

TRUE
HEALTH

FUNCTIONAL MEDICINE BLUEPRINT



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Greetings! And welcome to a whole new perspective of healing! You will find in these pages the hope and inspiration to expect more. Our body is made to heal, so if you see the lack, there is a reason...a root cause. But if your doctor doesn't know how to dig for root cause, they rationalize with several stories my patients share with me.

Which 'story' are you being convinced of? This is what I have heard from my patients. DOC: "You know, you're getting older, you're going to have to learn to live with this. We've done all we can." Or...my all time favorite... "You're fine, the test was negative, there isn't anything wrong with you!" (Which translates to... "You don't qualify for the disease or condition I just checked for!")

Wow. Please do NOT allow anyone to cast doubt on your experience. You know how you feel, and I guarantee that every symptom is a message of something being wrong!

I have met thousands of people just like you, and we found a better "story." I bet you will not believe how much these stories (case studies) sound exactly like yours.

(And perhaps the BEST way to achieve a goal is to model the behavior of someone who has already achieved it)

I will share the inside story of FM with case studies such as this one...this poor woman couldn't recall feeling well, and started to wonder about her sanity...as her doctors insisted there was nothing wrong.

This is the case history of a woman who had both IRRITABLE BOWEL SYNDROME and MIGRAINES since she was in grade school (35 YEARS!), and how she discovered what "FEELING HUMAN" felt like again.

As a child, she started having stomach pains. What do you do for your kids' stomach aches? We offer a fermented food product called Zymex. And our experience is exceptional. A plant called tillandsia, and red beets are fermented and the result is this amazing nourishing food for stomach and GI and UTI or vaginal microbiomes. It feeds and replenishes the healthy bacterial residents, and...hey, the stomach ache goes away...the burning urination goes away. This is what I call "Meeting the Need," vs what medicine does... symptom suppression.

Her momma took her to the doctor and they found "nothing wrong!" If you took your car to a mechanic because the engine was knocking, would you accept, "there's nothing wrong!?"? Why on God's Green Earth do we accept this with doctors!?

Then with puberty the migraines began. Severe incapacitating headaches. Another doctor...another diagnosis of "nothing wrong." (Imitrex wasn't available until 1991, which STILL doesn't solve the ROOT CAUSE!)

By the time she sat in my office, some 35 years later, she had seen so many doctors that she couldn't count them anymore. And every single one told her the SAME THING... "nothing was wrong with her,"

and she just needs to learn to manage stress. They offered her an antidepressant....which, at this point she was willing to try anything!! Unfortunately, it improved nothing...not even a tiny fraction better!

Speaking of trying ANYTHING...she was trying acupuncture for the headaches, and her acupuncturist suggested True Health (that's OUR CLINIC!) WHY does it take TOTAL DESPERATION to visit the Natural Medicine doc!? WHEN and Why did Natural Become the ALTERNATIVE!!??

By the time I saw her, she was having constant stomach pain, bloating, gas, and the characteristic IBS symptoms... Alternating constipation and URGENCY...and her migraines had continued to worsen until they were DAILY!

My mom had migraines a couple times a year when we were growing up, so I witnessed how debilitating they are. This person had learned to live AND WORK with them!!... MOSTLY...she said she called out of work an average of twice a week!

Over the years, she had also developed severe PMS, exhaustion (she went to bed at 6 most nights to make it to work)...and then developed insomnia, which caused severe depression.

Insomnia is one of the most frustrating (and depressing!!) experiences...feeling exhausted... (she also related that she felt "weak" like her muscles couldn't contract to hold a cup of coffee)...and YET...she couldn't shut down to sleep!

I have studied sleep in great depth, and one critical component of "switching off" is ENERGY (ATP). Energy is made from glucose and oxygen...sounds simple right? We struggle to not eat TOO MUCH sugar, and we only need to take a breath for oxygen...simple!!?? But her primary diagnosis (which I will share in a minute) caused ANEMIA...her blood couldn't adequately DELIVER the oxygen she breathed, so her brain couldn't switch off!

Do you ever feel like your doctor isn't even listening to you!? The next symptom she also reported "flu like" body aches.

When you have the flu, your body's immune system is fighting off a rather resistant intruder, and the inflammation from the fight opens up pain reception pathways to the brain, and even while lying in bed, your brain is certain your body is being beat with a sledge hammer. I remember the last time I got the flu...over 10 years ago...even my hair hurt!

The point here is that her immune system MUST be fighting something with that symptom. There HAS to be an intruder, and if I, as a doctor, listen to my patient, I would set our sights on finding that intruder, for the person in front of me, and for the oath we take to serve our patients!

35 years, and countless doctors didn't find what I found, because I listened and refused to stop looking until it was revealed. We used a very comprehensive stool analysis, and found a HOOK WORM infection. No, not a single hook worm, she was infested with these buggers. And, these little buggers are KNOWN to sink their hooks into the soft lining of the intestines, causing microscopic bleeding, inflammation, and...slowly...over time...ANEMIA.

