

# What You Need To Know For Health, Growth and Life

Most people go to the doctor because they think they have something they shouldn't have and want to get rid of it. But, what if the problem when you aren't feeling well is NOT that you have something you shouldn't have and need to get rid of it; what if the problem is really that you have LOST something you need to be healthy and happy.

You see, HEALTH (also called EASE) is your natural state! In order for you to be in your natural state of ease, your body must be functioning at 100%. 100% Function = 100% Health. If you are experiencing anything other than total health and ease in your body, it is usually because you have simply LOST normal function that is necessary for you to maintain your natural state of ease and health.

So, let's go over what normal function looks like and what you need to know about how your body really works.

## 1) Everything in life is always changing, including your body.

There is no staying the same. Every day your body either gets a little stronger or a little weaker. Your body is made up of approximately 70-150 trillion cells, each of those with thousands of things happening all the time. Every cell is constantly changing. You get new cells in the lining of your stomach every 5 days, new skin every month, new liver every 6 weeks, new red blood cells every three months, and new bones every 3 months. Your body's cells are constantly dividing, regenerating, and dying. The truth is your whole body is changing moment by moment. So you are either getting a little stronger or a little weaker, a little better or a little worse, a little healthier or a little sicker, every single

moment of every single day. If you know you are either getting stronger or weaker all the time, I bet you would want to do the things you need to do to get stronger, right?

## 2) In order to get stronger instead of weaker each day, you must have:

A Deliberate and Positive Focus. A positive focus creates positive chemistry in your body which builds and repairs your body.

**(Blueprints to build your house)**

A Healthy Lifestyle that supplies your body with everything it needs to function properly, adapt, heal and grow, and also minimize toxins. **(Best materials to build your house)** Maximize the good. Minimize the bad.

A Clear Neurological CONNECTION

between your brain and your body. Your brain coordinates every action of the body by sending messages from the brain, through the spinal cord and nerves, to the tissues and structures of the body. If there's a clear connection between your brain and all the structures of your body, then every cell can function individually, exactly how it's supposed to. Then, all the cells of your body can work as a team so that your body can function normally and be in your natural state of ease. Think of an orchestra. If every musician was blindfolded and had ear plugs what would the music sound like? Exactly, it would sound terrible. You see, the conductor has to be able to coordinate with every musician to play in harmony with each and every other musician.

**(Contractor to oversee the building process.)**

If you know you need a clear brain-body connection, you'd probably like to know what you need to do to get it and keep it, right?

You see, there are proprioceptors all throughout the muscles of the body. The largest concentrations being at the base of the skull, along the spine, and at the base of the spine in the pelvis. These

small receptors receive information from the brain that determines tension, position, and movement for all the muscles in the body. In order to prevent structural shifts from occurring in the body you need a clear neurological connection, or the ability to send and receive the most information from the brain to the body and back to the brain through those proprioceptors. To keep growing stronger every day, these muscles need to be holding the spine and the body in its natural alignment to prevent structural shifts from occurring.

**3) If you understand these things, you can also understand that if you lose normal alignment or function anywhere in your body, you will also partially lose the CONNECTION between your brain and your body.**

This is very important because without proper communication, you lose the ability to purposefully ORGANIZE all of the various parts of your body to work together as a team and with EASE. In other words, you get a little weaker rather than stronger each and every day and you gradually LOSE your natural state of health and ease.

**4) I've mentioned you need a clear brain-body connection for proper function, but what really runs every single part of your body?**

It's not your brain because even dead bodies have a brain. There is an Intelligent and Organizing Energy inside of you and all living things called Life. Our goal is to maximize the expression of this Life Energy in your body by making sure your brain and body are fully connected.

This allows your body to perform optimally in every area of your life.

If your body is working and functioning properly do you think you would have any health problems?

No, because normal function = health. We understand if we can help you recover your function, you can recover your health. So, our

goal is NOT to diagnose, treat, cure or even prevent any specific illness...

