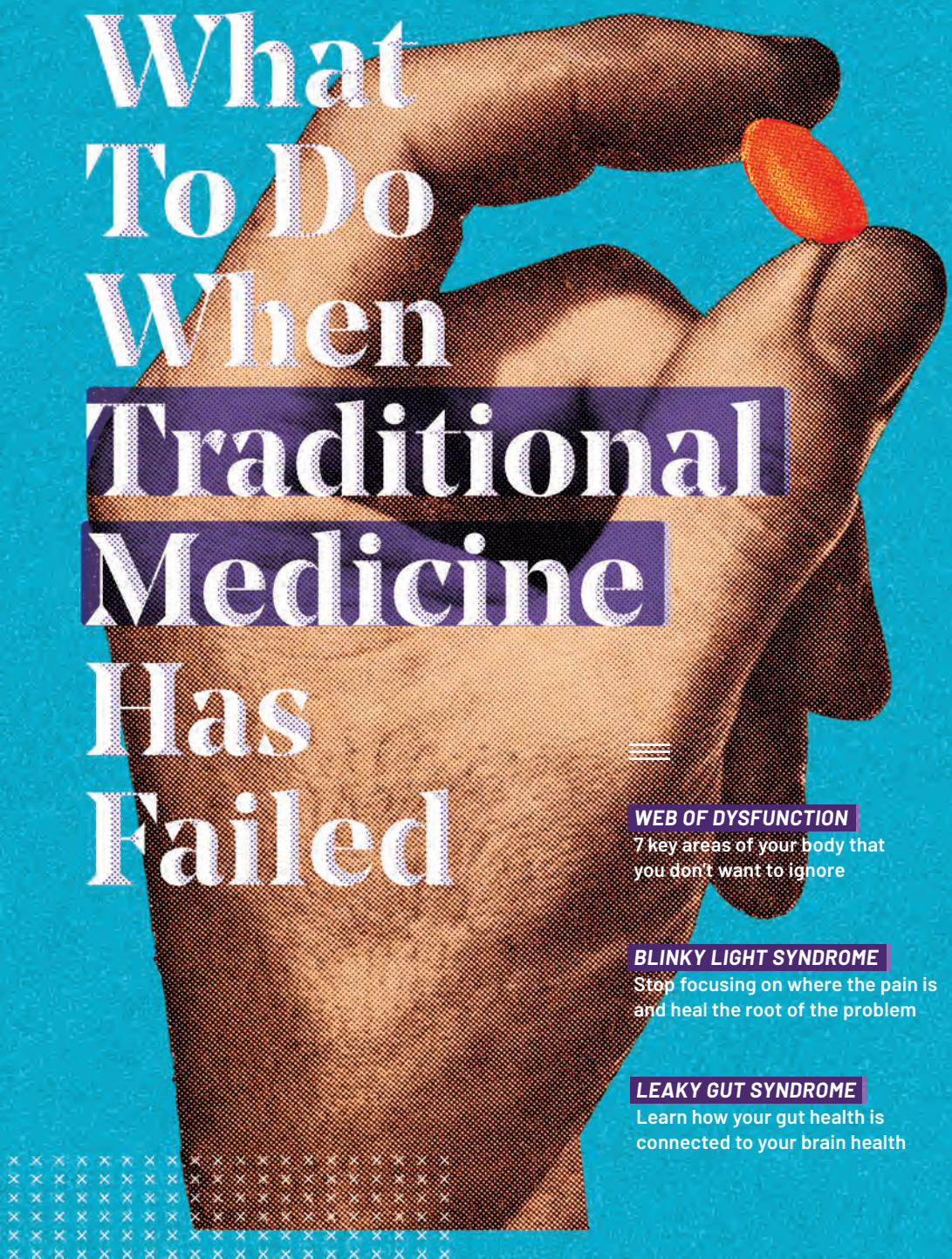
A Foundational Guide To Optimize Your Health

What To Do When Traditional Medicine Has Failed



WEB OF DYSFUNCTION
7 key areas of your body that you don't want to ignore

BLINKY LIGHT SYNDROME
Stop focusing on where the pain is and heal the root of the problem

LEAKY GUT SYNDROME
Learn how your gut health is connected to your brain health

Why has traditional medicine failed us?

DOES THIS CYCLE SOUND FAMILIAR?

We plan our whole lives for retirement, but sadly, many people's "golden years" instead become their "rusty years." They expect to fill their retirement years with travel, family activities, and interesting hobbies, but instead, spend the majority of each day setting up the next doctor's appointment.

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67% **of bankruptcies in the U.S. in 2019 were due to medical expenses**

Source: American Journal of Public Health

THE CHRONIC DISEASE LIFESTYLE

Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. ***Unfortunately, conventional medicine has failed to adequately address this challenge***, and the prevalence of most chronic health problems continues to rise.