The rest of the story and symptoms can be explained by the sheer duration of her struggle. She was in adrenal fatigue (low cortisol)...which over time lowers progesterone, and increases testosterone. So, by the time she hit puberty, she was already unable to produce progesterone, and then by the time she is 40, she was growing a beard and moustache!!!... which... just ADDS to the pleasure of constant severe stomach pain, headaches, and exhaustion!

So, it is likely that she contracted hook worm in grade school and carried it for 35 FLIPPING YEARS! Through so many doctors she couldn't keep track...telling her she was "fine" and "just needed to learn to manage stress." (Your car is fine, you just need to learn to drive better!)

What does a natural doctor do for parasites...hook worm!? Oh...No...we need medicine! Wrong...in fact, I'd feel better with nature's medicines than anti-parasitic drugs! There is a spice in your cupboard right now, that is documented on the National Library of Medicine to remove parasites effectively...called...oregano.

We used a concentrated source of oregano oils, in fact that very product used in the published study! Six weeks after starting oregano, she noted that she felt the "heaviness" lift...that she could last longer through the day, and that her muscles started working again. She felt strong and alive!!

It took a bit longer to fully build back up her adrenal glands and other hormones from the chronic infection and inflammation...35 years of hook worms is damn exhausting to a body! . We also had to clean up her elimination system, particularly her gall bladder, which responded amazingly well to beet root!!

At six months, she had no more pain, and constipation was RARE...she had NO urgency or loose stools, and NO headaches! She said her energy was so high, she couldn't stay still!! I imagine so, after carrying that excess baggage for so long. (We did verify on repeat testing that the parasite was eliminated...and we retested the high testosterone...back to normal, and the low progesterone...back to normal. Nature's medicines really work!)

And as much as anything, she was so grateful that she wasn't crazy after all! I still remember when I was breaking the news of the hook worm. I was laying it on gently... "here's the bad news...hook worm." I have never seen somebody so excited to have a hook worm!! She was validated...after 35 years! Literally...she was so happy...that she was not crazy...that it was not ALL IN HER HEAD!

The REAL CRAZY thing...was that the flippin' solution was in her kitchen for 35 years. Oregano and beets. If only our healing traditions had not been replaced by major medical insurance...labeling your symptoms...and symptom suppression pharmaceuticals...for life...and doctors following "insurance protocols" to secure their income....

Do you ever feel like that... "am I crazy...I swear I feel like something is wrong.'

CASE #2:

IBS, HYPOTHYROID...This poor woman settled on feeling lousy for 40 years. She could still function, but her symptoms included gas, bloating and diarrhea with frequent "accidents," plus tiredness, weight gain and belly fat, and more recently, a nice moustache and beard (for a woman). She also noted brain fog, frequent insomnia, and right arm and shoulder pain.

She struggled through life with spare panties in her purse, daily planning of bathroom locations, facial waxing on the weekends, and sheer willpower to get to work and live life every day. Her doctors diagnosed her as "healthy" until five years ago, when she finally "qualified" for hypothyroidism. She experienced increased energy with thyroid hormone replacement, but still rated her energy at 3-4 out of 10 on her intake forms.

Am I nuts, or do we seem a little mixed up in this country. We suppress symptoms, or learn to ignore them...instead of viewing them as a message from our body...which indicate a nourishment NEED... which would logically be met with a nourishing food, plant, or glandular. We grossly underestimate our healing potential, and learn to live with chronic poor health rather than seeking and discovering the vast array of healing plants in our world, and even in your backyard!

We stop asking WHY!?! Why do I feel lousy? And why not...your brilliant doctor says you are "fine," or that "you are medically treated adequately...it's genetic...you are getting older..."

I would bet you a buck (because I don't know this as a fact or observation), that monkeys in the wild, young and old, know precisely the plants to eat if they have intestinal discomfort. And... I just might be approaching the intelligence of a monkey!

I did cheat with this patient. I ran lab tests. We ran a comprehensive thyroid panel, and discovered an autoimmune / inflammatory ROOT CAUSE of her thyroid problem. Since the intestinal issues seemed to be a source of her inflammation, we also ran a food sensitivity test and an intestinal microbial panel.

Her food test revealed antibodies to wheat and beans. Her GI test revealed a bacteria called Pseudomonas, and a worm called Enterobius Vermicularis (pinworms!). Bugs and worms!

Guess what was the most likely source of the Pseudomonas infection? A: Her doctor's office! This is largely a hospital based infection as it has special defense mechanisms against antibiotics. It creates a home around its family in a comfy blanket known in medical terminology as biofilms. These biofilms prevent exposure to chemical antibiotics, as effectively as the walls of our homes protect us from cold, rain and snow.

