

CRA® Introduction For New Clients

Contact Reflex Analysis® is also called CRA®. This technique is a very precise and scientific means of analyzing what is going on in your body. Before we begin I want to explain to you what CRA® is and how the analysis is done. Without this explanation you might find CRA® to be strange or simply unbelievable because it may be very different from anything you've experienced before. Once you have a basic understanding of CRA® you will discover that it is definitely amazing.

Many of the best CRA® practitioners around the world have admitted to being very skeptical the first time they saw CRA® being done. They freely admit that it didn't fit into their western medical model of thinking. That, however, didn't stop them from investigating. They studied the CRA® DVDs and books extensively. They explored and analyzed CRA® utilizing the vast knowledge they had in anatomy, physiology, physics and chemistry. And guess what--it all fit together! Ask me how I got involved with CRA®. I enjoy sharing the story of my own journey in discovering and becoming healthier with CRA®. It is because of CRA® that I am here and able to help you improve your health.

We want you to have your own wellness journey story. In order for you to move towards and to maintain wellness it is important that you understand what CRA® is and what your management recommendations are based on. Without this understanding you are less likely to follow through and actually do what you need to do in order to get well. Simply put, if you don't follow through, you won't get well. If you are not going to get well, why do it in the first place?

The results with CRA® are often in the 90% and better range. My office staff and I are here to help you get well. There is no other reason for being here and, hopefully, you are here for that same reason. That is why I want to make sure you get the correct understanding of what CRA® is right from the start.

CRA® AND WELLNESS

It is important to understand that wellness is not merely the absence of disease. It is the dynamic process by which our mental, physical, and spiritual being responds and moves us toward an improved, vibrant quality of life. If I handed you a foot-long ruler and told you it was your wellness scale, where would you be on the scale today? One inch and less represents no quality of life, sickness, depression, etc. Twelve inches represents a wonderful life filled with health, passion, and purpose.

On any given day you are either moving toward wellness or away from wellness. Every thought, every action, and every choice you make moves you towards wellness or away from wellness. Even the fittest athlete will be moving towards or away from wellness depending on the choices and circumstances of that particular day.

Looking at a traditional medical practice there are two key parts: the diagnosis (identifying and/or naming the disease or syndrome) and the treatment (operation, drug, etc.)

With CRA® we do not diagnose or treat disease. We do, however, have two parts: the analysis and the personalized wellness program.

THE CRA® ANALYSIS

The analysis is done through checking the body's reflex points. These reflexes are derived from the ancient Chinese system of acupuncture. The acupuncture system is thousands of years old. It is a study of how the different points on the surface of the body relate to the state of health and the flow of energy in each and every function and part of the body. Interesting, not one acupuncture point has ever been changed over hundreds of thousands of years. The utilization of these reflex points has become very useful in our practice because they are that accurate!

Each reflex point or acupuncture point represents a specific tissue, gland, or organ, and its function. Through these reflexes we can determine if the energy flowing through that particular area is balanced and flowing freely or if there is too much energy or too little energy flowing through a particular area as well as what effect this is having on the body. By testing these points, we have a system of monitoring your body at each visit. It is extremely accurate and helps us identify exactly what the body needs each time and how well we are meeting those needs.

ACCESSING THESE REFLEX POINTS TO GET INFORMATION

How do we access the acupuncture system or reflex points in order to get this information? If you were to be hooked up to an electrocardiograph (EKG) machine for a heart reading, that would probably make perfect sense to you. Can you explain, however, what is actually happening during this procedure? The heart emits electrical energy, which runs through the wires. This electrical energy makes the EKG machine record the heart's electrical changes or energy pattern in the form of a graph or chart. The doctor can then study this graph and tell you what it all means. Typically you would have to go home and return at a later date for your report of findings.

With Contact Reflex Analysis®, we do not connect electrodes to the specific points being tested. Instead, I will contact specific reflex points, one at a time, with the fingertips of my hand. You will hold one arm out to the side. I will place my other hand over the wrist of your extended arm and give a gentle push downwardly. I am not testing your muscle. I am testing the energy flowing through the reflexes in your body. The muscle in your arm will react like a circuit breaker in a home. It will either remain strong or become weak.

This happens because the flow of energy through your body is similar to the electrical wiring in a house. If proper amounts of electricity are flowing without interruption to the various parts of the house, there is no problem. As soon as there is a power surge or too many appliances drawing electricity at one time, a breaker blows. All electricity shuts down on that specific circuit, and the house is dark. It is the same with the human body. In a healthy body energy flows to every cell, gland, organ, and system and provides the energy necessary for it to function. When the reflexes are tested, your arm is like a circuit breaker switch. It will remain strong if there is no interruption of energy on the particular area being tested. If, however, your arm weakens I know

I have discovered an area that has either too much energy or too little energy flowing through. This causes your body's energy system to "blow a breaker". I will have located an energy imbalance--a potential cause of an unhealthy situation.

