

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.
Open: Monday-Friday, 8am-8pm, Saturday 9am-6pm, by appointment.
2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Phone: (810) 235-5181.
Web: www.ahrc.us

Our Mission

Our Mission: To provide Alternative, Complimentary and Preventive health care choices, services, information and supplies, that are focused on the individuals health care belief's, needs and goals.

Our Goals:

- Provide an environment where patients can receive personalized, alternative, complimentary and preventive health choices, services and care from patient focused staff and professionals.
- Provide a multi-discipline approach, with results that are cost effective.
- Record and objectively evaluate the validity and usability of alternative, complimentary and preventative health care procedures, equipment and therapies.
- Find standards and conditions for the use of alternative, complimentary and preventive therapies,
- Equipment, recommendations, supplements and treatment protocols.
- Integrate treatment considerations and recommendations into the patient's long-term health goals.
- Work with other health care providers to assist and compliment the patient's goals.
- Help the patient create a lifestyle that enhances their strengths and protects their weakness.
- Treat acute conditions, but focus on education, support, prevention and wellness care.
- Encourage patients to use early intervention to help reduce long-term disabilities.

Our Objectives - short-term:

- Start integrating, evaluating and documenting the advantages/disadvantages of alternative and complimentary health care, equipment, supplements, choices and treatment protocols.
- Have health care, rehab and/fitness staff and staff services available on a Monday-Saturday basis.

Our Objectives - long-term:

- Become a premier Holistic Centre for Alternative, Complimentary & Preventive health care services.
- Contract with Insurance providers, Federal and State groups for health care services.
- Become the premier Centre for Alternative and Complimentary Health services in Genesee county.
- Integrate with local hospitals and health care groups to provide Chiropractic, pain Counseling, Acupuncture, Detoxification, Nutrition, Condition focused Fitness, Rehab, mild Hyperbaric Oxygen, Iridology, Auricular Acupuncture, Reflexology and therapeutic massage services.
- Conduct clinical research in Alternative, Complimentary & Preventive health care.
- F) Contract with Foundations and Government groups for grants to expand services to at- risk, low income, disabled, veterans, minority and disadvantaged patients.
- Contract with Veterans, Disability, Disadvantaged, Minority and At-Risk support groups.
- Increase professionals service offerings and health care staff.
- Contact and create referrals from local professions, groups, MD's, DO's, Chiropractors, etc..
- Within 5-7 years, find additional locations 45+/- miles away to open and staff additional Centre sites.

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Beliefs - We shall, whenever possible:

- Emphasizes and focus treatment to compliment the patient's body and minds inherent recuperative abilities.
- Recognizes and work with the interrelationship between lifestyle, environment, family and health.
- Focus on the understanding and treatment of the cause of the condition, so to treat, prevent and eradicate further signs, associated symptoms and causative conditions.
- Recognize and utilize the uniqueness of the individual beliefs in treating their condition.
- Consider the multi-factorial nature of outside influences (environmental, chemical, mental, family, social and community) on the individuals health care choices, condition and treatment.
- Balance the short and long-term benefits against the risks of intervention, treatment and costs.
- Recognize the need to monitor progress and effectiveness of recommendations on a short, medium and long-term basis and adjust treatment considerations, recommendations and frequency.
- Prevent unnecessary and biased barriers from effecting individual health care needs and treatment.
- Emphasize a patient-focused, hands-on, team approach for the individuals health care.
- Utilize the natural healing and recuperative properties of nature and time, whenever possible.
- Understand that healing is best achieved when the bodies systems can function unrestricted, interactively, efficiently and effectively.
- Consider alternative and complimentary therapies, whenever possible, to assist the patient and enhance their healing rate.

Holistic Health Care - Our definition

Holistic health care is an integrated approach to health care that treats the "whole" person, not simply symptoms and disease. Mind, Body and Spirit are integrated and inseparable. Our health care practitioners do more than just identify and treat a specific ailment. They are trained to look at the various aspects of a lifestyle and health issues, and design a course of treatment to help the individual reach their optimum level of wellness and health. Holistic health is not only concerned with the absence of disease, but with a positive state of being. We combine the traditions of Eastern/Oriental healing arts with the advances of modern Western Alternative and Complimentary health care, to find the best solution.

At the **ALTERNATIVE HEALTH & REHAB CENTRE**, patients are not passive recipients of their health care. Our philosophy is that each person has a responsibility for his/her own health and must be an active participant in the healing process. Patients are encouraged to be responsible for the daily care of their health through diet, exercise, lifestyle choices and attitudes. Patients are supported every step of the way, helping them to make informed choices and take responsibility for their own health care.