And while medicine has not figured out any resources for busting through these biofilms, nature already had a solution! We used a fruit called Noni, which was found to be the remedy for side effects of one of the first surgical procedures ever used on a French Polynesian Island... Tattooing... or body art was a tribal custom. The side effect was death from infection, which Noni prevented.

It turns out that this amazing fruit can also help rid the body of worms, AND break through the walls of drug resistant biofilms...with a rich history of resolving bacterial infections...even in open wounds!

We also added the reassurance of concentrated Oregano oil. Oregano is another broad spectrum anti-microbial, which has published research on the National Library of Real Doctors (I mean Medicine) as being effective against a parasite called Giardia (and other parasites), AKA Beaver's Revenge, which comes from the observation of severe diarrhea after drinking lake water near beaver lodges. As it turns out, it was discovered that the high infection rate in beavers was correlated to approximation to human campsites. Thereby...Beavers Revenge!

She also removed wheat and beans from her diet, and we supplemented her diet with a drink high in L-Glutamine, an amino acid that has been documented to help repair the intestinal mucosal barrier, and several other plants with amazing "wound healing" histories such as Spanish Moss, Marshmallow Root, and Calendula.

HER RESULTS: In just over 3 months, her health was completely restored. I still remember the visit where she reported "no more accidents." I guess I saw the vulnerability of living as an adult with frequent "accidents," and it really made an emotional impact. I remember where we each stood...the vulnerable and happy smile...a vivid memory only created through emotional heart connection.

She finally had the organ health to create ENERGY...after age 50! And energy creation is metabolism, so it's simple math...you add fat burning to your energy formula, and your body feels energized and burns fat better and faster!

We did some structural and muscular work too...but all the rest set the stage for healing...and her shoulder and arm pain went away! If you can't produce energy, you can't produce cell regeneration...aka healing!

Perhaps...maybe...this story will help YOU believe in healing...a function you once took for granted, and then, because of our cultural "story telling"... "it's genetic"... "you're getting older"... "we're doing everything we can" ... maybe you lost a little FAITH in healing...and "learned to live with it" yourself!

Meeting your NEEDS...through Natures Medicines...will restore that FAITH, and your experience of HEALTH!

Comments: Eva is a responding very well to our treatment choices. She still has imbalanced lab findings, so we aren't sure if she is feeling as well as she "rates," or if she is just so happy to finally be seeing some results. Obviously, we only have ourselves to compare to when rating things like our energy...she may still be at 30% of someone who is very healthy, but to her, her energy is so much better than it was...it must be 80%. Hopefully we will surprise her with improvement to 200% of what she was!!

Her adrenal hormones showed amazing lab changes in her initial retesting, and we didn't do anything specific for her adrenal glands. However, the immune system is a powerful stimulator of the adrenal stress response, so after years of infection, eating foods she is reacting to, and attacking her own tissues, her adrenals were fatigued. So, removing these immune stimulants, and soothing the immune

system, along with physically treating her pain, another powerful stimulator to the stress system...that was enough to change hormones, and let her enjoy sleeping through the night.

Do you ever feel like that..."I am not normal and I guess I will learn to live with that."

CASE #3:

Mr. B. consulted me at the request of his son. He had chronic left hip and leg pain, and had just finished a full year of chiropractic care under another physician, so was hesitant to consult with another "chiropractor."

When a person discovers that I am a chiropractor, often they immediately "know" what it is that I do, and decide whether or not I can help them. With growing numbers of chiropractors, most of my patients have seen and "tried" chiropractic care. If they are consulting me, chances are chiropractic did not work.

The effective difference is that I begin with a functional diagnosis. Many chiropractors provide their therapy, adjustments and other structural therapies, for your condition. When we obtain a functional diagnosis, the actual process of determining why you have the symptom(s) you have, we tailor our therapy to that diagnosis, regardless of what it has been called or named.

Mr. B. is a perfect example of treating his functional diagnosis versus treating a symptom or name.

Mr. B. described in detail how his left hip hurt, what positions aggravated the pain, how it felt, how it radiated into his left leg and foot, how often he felt it, and how it had progressively gotten worse over the last 5 years, despite the extensive chiropractic care.

He also remarked that he has low grade intestinal discomfort. In fact, he recalled that this has been a life long malady, starting around 18 years of age. (72 years of age at the time of consultation)

He described that he would have bouts of stomach pain, resulting in a terrible headache, which caused him to lie down, but he couldn't rest because, as he lied there, he would get severe heartburn, burning his chest and throat.

As I questioned deeper, he said that one aggravating factor for his back was eating a large meal. If he ate too much his back would hurt. Hmmmm...that doesn't sound like a twisted spine or pinched nerve!