Our one and only goal is to help get your whole body back into alignment and working properly so that your whole nerve system can work properly which allows your brain and body to be fully connected. When your brain and body get fully connected and stay fully connected, you can gradually regain normal function. This means you will progressively be getting stronger and healthier instead of weaker and sicker every single day. Then, day by day, you can steadily regain your natural state of EASE and HEALTH.

HEALTH is your natural state and if you are experiencing anything other than health and ease in your body it is usually because you have LOST your CONNECTION...and our job is very simply...to help you get your connection back and keep it for LIFE!

## Your Program of BioStructural Care

Let's talk about you for a second. **Everyone wants the answer to 4 questions.**



You may not know you want to know the answer to these 4 questions, but I know you want to know the answer to these 4 questions.

**1) What's going on?**

You have lost the natural alignment of your body, your brain-body connection, normal function in your body, and your health. In other words, **you've lost your connection.** When you lose those neurological connections, **you lose function and you lose your health.** (On the BioStructural Chart it will be highlighted where we found a decrease in spinal movement. In the upper right hand corner is the percent of your Spine moving well.) One of

things you may be asking, how can I be so bad in so many areas and not feel so bad? Only 12% of nerves are sensory, so you may not feel a lot wrong. That also means 88% of nerves are functional and control how your heart beats or lungs breathe. For example, what is the #1 symptom of heart disease? It's sudden death. The person experiences no sensory problems only a functional problem when the heart stops beating.

The short answer to what is going on is: You've lost your connection in multiple places in your body!

## 2) How can I help you?

I can help you help yourself! 3 things are necessary to grow stronger everyday: Positive focus which is your job. Healthy lifestyle is also your job. Clear brain-body connection is both our jobs! You have to physically show up when I recommend. How do I help you get back your connection? (Safety Pin example- this is a cell, all the processes happen here. This cell sends signal up to brain. Brain gets message then sends back out signal. When you develop a structural shift, you've become disconnected. Open safety pin- some signal goes off to space. Like having two bars on cell phone. Also can occur going to the cell.) How can you expect your toaster to make toast if you're not plugged in?

There are two ways to go through a locked door: with a battering ram or use the key. We see ourselves as key masters to help reconnect you. Our technique is gentle, like using the key rather than breaking down the door.

## 3) How long will it take?

In order to answer I have to ask you another question. How long will what take? For you to start to notice change, feel better, so much better? The real question is how can we get movement in wrong direction stopped, get you moving in the right direction, and keep you moving in the right direction for as long as possible and keep you getting stronger and healthier every single day? How long? I don't know. I don't have a crystal ball. What's

important to remember is that every day of your life you are either getting stronger or weaker. It's important to HAVE a clear brain-body connection. Notice I didn't say to GET a clear Brain-Body connection. It's to KEEP a clear B-B connection, to STAY clear. Everyone has different circumstances, starts in a different place, has their own potential, heals at their own pace, has their own unique stresses, and their own unique lifestyle and focus that determines how they handle stress. However, I can tell you the different phases of care.

We have done our best to make it clear that you are not here to receive care for any specific problem or symptom. Our goal is to help the return of your natural state of health and then keep you growing consistently stronger each day. However, most of our patients still have some questions about when they will begin to feel better. I would like to answer this by saying that the process of healing will begin with your very first adjustment, and also remind you that *everything* in life is a **process**. This includes both the process of growing stronger (healing) and the process of getting weaker (dying). and, All processes require time.

## Let's Begin by looking at a Speeding Train

Imagine you are traveling on a train at 60 miles per hour when you suddenly realize you have been going in the wrong direction. Coming to a conscious awareness of this fact is the first important step in changing it, but consistent and concrete action steps are still required to do something about changing your situation. Because your movement is a process that has momentum, *it is impossible to change your direction immediately.* The first thing to do is stop going the wrong way. The best way to do this is to apply a *positive force* in the form of the brake. This slows the train over time, and eventually stops your momentum in the wrong direction.

Next, you reverse your focus so that you begin actually going in the opposite direction – the direction you WANT to go. Slowly at first, then with increasing speed you begin to travel back in the direction you came from. After a while, you reach the place where you first realized you were going the wrong way (with your health, this is where you likely started developing symptoms). Then, you continue past that point until you reach the place where you *started* going the wrong way. Finally, you gain the momentum needed to keep moving steadily toward your ultimate goal.