Core Principles of our Holistic Health Philosophy

- Real health involves the "whole" person, mind, body and spirit integrated and inseparable.
- The body contains an energy system that underlies and enlivens the physical and mental body.
- Holistic health works with the "whole" person, not just their symptoms and disease condition.
- Real health is not just the absence of disease, but a positive, efficient and powerful state of being.
- Real health is achieved with treatment of causes rather than symptoms, using all available resources - mental, natural, alternative, complimentary and preventive approaches to health.
- Each person has a responsibility for his/her own health and must be an active participant in his/her own healing.

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Brief summary of our professionals and services:

Alternative & Complimentary Treatment -

Structural:

Chiropractor - deals with diagnosing, treatment and prevention of mechanical and structural alignment disorders of the neuro-musculo-skeletal adaptive systems. These disorders result in detrimental changes in the neuro-muscular-biomechanical integrated systems, which contribute to diminished health and decreased functioning of the bodies functional, adaptive and structural systems. Manipulative, specific adjustive techniques, soft tissue mobilization, traction, positional alignment, specific exercises and other home therapies are utilized. Precise forces/adjustments are used to a specific affected structural area's to assist the body in returning the area to a more normal adaptive physiological condition.

Oriental Medicine/Acupuncturist - deals with pre-determined anatomical energy flow points, meridians, derived from Oriental healing traditions, over 5000 years old. The technique may involve penetrating the skin with thin, solid, metallic needles or using specific pressure points, heat, light, sound or electricity, to either stimulate or depress the underlying nerves, organs, muscles and/or soft tissue, along with herbal therapy. The procedures has been used beneficially as an complimentary adjunct or alternative for nerve pain, chemotherapy nausea, vomiting, chemical addiction, stroke rehabilitation, tension headaches, menstrual cramps, tennis/golfers elbow (lateral and medial epicondylitis), fibromyalgia, myofascial pain, osteoarthritis, low-back pain, carpal tunnel syndrome and many other conditions.

Clinical Counseling:

Counselor - deals with the mental side in a health care related condition by integrating the science, theory, and practice of psychology to understand, predict, and alleviate mental disability, and pain management as well as to promote adaptation, adjustment, and personal development. Such services may include the intellectual, emotional, biological, psychological, social, and behavioral aspects. Also deals with the physical stress of chronic or acute illness, pain or disability, by providing individual and family health care coping and adapting skills/services, helps find functional and adaptive changes to the condition/ disability, helps find solutions to job-related pressures and/or interpersonal problems and relationships. Such services may include individual and group counseling therapy, outreach, and training in social skills used in everyday living.

Exercise, Fitness, Massage & Rehab Therapy:

Exercise/Classes - held in the 12x15 reception area and a 10x15 multipurpose room, a variety of exercise and classes will be offered throughout the day: Tia-chi, Palates, Yoga, Floor aerobics, Core Rhythms, stretch and tone, etc. Also specific health classes/topics of patient/clients interest and guest speakers will be scheduled throughout the year: weight loss, copping, AA, self-hypnosis, newborn massage, basic life support, etc. Will need a minimum of 4 people/class. Classes limit at 8 for floor exercises and 12 for lectures.

Fitness/Rehab. Room - this room is available, Mon. - Fri., (8am-8pm) and Saturday (8am-6pm) for use by clients/patients of the Centre under a guided programs of exercise and fitness (max. of 6 clients at a time, 10 minutes/machine). Priority use will be for the acute care rehab. patients and the athletic/personal trainers clients. The rest of the time will be for patients pre-scheduled use. We have Treadmills, Cross trainers, Upper body machines, Balance machines, Bands, Balls, Weights, etc.

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Strength/Flexibility/Endurance - tested at the beginning of care/rehab therapy to determine initial conditions, strengths, and range of motion. Checked at every 12 rehab intervals to determine progress of recovery, improvement levels and goals reached. Information used to guide rehabilitation goals.