He also reported that he has had several minor problems with his colon, including a polyp removal and a diagnosis of diverticulosis (Pressure within the colon causing bulging pockets of tissue (sacs) that push out from the colonic walls) and a hiatal hernia. He had also been diagnosed with an elevated PSA indicating prostate inflammation. He self treated with Saw Palmetto and this number recovered to normal.

As I interviewed him, he confessed that his greatest health concern was developing colon cancer.

Mr. B's Functional Diagnosis

As you might expect, I *didn't* suggest a course of chiropractic care. I suggested that we perform some functional and medical diagnostic tests that would give us insight into why he suffered with the symptoms he described.

Specifically, I suggested a Comprehensive Digestive Stool Analysis. This test measures the levels of healthy bacteria in the intestines, along with any other infections, including parasites, yeast, fungus, and pathogenic bacteria (trouble makers), and digestive function.

There are many infective species that do not cause explosive diarrhea or other obvious intestinal symptoms. He did have intestinal symptoms, including alternating diarrhea and constipation, chronic bloating and gas, but they were not severe, so he suffered mostly in silence.

His test revealed three active infections, including a yeast species, *Candida Albicans*, and two bacteria, *Klebsiella Pneumonia* and *Citrobacter Braakii*.

While his digestion and populations of healthy bacteria were intact, a marker for intestinal inflammation was significantly elevated (74 where normal is <50). The immune response is a major source of inflammation, and inflammation triggers a genetic response that expresses pain and weakness, which he experienced both in his body (back and leg), and colon (diverticulosis and polyps).

The lab tests each infection for susceptibility to both pharmaceutical and botanical (natural) anti-microbials. Since his infections were not highly virulent or dangerous to his life, we chose to prescribe a couple natural agents, specifically garlic and *Uva Ursi*.

Approximately three months later we retested.

The *Citrobacter Braakii* were completely eliminated, the *Candida* was suppressed down to 1+ on a scale of 4, and the inflammatory marker was down to 21 (normal <50).

His back pain and leg weakness was eliminated. He remarked that he couldn't believe he had struggled so long, and paid so much for care that was essentially ineffective.

The treatment he received, I'm certain, was quality chiropractic care, but lacked the correct diagnosis. His condition looked like a structural back disorder. Even his x-rays showed degenerative changes as well as a significant structural "twist" in his spine.

By approaching his circumstances from a functional mindset, and asking questions regarding his systemic health, we were able to locate and diagnose a significant barrier to his health. Through diagnosing this barrier, the infections and inflammation, a relatively simple solution was presented most obviously to us, and we were able to rapidly move toward health and his experience (and his health) greatly improved.

And...by reducing the intestinal inflammation, which is a known trigger for negative genetic expression, including cancer, his probability of developing what he most feared was greatly reduced.

Do you feel like Mr. B did? “I’ve tried everything!” Clearly you haven’t tried everything until you try functional medicine!

Maybe it is not you that struggles...but a Mother’s nightmare...this is 10 year old Abby’s story...

“Your daughter checks out fine, she is healthy...just use this inhaler for her ASTHMA,” says 2 RD’s (Real Doctors). Meanwhile, you watch your baby girl have such severe STOMACH PAIN that she is in tears, and collapse in exhaustion when trying to keep up with her friends in play. She started having seasonal ALLERGIES when she was a toddler, followed by pneumonia, and by age 10, had been on over 20 rounds of antibiotics. And every year, EVERYTHING is WORSE...stomach pain, allergies, asthma, fatigue, and infections!

Years ago I read a study on ear infections that concluded... “for every round of antibiotics, the probability of another ear infection increases.” But...wait...that’s not how the immune system works! Every infection should mature and strengthen the immune system, making another infection LESS PROBABLE! So... is it possible...that antibiotics weaken the immune system!? I often cite “human nature” as an example... if you ‘fix’ your child’s ‘problem,’ when the next problem arises, are they MORE mature in their response...or LESS?

In any event, if you see a BAD TREND...you HAVE to consider options, right? She considered True Health...sent in her paperwork...and as I read her history, I honestly teared up! I have a talent in the field of health and healing, so we never had this experience (I have five kiddlings myself)...but I could IMAGINE how devastating it must have been to see your baby girl (and I have 3 of those!) STRUGGLE so much...SUFFER so much... only to be given an inhaler and a report that she is “FINE.”

I say over and over...I have NEVER found a sick or struggling person...to be FINE! With our full system labs (we check everything!)...we found she had both viral and fungal infections, some involving her heart! We also found that she had clinical level (disease level) blood sugar abnormalities! How does a “healthy” 10 year old...on a pristine diet (they were doing their BEST to control symptoms through diet!) ...have ‘Metabolic Syndrome?!?’

A: Her little body was so stressed by the ‘opportunistic (viral, fungal) infections,’ that her adrenal glands, which are responsible for keeping blood sugar UP...couldn’t HANDLE their most basic job. And Mom knew it...but not how BAD...they reported that if she didn’t eat SOMETHING every 2 hours, she would feel shaky, weak, and faint!

