormone deficiency which also affect activity and even **personality** and **masculinity or femininity**. **Prostate-** enlargement may be from hormone imbalance or hormone miscommunication (notice- many time men are prescribed female hormones to reduce BPH benign prostatic hyperplasia and many cases of prostate cancer, female hormones are given to reduce the tumor (tumor is any swelling benign or cancerous). **Uterus-** heavy flow-painful period-PMS-emotional relationship killer where nobody wants to be around them during their "time" though this may be common, it is far from normal, and you don't need hormone therapy but restored normal function and communication. **Uterus-ovaries-pituitary-thyroid-adrenal:** affect the ability to get pregnant and carry a pregnancy to term. Morning sickness and difficult labor are NOT normal either but they are common. Can't take a pill or get a surgery for it but you can change function when you give the body what it needs to restore communication, restore function and restore mental/emotional subconscious programs that allow one to function optimally. This makes for a high success rate in pregnancy, carrying to

term and birth without dragging the health down each time one gets pregnant causing each progressive pregnancy to have more and more difficulties and the health of the mother declines due to giving the baby what it needs at the expense of the mothers' health.

\_\_\_\_\_ 3. **Acupuncture/acupressure- acupuncture system**-meridian therapies that affect the organ its named after. The system encompasses the use of herbs and nutrition, but we are communicating with the brain thru the skin receptors that most affect the organ under the treatment area. Then we have points and areas to treat for motion sickness, pain relief called surround the dragon, stimulation to regrow tissues, break down scar tissue and much more.

\_\_\_\_\_ 4. **Nutrition/Diet/supplement**- balance hormones, insulin, control glucose, restore digestion, normalize acid production in the stomach, restore vital enzymes necessary for every biochemical process in the body, detoxify the body continuously ( stop doing detoxes that make you sick and never address the build up of toxins), shift the genetic expression away from disease back towards health- the body made it the state it is in and the body can change it back when given what it needs. Hint- its not about taking lots of supplement, that will never work at least it has not worked even after we have health food stores pop up everywhere all over the nation. Did you know that the health food store has the same model as the medical doctors prescribing drugs to cover symptoms? If you are not getting change in the first 3 days (we usually get immediate change the same visit and then you take it for a period and after that you don't need it any more. With few exceptions. (exceptions are true supplements- adding something that you may not get sufficiently in the diet like Vitamin C (ascorbic acid).) It is not going to work finishing taking it and the symptom comes back, you would just be covering over the symptoms just like most pharmaceutical prescriptions. **Diet should be the main medicine** and the initial change to restore and revitalize the body to proper function. Then someone may need 1 or 2 specific supplement for specific deficiencies for a short time and then you don't need them any more. If you are spending 2 or 3 hundred dollars a month on supplements, you are wasting your time and money. I ask people all the time "how long have you been taking all these vitamins and minerals?" "oh, for years!" "and are they doing any good?" "I don't know!" "what happens if you stop taking them?" "oh, sometimes I forget and the symptoms come back so maybe I just need to take them longer!" then I proceed to show them what they are doing. Quite often I find what people are taking is actually causing more problems and if they are my patient and we are working to



restore the nutrition system, I will recommend they stop taking all that stuff, wait till we can see what the body is telling us after it has cleared the system and we have changed the diet to restore proper digestion and absorption of the nutrient/enzymes/minerals and when we do it that way, we get great results most often and it save some people hundreds and thousands of dollars every year.

       **5. Mental Emotional Health** (non-psychologist or psychiatrist methods) neuro emotional technique, subconscious programs can seriously affect your perceptions and reactions to environmental stimulus. We have good and bad learned subconscious programs. A smell can take you back to grandmas kitchen, a good program. A sound may take you back to a severe trauma and when that trauma is not processed, it gets stuck in the emotion side of the brain and environmental triggers cause us to go into that emotional trauma. That can be severe like the Vietnam vets, war vets who have seen things people should never have to see but none the less hate and fear and greed keep our world in war someplace. We have methods to help the body process those triggered programs that may result in anger, nervousness around people, sleeping problems that could make danger for a spouse sleeping in the same bed, may cause a person to avoid relationships due to traumas that happened to them and nothing else has helped. It may seem that those memories are buried deep but physically they are right on the surface of the brain, you just got to know how to access them and then you can change the program so you can climb a ladder safely, fly in a plane, be in big crowds like a church or event in the park, parade, fireworks instead of avoiding life. Good news, it doesn't take years of counseling and there is no Hypnotism involved. Mental health conditions can be affected by many tools: food, nutrients, acupuncture/pressure, tapping, working on muscles (sometimes we get emotional release when we work on muscles- that is theorized to be where you stored the emotion from a trauma and once released it is not triggered again.) we have many different tools to help. just need to use the right tool for the right problem.

       **6. Post operative regeneration and scar tissue treatment-** sometimes people need surgeries: back surgeries (which average between 50,000 and 90,000 per surgery per area. 2<sup>nd</sup> and 3<sup>rd</sup> surgeries are not uncommon. Some of the reasons are scar tissue, some post operative degeneration above and/or below the previous surgery, removal of hardware is noted in about 50% of the top surgeons in the country who I have talked to. They send all their patients to rehab and many send them to chiropractors. (note: most chiropractors are afraid to touch post operative

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patients because they have no experience or understanding of the changes and what can and can't be done. We treat post operative patient both new and old surgeries.

I had a patient that had rods put in her back from top to bottom and before she came to see me, her back spasms were so strong she broke the rods. They had to go in again and replace the rods. (a million dollar charge to replace the rods). She came to me a year after the last surgery and when we first started, it would take her several minutes to lay down and you could not help her, she had to control to movement to minimize the pain. We worked on the scar tissue, muscles, how her body heals and repairs and within a few weeks her husband told me she turns over like a feather at night when she is sleeping. Imagine not being able to sleep because the pain keeps waking you up. Sleep deprivation can drive a person mad, literally. She will live out a life with minimal pain. Have you ever noticed that people in pain are no fun to be around, all grouchy and even mean? But what happens when the pain goes away? don't they go back to being the fun loving person they were before? I have often said that pain is one of the top reasons for divorce. They start building up a wall between their relationship until they decide they don't love each other any more. If that is the only reason their relationship is or was in trouble, getting rid of the pain so they can sleep, feel good, be happy and not be grumpy, fuddy dud, grouchy old person that nobody wants to be around. I got news for you, it is possible at any age and any stage if someone is willing to change what they are doing, change their body function. There is HOPE. Hope is the worst thing to lose in the world.

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