Athletic/Personal Trainer - deals with helping patients/clients develop and maintain a level of physical condition, flexibility, strength and endurance, by designing and implementing specialized exercise and condition rehab and fitness programs. The basic components of fitness include muscular strength, endurance and flexibility. Other components such as speed, power, balance, etc. will also be addressed. The emphasis on training comes from what works best for the patient/client and an understanding of the individuals abilities and limits toward an effective level, to achieve self-established goals. The client will work with the trainer or assistant, along with recommended low impact home exercises, to reach goals quickly. The use of low tech, passive/active exercises, stretching, walking, balls, bands, core exercises, weights and active resistance exercises will be incorporated. Duration, scheduling and frequency of Centre sessions, will be arranged between client and trainer/therapist. If there are any health restriction, issues or conditions, a release will be needed before starting more advanced workouts. The Trainer can work with up to 2 clients at a time. Trainer will be available by appointment.

Massage Therapist - deals with the practice of applying structured pressure, tension, motion, vibration, pushing, stretching and/or kneading manually, with mechanical aids to the tissues of the body, including muscles, connective tissue, tendons, ligaments, joints and lymphatic, to achieve a relaxation/stretch/alignment/drainage response. As a form of therapy, massage can be applied to parts of the body or successively to the whole body, to aid the process of injury healing, relieve mental stress, manage pain, and improve circulation and body mobility. This can be done either on a padded table or on a padded knee chair. Moist heat, oils and/or lotions maybe used to assist the therapist. The following techniques maybe used: Cold/Heat, Deep muscle/tissue massage, Effleurage, MET, Myofascial Release/Alignment, Neuro-Muscular re-education, Petrissage, Soft tissue therapy, Trigger Point therapy, specific pressure (meridian point pressure therapy), assisted passive/active exercise, Swedish massage and other techniques. Therapy frequency dependent on conditions, health goals and case review.

Traction/Spinal Decompression/Disc Re-hydration Therapy - Three types of adaptable traction decompression therapy (straight, with flexion, with extension), combined with specific positioning and rehab mobilization are designed to take pressure off structures in the back and neck that are creating joint restriction and/or nerve root pressure. This therapy is used for pain relief, increased mobility, relief from herniated discs, degenerative disc disease, bulging discs, posterior facet syndrome, sciatica, and general low back and neck pain. This technology and therapy is non-invasive and FDA approved. The treatment provides static, intermittent, and cycling forces to enhance the recovery of damages structures. A cost-effective non-surgical treatment for herniated and degenerative spinal disc disorders, stenosis, facet syndromes and Sciatic pain. Clinical outcomes study, performed to evaluate the effect of disc decompression on patients with herniated and degenerative disc disease, showed that 86% who completed the therapy recommendations (36-48 sessions), reporting resolution of symptoms, with 84% of those remained pain-free 90 days after treatment. Physical examination findings revealed increased range of pain free motion in 92%, with reduction in MRI findings.

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Sensory-Motor Integration - Sensory-motor integration disorder or dysfunction (SID) is a neurological disorder that results from the brain's inability to integrate certain information received from the body's five basic sensory systems. These sensory systems are responsible for detecting sights, sounds, smell, tastes, temperatures, pain, and the position and movements of the body, and are needed to interact with the environment.

The brain forms a combined picture of all input information in order for the body to make sense of its surroundings and react to them appropriately. The ongoing relationship between behavior, motor function and brain functioning is called sensory integration (SI).

Nutritional Evaluations, Counseling & Programs:

Nutritionist/Dietitian - deals with dietary and supplementary matters relating to health, well-being and optimal nutritional status in health and disease. Helps patients/clients improve their bodies health and performance by modifying and/or adapting their diet; designing different dietary and individualize food and supplement health program for specific needs; utilizing nutrient-dense organic superfoods, antioxidants and/or supplements. Consideration of environmental nutrition and detoxification; sports nutrition; other specialty healing programs; fasting; weight loss and other nutritional programs. Use of food and supplements based on nutrient value in their natural organic whole state. Also considered are preparation ability, the effects of refining and processing, how food is handled and processed by the body, digested, absorbed, and assimilated, and ultimately how food affects the body in a desired biochemical way. The approach to diet is developed according to what is best for the individual not necessarily what is a standard recommendation for the general public at large. Rather than strictly advocating a pyramid or food-group-style diet, the most effective program for the individual is recommended, (biochemical individuality), according to the unique make-up of the individual. Here we develop individual plans to meet nutritional needs and coordinate nutritional programs.

Symptom Survey - This helps define the symptoms of different conditions being experienced, how long and how often the problem has been there and their severity. Having this information allows a determination of the probability of a certain deficiency, a system in trouble, a beginning generative process, etc.