Q: How does a health ‘expert’ send home a 10 year old as ‘healthy,’ when she has disease level blood sugar abnormalities, AND fungal and viral infections inflaming her heart!? A: They NEVER CHECKED! Makes ya wonder, ‘eh!?’

When we examined her, she reacted to every food I had in my test kit. That’s called Intestinal Hyper-permeability...or in more common language...Leaky Gut. This is the condition where the lining of the intestines has been depleted, so whenever she ate food...undigested food and WASTE ‘leaked’ into her blood causing an immune reaction and INFLAMMATION! By eating ultra clean and organic, they

minimized the inflammation... PROOF that organic and WHOLE foods are less inflammatory. (Whole = as nature produces, ie. not processed)

Can you make sense of this!? Here it is...as a toddler, she developed allergies. That indicates a shift of immune function away from bacterial defense...often caused by STRESS. Her toddler stress was a high work load and a micromanaging boss. NO...she had a brother...even worse! I am speculating, of course, as we will never know, but all Distress has a foundation of STRESS.

The immune imbalance leads to infections... which were treated with antibiotics...which create an environment for opportunistic infections (a known and acknowledged side effect of antibiotics). The fungal infections likely reside in her Intestines, creating inflammation and breaking down the intestinal lining. Leading to the food sensitivity and stomach pain. All makes sense, right?

And...it makes me wonder...if we had given her Calm-B6 and Allergy Blend...our custom formulas for stress and allergies...which NOURISH and help ADAPT to stress...at the first SIGN of allergy...would ALL of this NEVER happened!? We'll never know in her case...but in my baby girls, we did just that...and they are ACTUALLY fine...by MY standards.... meaning no chronic symptoms! Another tear... mourning the loss of our healing traditions!

RESULTS: We prescribed Immunoglobulins from colostrum...which I call 'Re-Nursing'... to repair her intestinal lining...Lemon Balm, which has published research showing effectiveness against chronic viral challenges, INCLUDING HERPES Virus(!!)...and Tillandsia, AKA Spanish Moss, which pushes yeast and fungal infections OUT of the intestines AND nourishes the HEALTHY bacteria.

AND...after 2 weeks on this NOURISHING and HEALING regimen...she noted that her "eyelids weren't so heavy," and that she had NO stomach pain! After a month, she felt so good that she wasn't afraid to eat 'junk food' and had NO allergic reaction! Being 10, she is QUITE THANKFUL that she can have some treats and not have ANY PAIN! (Be careful...anyone...of any health capacity...can find their limit!)

She isn't out of the woods...we still have some season changes to weather...but I BET...as we meet the NEEDS of those stressors...she will be PERFECTLY FINE...by TRUE HEALTH standards!!

PS. As this story is a couple years old, I have since received a report that last spring was the first in most of her life to not have pollen allergies!

Do you wonder, like her momma did... "AM I ON THE RIGHT TRACK...?" "She isn't getting better, she is getting worse!"

What is Functional Medicine? (FM for short)

FM is a whole system diagnostic and treatment approach to patient care focused on finding the root cause. It is patient centered, meaning every patient is evaluated for their unique strengths and weaknesses, allowing the physician to specifically support each patient for their unique weakness or

imbalances. The expectation of FM is to restore strength and balance where needed to achieve healing and resolution of the patient's symptoms / condition(s).

FM utilizes BROAD testing vs rule out this disease testing. We use testing that identifies your imbalances and weaknesses.

FM was primarily developed by Jeffrey Bland, PhD., who created the Institute for Functional Medicine, which functioned to teach other Doctors his findings. As of 2017, FM is integrating into the first major hospital, Cleveland Clinic, organized by the current President of the Institute for Functional Medicine, Mark Hyman, MD.

FM utilizes Natural Medicine and Clinical Nutrition. Clinical Nutrition is a course in every Medical and Chiropractic School. It teaches us that Thyroid Hormone is made using Tyrosine, an amino acid found in beef, and Folate (aka Vitamin B5), found in green leafy veggies. It teaches that Serotonin is made using tryptophan, an amino acid in turkey meat, and Vitamin B6 which is most concentrated in fish (ewww!...also in bananas).

How does a person learn that (that the body runs and heals on nourishment!) in first year, and then focus all attention on symptom suppressing pharmaceuticals.

Natural Medicine is a healing tradition. Nature's medication comes in the form of roots, bark, and leaves that we wouldn't normally eat. It has a 3000 year written history, meaning writings going back past the Bible reference the use of plants for healing. (as does the Bible...I actually use Frankincense and Myrrh quite frequently in my clinic!)