If you are like most people beginning care here, you are probably going in a direction opposite to what you desire; you have been moving toward sickness, aging, and death. We will begin your care by applying a *positive force* to stop your momentum in that direction and start you moving toward health, wellness, and wholeness again. This positive force is in the form of the **specific BioStructural adjustment**, which increases the expression of your Healing Life Energy, by restoring alignment and function in your body and re-establishing the connections and communication between your brain and all the cells of your body.

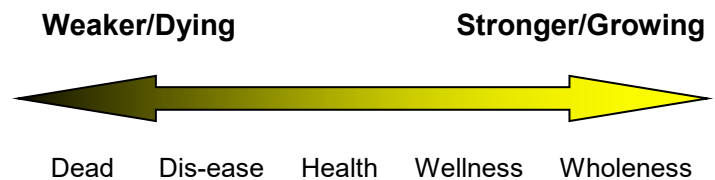
Just like the train, *the first thing that must happen is a slowing down and stopping of the momentum in the wrong direction*. This is followed by a gradual return of basic function, an increased ability to adapt to all of the physical, chemical and mental stresses you encounter each day, and then the gradual strengthening of every part of your body as you continue moving toward health, wellness, and the eventual full expression of Life! The thing to remember is that **everything is a process**. You have begun the process of moving toward what you want, but it will take time to see some of the specific results you are hoping for.

One last thing: just like that train, as long as you keep applying a *positive force* in the direction you want to go, you will eventually go far past the point where you began losing your

health, and move toward bigger and brighter horizons than you may have been able to even imagine before. You see, **like everything else in life, your health development is a continual process**.

And as such, there is no “final destination!”

**Now, let’s take a look at the phases of care you will go through on your journey back to wholeness...**



### **The Three Phases of BioStructural Therapy**

**Phase#1 – “Rescue & Recovery” - Initial Clearing Phase & Returning to Health!** – We must begin by first slowing, stopping, and then reversing your momentum and movement *away from* your natural state of health and vitality (remember the train!). This starts with frequent and consistent adjustments to get your body moving more normally and to re-establish the neurological connections between your brain and all the cells, tissues, organs, and other structures of your body, so they can begin working together in a more coordinated and harmonious way again.

Some may need to come every day at first, but your visit frequency in this phase is typically **every 3 to 4 days** until you have three “clear” visits in a row (no adjustment needed that day). The duration of this phase depends upon many factors (lifestyle habits, age, general condition, activity and stress levels, focus, consistency of care, etc.), somewhere between 1 and 6 months is usually enough to “turn the train around” for most people. As you make your way through this phase, you will typically see enough of your normal function return to begin



feeling better, and even notice a general improvement in your energy level and how happy you feel as you go through the day.

“Health” has 2 very important aspects; it is BOTH the ability to FUNCTION normally and successfully ADAPT to most of the various stresses you encounter in your average day. As your spinal muscles have gained movement and flexibility, and as your neural connections have grown stronger in the Initial Clearing Phase, you have begun to see a return of normal function and started to feel better. Our focus for now is to allow time for you to begin *adapting* better to your daily stress load. There is no doubt that healing is occurring, but most of your newfound expression of Life Energy in this phase is directed toward continuing the restoration of normal function and increasing your ability to adapt to physical, chemical, mental, and emotional stresses.

Spinal structures are just beginning to stabilize and are not yet anywhere near maximum strength or endurance. However, you are now moving steadily in the right direction, getting stronger and healthier every day! Your train is now moving consistently in the right direction.

Most people find themselves feeling consistently better physically, mentally, and emotionally as they progress through this phase.

**Phase#2 - “Repair & Rebuild” – Deep Healing Phase** – Your consistency in receiving your adjustments in Phase 1 has allowed you to maintain your level of connection for longer periods and begin experiencing a higher level of expression of your Life Energy as you return to health. In Phase 2, you are just one step away from reaching our Gold Standard of Wellness Care! This phase of care is one of the *most crucial* in ensuring your successful transition to the wellness lifestyle and all of the rewards that accompany it, as this is where most of the DEEP HEALING of damaged tissues and structures in your body occurs.