Multiple symptom surveys, are used to eliminate survey bias. Many of the questions will be repeated in the different surveys and in different ways, but still must be answer for inter survey validity. The survey's are sent through a computer scanning programs to get reliable confirming results. This information is added to other gathered information, history, age, sex, race, ethnic background, # of pregnancies, fat analysis, iridology, etc., which is then reviewed by the nutritionist and treating doctor. At the follow-up consultations, suggestions are given to improve the nutritional health status.

The maximum changes, that will be suggest at any one time is 4-6, behavioral, food combinations, meal timing, changes in diet, fluid intake, exercise frequency, supplements, etc. so as not to overwhelm the patient and to control outcomes. On subsequent visit's the changes will be monitored and reviewed. At the end of a month of changes another blood and urine test along with a Biomeridian scan will be done to determine objective changes and any modifications to improve direction of outcomes. This is continued until optimal nutritional level has been reached and maintained. At that point recommended check-up are every 6 months as support and maintenance.

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Food Journal - knowledge of what is eaten, likes and dislikes, cultural and religious biases, etc. on a daily basis, can show food patterns, deficiencies, cravings, fluid intake problems, etc. Keeping a food journal for the entire time of nutritional changes and reviewed each time allows more complete and focused monitoring of changes. Food, environmental allergies and nutritional deficiencies are sometimes difficult to find and may not be what is first suspected.

Diet Changes - many conditions are caused by, or contributed to by poor diet. So when considering changes of the nutritional make-up (sex, age, ethnic background, social position, job timing and requirements, income level, food availability, food preparation, etc.) diet changes will be taken into consideration.

Structural Evaluations: used to evaluate structural integrity, pathologies, balance, alignment, motion, neuro-musculo-biomechanical function and changes.

Range of Motion studies - to see progress from beginning baseline of treatment. Range of motion studies involves measuring the range of mobility, point of pain, active limits, and passive limits and end points. Muscle strength testing is used to see the effort and muscle contraction generated to get to those measured points. This objectifies the range of motion reading and allows progress determination.

Static X-ray studies - basic structure, alignment, integrity, pathological conditions, subluxations, degenerative process's, shock absorbing positional curves, postural alignment, etc. Digital processing is used so that analysis can be done by the computer, thus eliminating doctors errors and objectifying the results. Digital also makes it easier to make and give copies to other treating physicians and electronically send the information for outside second opinions. The "pax" system is used, so x-rays can be sent to and from other x-ray facilities and hospitals.

Bone Density studies - There are basically two ways to find Osteopenia or Osteoporosis: breaking a bone or getting a bone density test. Breaking a bone is painful, expensive and debilitating. Getting a bone density test is not. A Bone Density Study helps show bone loss for early prevention therapy. There are also other cases when a bone density test may be appropriate. Older men, people who have taken medications that affect bone density (such as some asthma and steroid medications), and people with a history of osteoporosis or fractures in their family. Knowing the bone density in comparison to "normal" and any risk factors helps decide how aggressively prevention and treatment needs to be. Bone density in a basic part of the skeleton will represent basic bone density throughout the body. The older the patient, the more this relationship holds true. The lower the bone density, the more likely a bone fracture. Any place that has developed degeneration will also show bone loss, thus aging conditions and injuries.

Weight Bearing/Postural Analysis - measures weight bearing, foot alignment, balance in the feet and the bodies adaptive postural alignment. This allows consider of customized foot orthotics, custom shoe inserts, postural exercises, core, balance exercises, etc. to assist the body back into three dimensional balance (front/back, left/right, up/down and their rotational planes - bending front and back, left and right lateral bending, and left and right rotation).

Additional Therapies:

Mild Hyperbaric Oxygen Chamber/Oxygen supplementation - uses concentrated oxygen to clean the body of toxins and enhance healing and body repair. See front desk for multi-page hand-out covering over 85 conditions that this therapy has been shown to help.

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Body Cleanse supplements - the ideal situation is to remove as much as possible, the toxins that have built up over the years in the intestines, blood, organ's, interstitial fluids, fat, muscles, etc. at a controlled rate, to avoid a "healing crisis". Also to reduce as much as possible new toxins from entering from food, water and the environment. The use of over the counter intestinal cleansing products like "Ultimate Cleanse"/Dual Action Cleanse/Dee Cee Labs, etc., to cleanout the intestines along with Liver/Gallbladder flushes, Kidney/Bladder flushes and Chelation therapy is considered.

Chelation therapy - Chelation therapy helps bring heavy metals out of the cells into solution and then the body can elimination them. We use EDTA supplements, liquid and pill form.