Passed along with NO conflict of interest...3000 years...from family to family as a good resource for healing. And then in 1928, antibiotics were discovered (from nature)...and the pharmaceutical industry was born. Now, because of such gigantic profits, most of us ONLY know and understand drugs!

STORY OF MERCK MANUAL...I had the same story in my head...if I got sick, we have these people...called doctors, that will heal you. Even after seeing my mom...incapacitated from a neck injury, and further incapacitated on PAIN meds... was finally healed by a chiropractor. I still had that story in my head, the overlying belief...if things get serious...really bad...I'd still go to the RDs.

Even in chiropractic school...I chose to study the Merck manual...to study, because I wanted to be a Real Doctor (RD)...not just a sprained neck doctor. I wasn't sure how I was going to do that since my resources were neck and back cracking...vs having real medicine. I just knew I wanted to be a True Healer.

As I read the Merck Manual...I noticed a category called etiology. It means root cause. Every condition other than a cold, flu and a knee broken by the pavement...said... "we don't know what causes this condition, but we expect genetic and lifestyle factors. We manage the symptoms with these drugs." I was quite disappointed.

The biggest value of Chiropractic school was the concept of root cause. In chiropractic, they surmise that the root of everything is nerve tension. I believe they were right, almost. It is the system I call Regulation...the Central Nervous System. Regulation adapts your body to your environment...and all survival functions...breathing, heart beat...

The root cause of every condition is overwhelming stress. A fight with your spouse ends...but a hookworm is still stressing you while you peacefully sleep. In FM we seek to find the stress and imbalance in your body...vs. connecting you to one of those diseases...that we aren't sure what causes it.

By contrast, Traditional Medicine... separates organs and systems by specialty, and the diagnostic approach is to fit you into a disease or condition "category," which in almost all circumstances, leaves you with an incurable disease or condition that is "managed" by symptom suppressive medicine.

And how traditional is medicine compared to 3000 years... vs... the first pharmaceutical medication was introduced in 1889 or so...(which was cocaine...the history of pharma not so proudly proclaimed!)

I am familiar with your experience and frustration, because I have heard the story thousands of times. If you managed a category of disease/condition...your treatment leaves you asking questions. "Is this the best I can expect? I don't feel well or healthy." OR...if you DON'T fit a category of disease/condition...you are told that you "check out fine," eventually leading to the offering of an antidepressant. (because your misery is clearly "in your head" since you don't "qualify" for a recognized disease/condition.

Fibromyalgia is a recent example of categorizing. There wasn't a category for pain that didn't have a physical finding...so after many patients insisted that they FEEL PAIN...they created a category for pain that doesn't fit any other categories. "We'll call it fibromyalgia, we don't know what causes it, and there is no cure for it." (Those are direct quotes from mayoclinic.com) "We can offer pain medication, antidepressants, and in some cases epilepsy medications help." Lyrica has been approved for use in fibromyalgia, but they don't understand exactly what it does.

Meanwhile...200-3000 years ago...it was documented in writing, that if you ache...you eat more ginger. Or turmeric.

Consider this direct comparison of the various healing resources for Migraine Headaches.

"TRADITIONAL" MEDICINE: Migraines are diagnosed by symptoms. "We do not know what causes Migraines, but we expect that genetics and lifestyle play a factor. We treat with pain medication or Imitrex (and a few others) that can control symptoms."

ALTERNATIVE MEDICINE: Migraines are diagnosed by symptoms. "We do not know what causes Migraines, but historically a plant called feverfew has been helpful...give it a try."

FUNCTIONAL MEDICINE: Migraines are diagnosed by symptoms. "There is not a single cause for migraines, and we must assess hormonal, stress, and inflammation factors for each individual. Once the

root cause is diagnosed in each individual, we can specifically support that individual for the root cause, whether hormonal, stress, or inflammation.”

Do you get the significance of that comparison? It is the difference between cookbook type treatment, and having a health “detective” solve the case!

ASSESSING HORMONAL, STRESS, and INFLAMMATION FACTORS

Opti-Chem: This is our whole system (wholistic) scan. It will identify where and what systems are stressed or inflamed. Several patients have taken this test to their RD...and they refused to order it. One even shared that he almost got in a fist fight...as he said, “why not...you’re job is to find out why I feel so crappy!” He didn’t fight, but he did realize that their job is to follow a protocol that earns them money. (Nothing against earning money...I just think that your expectations should be met if you pay money)

Thyroid Full: FM teaches that there are 7 types of THYROID problems. Traditional Medicine as we know it, tests for one...and only to test for if you qualify for replacement...not to discover how to heal you! This test digs up ANYTHING and EVERYTHING that wrecks your energy and metabolism!

Inflammation: Q: How could I experience my most painful future. A: Add inflammation! Inflammation is actually a hormone...which means it tells your body what to do. Estrogen tells your body to release an egg...progesterone tells your body to fortify to hold a baby. INFLAMMATION tells your body to not die...stress is high...critical...tighten EVERYTHING down. And it HURTS. This test tells you exactly why you hurt.