As you continue growing stronger in Phase 2, more of your healing Life Energy is now used to more thoroughly address inefficient/harmful neurological habit patterns and repair damaged and decayed physical structures (bones, cartilage, muscles, discs, etc.). In this phase we will also begin looking at your lifestyle choices and your ability to focus on the positive things in life and help you design & progressively employ a program to keep you moving consistently toward wholeness.

Your visit frequency is just **once per week** in the Repair Phase. As in Phase 1, the amount of time for complete healing of structures is completely different for everyone. But, unlike your previous phase of care, Phase 2 requires an average of an additional 6 to 12 months time for the damaged structures to completely stabilize and regain their maximum strength and flexibility (WAY less for children). Of course, your own commitment to staying “clear” by getting checked every week and working on your focus and lifestyle will ensure that you graduate to our Gold Standard of Wellness Care as quickly as possible.

At the end of Phase 2, your train has transformed into a rocket ship! It’s at the launching pad with the engines roaring and ready for lift off!!!

**Phase# 3 – “Rewards!” - WELLNESS! – Growth!** - If we remember that every day of our lives we either get a little stronger or a little weaker and that a properly functioning spine, that allows a clear brain-body connection, is necessary to keep growing stronger, then it makes sense to not only *get* clear, but to consistently LIVE clear! A happy life is totally dependent upon maintaining the highest levels of health and wellness, and our Gold Standard of Wellness Care is designed to keep you moving consistently toward WHOLENESS – the complete expression of your full potential in *every* area of your life!

Visit frequency in wellness care is once every week or two (your body will let us know what is

needed). How long does wellness care last? As long as you want to keep growing stronger and healthier every day!

**4) How much will it cost?** What will my investment be? The first thing is to differentiate between cost and investment. Cost is the amount of money required to pay to get something of equal value. Whereas, an investment is an amount you willingly give knowing you're going to receive a greater return on your investment. This is definitely an investment. What will you be investing in? What you're not investing in, my lifestyle, my office, not even a program of healthcare. You are investing in your life and anyone whose life depends on you for any reason. What do I mean investment in your life? Think about your relationships, personal growth, spiritual connection, career, serving others, money you make, even amount of fun you have. Can any body experience life at the level they desire without health? So, this is definitely an investment in your life and those who depend on you. Who are those people? If you want to help others, you need to be your best. Invest in your health  
What will your investment be? Money is not the biggest part. The biggest part will be time and energy, but you are investing it in yourself.

## **Our BioStructural Care Program Options:**

**Individual Program** – Our individual programs are designed to begin moving you in the direction of health, wellness and wholeness from day one.

As stated above, our goal is to keep you growing stronger each day for the rest of your life. In order to do that, it is essential not only to re-establish a clear connection between your brain and your body, but to continually *maintain* that connection.

To achieve this goal, we have established our **Gold Standard of Wellness Care**. Our Gold Standard of care varies for everyone, but it generally involves getting your spine muscles and nerve system checked every week or two. However, most people cannot begin at our Gold Standard; they must first move through several other phases of care in the healing process and work their way up to it.

**\*\*\*A Progress Assessment** is performed at your 10th adjustment to measure your overall progress, to talk with you in more detail, and help you work on progressively improving your focus and your lifestyle choices to ultimately help you achieve the levels of success and happiness you desire and deserve in every area of your life!

**Family Program** – The longer you are a member of our practice, the more you will see generations of families participating together in our BioStructural Care Programs and enjoying the advantages of making regular BioStructural care a part of their healthy lifestyle. As you learn about and experience for yourself the incredible benefits of BioStructural care and the BioStructural lifestyle, it is literally a “**no-brainer**” to have your entire family under care. After all, *everyone* is growing stronger or weaker every day, and a clear CONNECTION between the brain and body ensures health and happiness for all! (We have programs to make this very affordable!)