Detoxification Program - Exposure to unhealthy levels of pollution including dangerous toxins and heavy metals, contact with: air pollution, acid rain, fertilizers, contaminated water, over-chlorinated and fluoridated water, growth hormones in foods, antibiotics from direct and indirect sources, food additives, etc., all can contribute to toxic levels of chemicals in the body. The body's ability to cleanse can become overloaded as toxic volume and residues build up. As a result, the body's cells performance and efficiency are effected, setting off a domino effect for physical ailments and potential health problems that can include: Allergies, Arthritis, Immune deficiencies, Migraines, Fatigue, Decreased muscle function, Loss of flexibility, Cancer, Heart disease, Circulatory problems, Memory impairments, over 500 conditions. Multiple ways of detoxification of the body are used: Body Cleanse supplements, Global Wellness, EB Cleanse, Micro-Chelation Therapy, Diet modification, Colon Hydrotherapy, etc.

A) Micro-Current Frequency Generator Global Wellness machine - This machine specifically creates electrical frequencies that effect non-human tissue. These particular frequencies, placed at meridian points, enhances the meridian fields and disrupts and damages non-human cell matrixes and walls, thus allowing the normal immune system time to catch up and destroy them. The machine generates multiple and different electrical currents, field frequencies, intensities and durations to stimulate meridian/reflex points and the bodies healing systems.

Many users have received benefits with Asthma, Allergies, Headaches, Chronic Pain, Muscle Cramps, Arthritis, Parasites, Deep Bone Pain, Bronchitis, Hepatitis, Candida, Chronic Fatigue Syndrome,

Depression, Diabetes, Fibromyalgia, Hot flashes, hearing problems, hemorrhoids, Impotence, Insomnia, Irritable Bowel Syndrome, Liver problems, Lyme's disease, Multiple Sclerosis, Muscular Dystrophy, Skin

problems, Stomach disorders, Surgical infections, Yeast infections, Herpes, Arthritis, Cardiovascular problems, Back problems, over 525 conditions. This therapy utilizes 4 different frequencies per session. Normal treatments lasts about 25 minutes/session. The session duration, number of and intensity of frequencies used and the number of sessions depends on the duration and intensity of the condition's and the individuals ability to handle the changes. Most patients will see good results in 1-2 sessions/week over 24-36 sessions. The programs are individualized per patient conditions and treatment choices. This is done while you relax in the sonic "perfect" chairs and are breathing enhanced oxygen.

B) Ion Cellular Cleanse - the machine is used after the Global wellness to help rid toxins from the body. The IO uses a micro direct current to provide an energy source and magnetic field at a sub-threshold level, which effects the meridian and the electric field of the body at the end points in the feet. This detox procedure helps the bodies natural elimination process. While the feet are in the warm eld water, water color change will be seen as toxins, etc. are released from the body into the water. This body cleansing process assists the cells in returning to a more healthy state, and releases toxins and waste products that may have been bonded for years.

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C) Colon Hydrotherapy - uses purified water to wash out the colon and large intestines of waste products, toxins and parasites. Procedure lasts about 45 minutes and makes a major improvement in bodies ability to digest food, heal from diseases, energy and endurance.

High Potency Supplements - IntraMax re-energizes the body and support the immune system during and after the detox program. 415-425 supplemental organic liquid items are given.

Global Environmental Therapies (light, sound, etc): using nature to assist in the repair and healing process of the body.

Light Therapy - different light therapies are available: 1-2 lights are used at a time over the areas, depending on treated condition. These are add on to other therapies, not replacement therapies.

Although the exact mechanism of light action is not fully understood, what is seen is that monochromatic light increases warmth, flexibility, oxygen and blood flow, reduce swelling and assists cell healing. Wounds, heal 5-7 times faster, nerve functions increase, pain is reduced, muscles relaxed, migraines, joint pain, congestion and depression have been helped by specific light therapy. Also helps scar tissue to become more elastic during the recovery period. Used after cooling/ice therapy timeline has reduced the swelling in the damaged areas and the tissues have reconnected, usually beginning 3-5 days after the injury. A non-thermal device is capable of directing electromagnetic pulses deep into the affected tissue and joints, stimulating the immune, lymphatic and vascular systems. The light has the ability to interact with, and affect, cellular molecules. The electromagnetic energy present in these waves penetrates the skin, is absorbed by cells in the damaged or inflamed tissues of the body, and converted into chemical energy. Although the exact mechanism whereby pain is relieved and healing accomplished is not clear.