Comprehensive Digestive Stool Analysis: As I wrote this, I noticed how important this test was to all the cases I presented. That’s because, I see desperate people. They are chronically ill...medical failure cases...and their body is so weak. Testing our internal biome (what they are calling the microorganisms inside us these days)...is intensely important in all circumstances! Plus...they test how well you are digesting and absorbing nutrients...I’d say a pretty critical feature to healing.

Interesting FM FACT: Everything we test for...we can resolve. You’re results will NEVER include, “Sorry, you have XYZ, and there is nothing we can do for you.” If we find a problem, we can nourish and heal it. And, I’ve never NOT found a problem in someone with a symptom of any sort!

Food Sensitivities Test: Not just your ordinary food allergy testing. This tests for 4 different levels of sensitivity or reactivity, including immune! In one study, patients lost an average of nearly 40 pounds just avoiding the high reacting foods! (April 2009, Journal of Family Medicine, Middle East)

Adrenal STRESS Test: Your adrenal glands produce hormones responsible for sleep cycles, blood sugar regulation, and happiness.

Male/Female Comprehensive Hormonal Testing: We test all hormones associated with sexual function, which also contribute to mood, metabolism, and passion!

Do you see the significance of that!? FM is willing to “turn over every stone” to get to YOUR DESIRED RESULT!

I'll sign off here...I am thankful to have this much of your valuable time...I don't want to push it. I'll share one more story...just for those who find this so interesting and enlightening...they want more. I'd appreciate if you emailed me (just hit reply) to say you read the last case study. (Just to get an idea who really appreciates this perspective on healing/medicine.)

CASE #4:

This is a fascinating case study of PSORIASIS in a patient who was 90% covered with severe skin lesions. His skin was so itchy and burning that he was physically disabled. He had strength...he had ability...but the burning and itching was aggravated by movement, and was so severe that it would force him to lie in the bed...or to turn around on his way to work.

And this guy is no wimp. He served in Vietnam, where he survived not only the combat, but severe blood poisoning, and a fungal infection so nasty that they offered to amputate his toes!

The psoriasis started about 20 years ago following a fall on his knee, gouging a hole in the skin. (which makes it about 20 years AFTER the immune challenges in Vietnam) Instead of healing as we come to expect, it activated the scaling lesions of psoriasis. Who knows what entered his body at that time, or if it actually released something inside him, from the harsh conditions of Vietnam.

When I finally saw him, the psoriasis had spread all over his body. He had been on steroid creams for 10 years, followed by Methotrexate for the next 10 years as the condition got worse. The methotrexate sufficiently suppressed his skin lesions to a manageable level, but during a recent checkup, his doctor discovered that it had damaged his liver so badly that he couldn't prescribe it again!

Imagine that...and it doesn't take much imagination, because our culture has ACCEPTED as customary, many medical treatments that are dangerous or deadly. But that's not the point...imagine that your medicine (Your SOLUTION to severe discomfort) is suddenly taken away...with no options given! "We can't give you this anymore...good luck."

As you might expect, not long after, the skin lesions and burning / itching came back with a vengeance! When I saw him, he couldn't stand upright in gravity for more than a minute!

And I bet...he was in such pain...that if I offered methotrexate and a 50% chance of death...he would have taken it. Just a guess, based on how bad it was!

If you are not familiar...methotrexate is chemotherapy. It poisons your body to suppress cell reproduction. Cell reproduction is how your body HEALS. When your knee is cut, or your liver is damaged by a chemical exposure or alcohol abuse, the damaged cells are removed by the immune system, and no worries...the healthy cells reproduce and fill in for the damaged cells.

But his body didn't heal like that when he cut his knee...it created lesions known as psoriasis. Why the heck would "healing," our apparent God given right...fail? A lack of toxicity? No...that is where we seem to get it massively wrong. Every condition for which these poisons are used... primarily autoimmune diseases such as psoriasis and rheumatoid arthritis, and cancer...the underlying CAUSE of these conditions is toxicity.

There are several ways to become "toxic." Infections such as bacteria, viruses, and fungus cause toxicity by activating an inflammatory cascade of hormone like chemicals in our body that serve the purpose of directing and aiding the immune cells to respond to the invasion. The fight that is forged by the immune system produces "dead cells and pus" which your lymphatic system is designed to clear out. And, many of these infections release "bio-toxins," which is a bit like the biological warfare used in Vietnam know as Agent Orange!

Then there is the accumulation of environmental chemicals such as herbicides, pesticides, cleaning chemicals, petroleum products, and more, as well as the addition of chemicals into our food chain, such as artificial flavors, colors, sweeteners, and preservatives. These chemicals are now measured in the millions of pounds introduced into our environment on a yearly basis. And there are not a dozen or so, we are talking almost a million different synthetic chemicals used and left in our environment by various industries.

