

## A General Overview of Natural Health

Our basic purpose at natural health is to help patients get truly healthy and keep them that way so that they can enjoy life and live well. We see many patients who are on many types of medication, which as we know, only works on a symptom, but it does nothing for the underlying cause or to help the body heal the underlying problem. The state of healthcare in this country now is more of disease management than actual health care. We strive to educate our patients on why this is folly and help them to lead truly healthy lives. The testing procedure that we use and the diet tracking program that the patient uses helps us to make sure that any underlying problems that are causing the patient health issues and symptoms are handled. This way the patient's body can heal and actually return to a state of health that it was meant to be in.

After more than 32 years in existence, our office has seen thousands of patients. Many patients have come in for adjusting over and over. We have used nutrition in the practice since the beginning but only had nominal results. It was only after discovering Nutrition Response Testing that we were able to make a quantum leap in the ability to help our patients restore health and not need to be adjusted. Nutrition Response Testing not only allows the practitioner to find out what nutrition the patient needs, but to find out why nutrition has not been working previously. The program also helps to modify the patient's diet in a way that will be helpful in regaining health and understanding why that is. There are many good nutritional support products out there and many good diets that patients can use but most folks don't understand how they work and why a lifestyle change is important if they want to be healthy throughout their life. One of our goals at the office is to educate patients as to how foods work, how their body absorbs the nutrients from their food, and why certain foods cause them trouble. Most patients that come into the office have gotten their education on nutrition from TV commercials, which at best are incomplete, and at worst are outright lies. This point is proven by the fact that the US spends the most money on health of any country in the world but has the worst health record of any of the industrialized countries. The proof is in the pudding. What works, works and what doesn't, doesn't. It's not rocket science.

All we ask from folks that have not been to our office is to give us a chance. Come to one of our patient education workshops and start to understand how we help patients. It's not for everyone and all patients are not nutrition patients, but most can be helped. Again, our goal is to get you healthy and keep you that way regardless of insurance, advertising, multilevel marketing schemes, old wives tales, or just plain not having enough time to understand what it takes to be healthy. We strive to make our treatment as fast and easy and inexpensive as possible but still get the job done. Our patient education workshops are on the first Monday and the third Tuesday of each month. There is no cost or obligation whatsoever. Call our office at 217-228-20402 reserve your seat as seating is limited. We hope to see you soon.

**GET HEALTHY, STAY HEALTHY, LIVE WELL!!!**