This light therapy promotes an increase in the production of ATP in mitochondria, which is the energy-producing molecule used by cells for growth and repair. The release of endorphins is believed to further relieve pain. Low-level light therapy has been shown to be effective in treating acute and chronic pain, and repetitive stress disorders such as carpal tunnel syndrome, inflammation, strains and sprains, and promoting cell regeneration.

1) Low Laser Light Therapy - this is a light frequency that stimulates and strengthen healthy cells. For many reasons distorted or damaged DNA and RNA blueprints, and normal cell walls can become defective and weakened, this damage can be slowed, by applying monochromatic to the appropriate, support and reflex areas.

Thus the body is given further assistance to heal itself. Different light frequencies has shown to effect more than 23 different cellular areas and activities. (Nice side effect is weight loss.) All biological systems have a unique electromagnetic energy absorption ability, certain wavelength of energy can be absorbed, strengthen and stimulate cell activity. The lower frequency red portions of the spectrum have been shown to be highly absorbent and produce therapeutic effects in living normal tissues.

The light therapy is a simple and effective method for treating various symptoms using concise color radiation directly onto a specific area. Light treatments can be focused on a reflex zone of the hands, as well as the face, ears, spine, and/or feet. Light therapy can also improve one's overall general well being. A variety of skin conditions such as irregularity of color (brown and red spots), poor skin texture, blemishes, skin damage due to sun exposure as well as signs of aging, have be helped by light therapy.

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2) Full Spectrum Lights - these lights are used throughout the building to stimulate the skin to produce life enhancing chemicals. These lights help reduce "SAD/SADD" - Seasonal Affective (Depressive) Disorder. Full spectrum lighting improves immunity, reduces disease, increases intelligence and memory, stimulates metabolism, and boosts energy levels.

Specifically, the full spectrum of the sun's light rays has been shown in scientific studies to:

- Prevent cancer (recent clinical studies have shown that sunlight actually lowers the risk of colon, prostate, breast and ovarian cancer).
- Positively influence risk of getting sick (there is a preponderance of evidence suggesting that decreased sun exposure is closely related to the risk of acquiring the flu, a common occurrence during the winter).
- Promote healthy levels of vitamin D, essential not only for bone health, but for reducing the risk of developing disorders such as diabetes, cancer, heart disease, obesity, and autoimmune disease.
- Lower blood pressure (in fact, the farther from the equator, the higher the blood pressure).

Most of us suffer from "**sunlight starvation.**" We all need about one hour of **unfiltered** sunlight each day. The majority of the population, especially in the north don't even come close to receiving that amount. Windows themselves (even our eyeglasses) block some of the 1500 wavelengths present in sun light from reaching our retinas and nourishing our body.

Clouds, rain and snow all obstruct the sun's stimulating rays. To help reduce this problem at the Centre, we have installed full spectrum lighting throughout the Centre.

Sound Therapy - also known as music therapy or sound healing, is a process of inner healing set in motion through the right combinations of sounds that resonate within and fill the space around us. Music aims to treat the environment first, with music based on the chemistry of sound. Music as healing, enjoyable, relaxing, calming, meditative, therapeutic, transforming, elevating, and of course stress reducing. This type of music is a compliment to the therapy you are receiving in soothing the nerves and relaxing the mind and body. Sound can create an enhancing atmosphere for any type of activity, a natural harmony. Sound therapy is an arrangement of sounds, in a specific order and design, to invoke different feelings that influence our energy level. When sounds are arranged according to certain principles, they are naturally therapeutic in healing. Musical sounds have a natural harmony between them and the body.

When combined in a specific manner, musical notes have a dynamic and powerful effect in balancing the energy level of the body. Therefore, the arrangement of tones for different times of day, night and seasons, and how they relate with the changing states of body chemistry is what sound therapy involves.

The human body is like a musical instrument, expressing numerous frequencies and rhythms in a constantly changing spectrum of life. It responds and resonates in consonance with music, sounds, speech and thought from the environment, and undergoes changes of heart beat, breathing, blood chemistry and circulation of energy in various organs of the body. In the Centre, we may play CD music to specifically restore imbalance by:--creating energy patterns that surround the individual in the form of an ever-expanding and contracting magnetic field (AURA), penetrating the human body through the chief sensory organ, the skin and balancing the body frequencies, thereby helping the flow of energy throughout the body, which helps with problems of stress; emotional imbalances; and physical problems.