So let's review the history again...poisoned and infected with a nasty fungal infection in Vietnam...then back in the states he takes a post military job with a petroleum corporation, which, as he described, included significant skin contact with the petroleum products...then he falls on his knee, opening his blood to viral and bacterial infections...and instead of healing, he scales and burns. Then for 20 years he suppresses inflammation and cell reproduction with chemicals...slowly increasing the doses and drug toxicity...until his doctor sees signs of liver failure.

Toxins leave our system via the liver and lymphatic system. Both use the Intestines and Kidneys for dumping...and secondarily the skin. So if we see massive inflammation in the skin, a reasonable consideration would be failure of the liver or lymphatic system...and the "root cause" would be the several forms of toxicity mentioned above.

And now he is in my office...worse off than ever. I advise him that I have nothing that suppresses...nature's medicines only heal. But, if you give it time, we should see a gradual improvement...leading to "True Health" ...which requires no medications!

We perform our diagnostics...and no surprise...we see evidence that he is infected with bacteria and fungus, and his lymphatic system is very congested. And we already knew his liver was in failure. Also, a measure of systemic inflammation, C-Reactive Protein, was 23 TIMES the optimal level. Yes, that is HIGH...not THE highest I have seen, but in the top 5!

I am a little worried...am I in over my head? I can see why suppression through chemicals happened! Such severe pain and discomfort...the intensity of a patient needing help had never been so...well...INTENSE! (in my experience!)

But I have faith in Regulation...that part of us that coordinates all our systems...which you could easily call God. And I have faith in my form of communication... muscle testing...which you could easily call a direct conversation with Regulation (or God?).

His body, through muscle testing, advised me to approach infection control with a VERY MILD approach...and a VERY AGGRESSIVE approach to detoxifying, particularly the lymphatic system.

Nature offers many methods of detoxifying or clearing the lymphatic system. One such, that was critical to his improvement, was a plant called Red Root. This plant was used by native Americans to treat skin cancers and other aggressive skin lesions. Another was Burdock...a plant used traditionally (read that to indicate what your grandmother, mother, or "medicine woman" would have given you hundreds of years ago) for skin disorders and cancer. These "traditions" were passed on from generation to generation, dating back to 3000 years ago, in the earliest documented writings.

I'm not sure how we lost these "traditions," but I imagine it had something to do with profitability. Most medications are "loose translations" of plant medicines, made by studying the effects of plants, and taking that observation to the lab to produce a similar effect in a synthetic chemical, which can be patented. I don't know...and I don't really care. My purpose is to reconnect our culture to natural health, which includes these healing traditions.

And here is the potential of natural medicine. Eight weeks into his treatment, he was back to work...not symptom free, but as I mentioned, this is a tough dude. What was remarkable to me, though, was a comment he made on that eight week check...he said, "YOU KNOW, MY SKIN NEVER LOOKED THIS GOOD WITH METHOTREXATE." One of the most powerful drugs on the planet... never worked as well as nature.

I don't see that many people with psoriasis...WHY??...because they have a drug that "keeps it manageable." And a story that there is "no known cause, we can ONLY manage the symptoms for the rest of your life." And you say... "OK, I can live with this...still go to work...only slight discomfort." So you stop looking for True Health.

This guy was VERY LUCKY! Many others in his situation didn't have a checkup scheduled as their liver went into failure. Yet their liver did fail, and as their toxicity increased, so did their fluid levels. As one of my professors said... "the solution to pollution is dilution." Dilution means water...and water held inside means pressure...and pressure will eventually blow a valve or hose...and then your death certificate says heart attack or stroke.

No...it will not say that you died of your solution...the medication...but that is the reality if you dig deep enough.

This guy was lucky. His scheduled recheck was right at the time his liver was going down. They pulled the meds and saved his life. Painfully, he was FORCED into my clinic. He had no other options. And if you had that level of pain, you might even consider natural health traditions, too! (maybe, after hearing this story, you will consider sooner!)

I saw him recently at a birthday party for his daughters big 4-0. He shared that he is doing great...even eating some junk food, with no big consequence. (Junk food and fungus/yeast don't mix...generally you will PAY if you still have the problem). He was happy, comfortable, and his skin was the best it had been in 20 years!

What an encouragement for that "thing I do!" I help guide people toward True Health...which includes smiling and laughing at your daughters birthday party. And you know what...it INTENSIFIED my mission of spreading True Health...because ALL DADs, and MOMs...deserve to be at their daughters 40th birthday party...celebrating life, love, and community!

Blessings to your healing journey! Again, if you read this far, please let me know by hitting reply to one of my emails to you! (Just say you read the psoriasis story...or whatever your heart inspires)

DrStone

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www.GetTheRightDiagnosis.com