THE PERSONALIZED WELLNESS PROGRAM

The CRA analysis gives us the ability to determine what the body needs to bring the energy back into balance. This leads to creating a personalized wellness program, which may consist of designed clinical nutrition, structural alignment and support, and/or energy technology. All of these are used to balance the mental/emotional, structural, and chemistry aspects of the body.

Let's imagine the "liver" reflex or the "kidney" reflex is "active." This means your arm drops when that point is touched. Then what?

Then we will determine whether the reflex is active due to an emotional, structural, or nutritional issue. It's like peeling an onion. We discover and balance the layers of health issues as they appear until the root cause is found and corrected. Some of the imbalances can be corrected with designed clinical nutrition. Other imbalances may need structural support. Many will benefit from the energy technology that brings the natural body energy back into a healthy balance and function.

No one receives the exact same program because everyone's body is different. Even if two people complain of the same symptoms, the root cause may be completely different. Therefore, the type or quantity of nutrition, and other management techniques required may also be different. If ten people suffer from migraine headaches it is possible to uncover ten different root causes. (We have found that headaches are never a result of a Tylenol deficiency!) CRA® will uncover the root cause and a personalized health improvement program is developed.

It's that simple! Doesn't this sound like something you would want for yourself in order to predict—with certainty—what your body wants and needs to move toward improved health and wellness?

WHAT IS DESIGNED CLINICAL NUTRITION?

In medicine the medical doctor makes a diagnosis and then uses drugs or surgery to attack, suppress the symptom, or remove the "offending" organ or part. Think about it this way. What would you do if the red engine light came on in your car? To "fix" it you could cut the wire, or even in more dramatic fashion—remove the annoying light completely. We can all agree that would not be the most brilliant move. In our way of thinking symptoms are like warning lights. Something is wrong, and we need to find the root cause of the issue.

In Contact Reflex Analysis® we use designed clinical nutrition as one means to correct the cause of the problem so the body can have the ability to correct itself.

First of all, this nutrition is not "over-the-counter" vitamins. You will not find these in your grocery store or drugstore. Those are frequently coal-tar (coming from an oil based substance) reproductions of isolated chemical formulas of vitamin structures reproduced in a laboratory. They also lack the synergistic elements normally present in whole foods. A natural whole food is not just a single vitamin or mineral. Synergistic elements are those vitamins, minerals, and enzymes that work together in combination. This combination creates a phenomenon in which the effect is greater than what could be done by any single vitamin, mineral, or enzyme.

For example, carrots are a whole food. They are high in vitamin A complex. A "complex" is something with many, many different parts that work together. Synthetic vitamin A does not contain the whole "vitamin A complex" found in nature. So, if we were looking for a food high in vitamin A, carrots might be one of our choices. By eating carrots you would get vitamin A plus all the different nutritional parts that make the vitamin A work to a greater effect.

Vitamins that are being used all over today generally have only a small percentage of their actual content taken from natural sources. Yet they still can be labeled "natural". In any case, because they are not derived from whole foods, they often make you more deficient and nutritionally out-of-balance. If the nutrition does not contain all of the co-factors found in nature, which make the vitamins work, more problems can be created.

Designed clinical nutrition is exactly that: designed (especially prepared based on a specific plan) clinical (pertaining to the results gotten in clinical use or actual practice) nutrition (real food, designed by nature to enable the body to repair itself and grow in a healthy manner.) It is a whole food in a tablet or pill form, designed to match the needs of the specific reflex point found on your individual CRA® analysis. These are nutrients you are simply not getting or assimilating in your current diet.

This nutritional imbalance may be due to your personal eating habits and routines. It is, without a doubt, due to some large extent to the lack of quality in the foods commercially available in grocery stores or restaurants.

Many people we see have eaten themselves, to one degree or another, into their current state of ill health. These deficiencies or imbalances eventually lead to a breakdown in resistance or immunity as well as a loss of coping ability for environmental stresses (chemical, microscopic, or otherwise.)

IT IS POSSIBLE TO RESTORE YOUR HEALTH?

Yes! Your body was created with many backup systems and the ability to renew and restore itself. Each cell, tissue and organ in your body is in the process of replacing itself every day, month, and year. The total health of the body is the sum total of the health of each individual cell, tissue and organ.

The health of each organ and system of your body, however, is dependent on your lifestyle choices and making the correct nutrients available. These are necessary to upgrade or maintain the health of the body at a cellular level.

The nutrition we recommend will provide the right basic materials. Contact Reflex Analysis® tells you when and what to use to bring about the desired result.

With this understanding of what we do, can you see how we might be able to help you to effectively regain your health? Once that is achieved, do you see how you might be able to use this approach to stay well?

THIS IS A PARTNERSHIP

In the end you are the one responsible for your own condition. It's your choice. We know we can assist you on your journey towards wellness. We truly desire the best for you—a life free from symptoms and syndromes in all areas of your life. Once we accept your case, you can count on us to do everything in our power to help you achieve your wellness objectives and to live a healthier, joy-filled life.

Your CRA® Wellness Specialist