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Cold/Heat Therapy - Cold helps reduce swelling, inflammation, vascular leakage, distance between damaged material. Used in the first part of injury repair along with compression therapy.

Heat is used to increase circulation, which in turn brings more nutrients and oxygen to the area for increasing ROM, relaxing adhesions and shortening healing time. Cold is used during inflammation. Heat is used after damaged tissue has re-connected.

Water - An insufficient or polluted supply of water creates disturbances in the functioning of our bodies, has negative effects on our wellness and appearance, and accelerates the process of aging.

Additional Nutritional Gathering Methods and Evaluations: multiple testing and information gathering methods are used to help assess patients current nutritional conditions. This information is used to gain a better insight, make better recommendations and help reach long-term patient health goals quicker. Multiple factors, evaluations, exams, information and patterns are reviewed before determining recommendations.

Iridology - This is the study of the iris, the portion of the eye that shows color, to detect things such as the color, texture, and location of various flecks or defects of color to determine certain body ailments, deficiencies of certain nutrients or certain conditions that are developing. With these results recommendation of certain supplements, herbs, and other natural items are used to help reduce the conditions/problems. Iridology can be used as a investigative part of a nutritional analysis. The human eye contains hundreds of nerve endings that are all connected to the brain. Studying the iris for damage, cracks, flecking, brightness or darkness of color, redness, and other factors may give information of the structural nutritional well being of the individual. Each part of the iris is mapped, and then compared to other non-symptomatic “normal” patients, to determined which part of the body may be showing detrimental changes, often before any tangible outward symptoms. Pictures are taken and reviewed every 6 months during the nutritional modification time period and then recommended 1x/year intervals, since structural changes maybe slow to be seen. The information gathered and used should show changes in the over all body health status (ideal weight, increased energy, reduced sickness, minimal allergy reactions, skin conditions resolving, etc.) and the eyes should be healing and clearing, with the other nutritional tests moving toward “normal” ideal range for age and body type.

Biomeridian Nutritional Evaluation - Meridian Stress Assessment - A low voltage electrical surface charge is introduced into the body, with the level of electric current conducted through the acupuncture points measured. Information about the meridian flow in the various organ systems and neuro-musculo-skeletal regions is obtained by the level of these readings. Changes in electrical conductance at various meridian points provides useful diagnostic information about that meridian system. Skin conductance information has a greater than 75 percent accuracy, and is often sensitive to problems before the patient is aware. This profiling tool provides additional patient data which assists in determining what major systems and organs of the body are stressed or weakened, what homo-toxicological phases are potentially in process, and what symptoms may be present within the identified phase. This information, profiling information, phase determination, and patient symptoms along with other information is combined and analyzed to find the optimal nutritional recommendations.

Body Fat/Fitness Analysis - Body composition is simply the ratio of lean body mass to fat body mass. Too much fat can lead to health problems like heart disease, diabetes, high cholesterol and other serious conditions.

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Too little body fat can be just as detrimental with loss of insulation, vascular problems, endurance, strength, muscle wasting, short term memory loss, etc. Monitoring percent of body fat is a key component of any weight loss or fitness program. Knowing monthly body fat analysis can help modify the expected results of any body nutritional changes.

Naturopath - is a philosophy and practice that seeks to improve health and treat disease chiefly by assisting the body's innate capacity to recover from illness and injury. Naturopathic practice may include a combination of different modalities, including manual stretch and mobilization therapy, hydrotherapy, herbalism, acupuncture, counseling, environmental medicine, aromatherapy, whole foods, cell salts, and so on, emphasizing a holistic approach to patient care. The healing power of nature, is the central tenet of Naturopathy. Bacteria and viruses, which are always present, seldom are the initial cause of problems in a healthy body. Disease occurs when the system is weakened and infectious agents and/or toxins take over an area and causes additional damage. Often this is due to incorrect lifestyle, poor diet, toxic overload, improper care of the body or injury, etc. which weaken the person. While conventional medical treatments may rid the body of symptoms, these treatments alone may not bring about true body and mind healing. Rather than trying to attack specific symptoms and diseases, Naturopathy offers a more holistic approach to the individual that supports the body in finding its way back to homeostasis (normal).

