

At Least You Have Your Health

Dear Patient,

An increasing number of people are combining alternative therapies with conventional management to improve their chances for wellness and survival. These alternative options are available to you also. The choices you make will influence your family, your future, and your peace of mind.

There is a phrase, "At least you have your health." You may have said it many times yourself. No matter what else is going on with you and your family—for good or for bad—when everyone is healthy, you are able to cope better with just about anything else.

Keeping your family healthy, however, is not always easy. Preventing illness takes work. Navigating through the many innovative methods used to determine the cause(s) of your symptoms and syndromes takes work. Choosing which management option(s) to use to bring your body back into balance and ultimate wellness also takes work. It's our desire to help you with all of this.

Contact Reflex Analysis® is the method of analysis that we use to determine which of the many management options offer successful solutions. This alternative means of analysis is a wonderful new approach to living and exploring the intimate relationship between man and his environment. It is the means we use to discover the key to health that lies within the patient. Health is not merely the absence of disease. It is a state of harmony and well-being that permeates every cell of the body and mind. When the energy of each and every cell, structure, and system is flowing with freedom and balance, wellness occurs.

Anything, however, can cause the energy of the body to become imbalanced. An imbalance may be caused by emotional or physical circumstances. It may be caused by a single incidence or many years worth of lifestyle choices. The body has to deal with every thought you think, every choice you make, and every circumstance you endure—both good and bad. The health, or lack thereof, of one family member can affect the health of all other family members.

Fortunately, the human body is the most exquisite chemical plant in nature. It was created with an amazing innate intelligence. It is an ultimate and supreme genius of backup systems that work together to complement and support all aspects of the body. When one structure, organ, or system is not functioning properly another structure, organ or system will work to compensate. In this manner the body works to sustain or regain its natural color, function, and zest for life.

We will use our in-depth knowledge and understanding of these principles along with the clinical applications of natural and holistic insights for prevention to guide you to health and wellness. Our interest is to share CRA® and alternative management options that have a reputation for excellence, persistence, and attention to detail. Enclosed in this packet of

information are resources that discuss and explain the alternative methods that are utilized in our practice.