Future Practitioners:

Homeopath - deals with treating "like with like" - 'Principle of Similars'. Homeopathy rests on the premise of treating the condition with extremely diluted or killed diluted agents that - in undiluted live doses - are deemed to produce similar symptoms in a healthy individual. (This idea is like, but not the same, used in immunizations - to get the bodies systems to gain pre-knowledge/strong reaction to a disease.) Two types of reference in prescribing are used. The Homeopathic Materia Medicae comprise alphabetical indexes of Drug combinations organized by remedy and describe the symptom patterns, of a group of symptoms, named condition, associated with individual remedies and the Homeopathic Repertory contains an index of sickness symptoms, listing all remedies associated with specific symptoms. Homeopathy views a sick person as having a dynamic un-adaptive disturbance in the vital life forces of the cells, organs, muscles and nerves. A named disease is just a grouping of symptoms the body has been overwhelmed with, at a local or systemic level. By stimulating the entire body with essence of the conditions, the body can stimulate its entire defense systems in the fight and recovery of the condition. Today, about 3000 remedies are used. Like other health care professions, not all remedies work for all people. This therapy is used as a complimentary to many of our other methods.

Please note the following - in regards to payment: Insurance plans may or may not cover the evaluations, services, supplies, diagnostic and/or therapy plans, etc. that we recommend and provide. You, the patient/client are the final responsible party for all payment. If you are having financial concerns, please let us know before a procedure begins. Our fee's are available prior to any procedure and are the same whether you have insurance coverage or not. We take serious being reasonable for the services we provide. We offer a small discount to those who pay in full at the time of the services, since we do not have to bill for the service.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services

Future Diagnostic Testing:

SEMG - Surface Electromyography is a device which measures the amount of electrical activity in muscles and how they are receiving, processing and utilizing that electrical activity - neuro-musculo-biomechanical function. The more electrical activity, the more the muscle is being stimulated or responding, the more the muscle contracts, the more muscle fibers become involved. It is similar in function to an EKG which measures heart muscle electrical activity. SEMG measurements simply require the placement of small pads, that read electrical activity, against the skin. The test is invaluable in determining if muscles groups are functioning normally or abnormally (over or under reacting to certain positions or activities, over or under sensitized, weak or over contracting, etc.). These measurements help verify the severity of the condition, and also provide data necessary to measure and track progress of recovery. Nerve interference, structural damage, motor unit degeneration, over stimulation, etc. results in increases or decreases in muscle electrical activity. SEMG measurements detect this activity. The information can help determine the need, type and duration of care. Follow up testing is used to monitor and evaluate condition and progress. Both static (showing muscles at rest in a particular position) and dynamic (muscles in motion) studies are utilized.

Thermography - a diagnostic technique using a bilateral heat sensing instrument, to record the heat and blood flow at different parts of the body. Measurement of the regional temperature of the body can give information about interference and/or modification in blood supply. This is then compared to normal regional readings for the area and objectively determine any soft tissue abnormalities that involve changes in blood flow. These hot and cold areas, can relate to a number of conditions: extra-cranial vessel disease (head and neck vessels), neuro-musculo-vascular disorders, etc.

Thermal imaging can within certain criteria, "date" an injury, thus determining pre or post injury. This also can demonstrate when soft tissue injuries are permanent impairments. Thermograph can help determine when care has reach stages of improvement: acute, sub-acute, support, maintenance and wellness care, treatment frequency and recommended treatment programs. Thermography can demonstrate when a person is feigning, (faking) an injury, malingering (finished with treatment still complaining to avoid going to work) or committing fraud (intentionally trying to gain compensation without damage).

The use of Thermography in differentiation of various types of headaches (migraine, cluster, cervical spine related), facial nerve injury, the visualization of TMJ disorders (temporo-mandibular joint) are commonly used aspects of thermographic diagnosis and analysis of the head and neck and Neuro-Musculo-Skeletal system. When muscle tissue is strained or torn, it releases chemicals and blood which cause increased heat. This can be seen as intense patterns of hyperthermia in the region of the muscle, or trigger point, as in the case of fibromyalgia. Heat patterns can also be seen in the legs and soles of the feet which indicate vascular problems, altered gait or weight bearing biomechanics, which may relate to a low back weakness, chemical imbalances or foot condition. Back strain produces very consistent heat patterns which provides information about the source of probable injuries and areas of compensation. Nerve damage, as occurs in disc herniation and spinal nerve root compression displays on the thermographic map in exactly the opposite direction as muscle injury, by revealing cool areas or hypothermia, reduced blood flow in the nerve tracts coming from the spine. In this way, thermography can demonstrate and document permanency of spinal injuries which are causing a disability.