The Role of a Doctor

Mainstream medicine does not teach the patient. It is a shame, because the Latin root of doctor, "docere," means "to teach."

A Short Primer On How THE BODY IS DESIGNED TO HEAL ITSELF

Let's paint a picture that illustrates the way the body is designed to heal itself. When you cut your finger, you put a Band-Aid® over the wound. The Band-Aid® isn't the catalyst for healing, it simply assists the body in healing itself. The body does this naturally because of the innate, God-given ability to fix, repair, and rebuild from the inside out. It may need assistance to get the job done, but the body ultimately does all the heavy lifting.

Old School vs. New School of Thought

When it comes to healing the body and dealing with long-term health issues, there are two schools of thought.

OLD SCHOOL THOUGHT

Symptom Management: Drug it, mask it, numb it and dumb it. This approach requires zero responsibility and commitment from the patient.

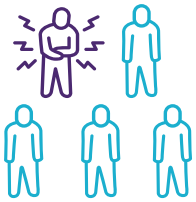
NEW SCHOOL THOUGHT

Find The Root: Look for the root cause and restore it. This approach seeks to untangle the neuro-metabolic web of dysfunction causing the symptoms, so the body can experience true healing.

1 IN 5

adults in the U.S. experience chronic pain.

Centers For Disease Control And Prevention 2018



WHAT IS ALTERNATIVE MEDICINE?

The alternative path to healing starts with taking responsibility for your health. From birth we are indoctrinated with the idea that other people are responsible for our well-being and quality of life. Taking responsibility for your health means to get curious, challenge authority, seek alternative routes, and feel empowered to ask your doctor questions.

START HERE

STEP 1
You have symptoms and go to the doctor.

STEP 2
Doctor has a one-size-fits-all mentality.

STEP 3
You leave with prescriptions.

STEP 4
You experience multiple side effects from drugs.

STEP 5
The prescriptions don't heal the root cause of your issues.

STEP 6
Added stress because you're given more drugs to mask the symptoms.

STEP 7
You still experience chronic pain and are stuck feeling frustrated.

THE FAILURE OF TRADITIONAL MEDICINE

THE MEDICAL MERRY-GO-ROUND EXPERIENCE

The doctor comes into the room with a preconceived solution, prescribing medication, and walking out with no financial incentive to get people off medication.

THREE KEY WAYS

YOU'RE TAKING RESPONSIBILITY FOR YOUR HEALTH.

Rarely are we presented with the real truth—that the quality of our lives, including our health and happiness, is our personal responsibility.

Lack of overall knowledge. You take initiative and do research to learn more about your body, family history and alternative healthcare options. If you hear words and don't know what they mean, ask for the correct spelling and do some of your own research online.

You ask the right questions. We're taught to do as we're told and listen to the "higher-ups" in our life, which includes doctors. Ask your doctor why a treatment plan is being prescribed. Bring someone with you to your appointments so you have a second ear. If something doesn't feel right, speak up and ask if there are other options.

You accept that healing requires time. The third indicator that you're taking responsibility for your health happens when you accept the fact that healing requires time. Solving chronic health problems is like remodeling a home. How long does it take to do a major, structural renovation? Six to eight months, minimum. The same is true for your body, but it may take several years to heal from your chronic pain. Achieving true health requires time, energy, money, and long-term commitment.

The HARMFUL EFFECTS OF IBUPROFEN *for* OLDER ADULTS

Inflammation plays a key role in chronic pain and chronic diseases. The Cleveland Clinic advises that you do not use an over-the-counter NSAID (Ibuprofen) for more than 10 days for pain. ***For older adults, long-term side effects may include:***

- Peptic ulcers
- Renal failure
- Stroke
- Heart disease
- Increased blood pressure
- Blood clots

> *"Nowhere along the traditional 'path to success' are we taught to question authorities or seek alternative routes, which may prove to be more beneficial. (Non-Traditional path to health means to question authority. Ask questions and don't just believe doctors)* DR. ANDY BARLOW, D.C., DACNB, FACFN

The Blinky Light Syndrome™

Think of your health symptoms like your body's check engine light.

If you're on a road trip and the check engine light comes on that means there's a problem with your vehicle. Would taking a piece of duct tape and covering up that check engine light solve the problem? Absolutely not. It would only prevent you from seeing the blinking light that's alerting you to a bigger issue. In fact, covering up the check engine light puts you in greater danger in the long run. Pretty soon, you're sitting on the side of the road with smoke and steam rolling out of your engine. When you take medications for your pain, you are only masking your symptoms, not healing the root of the pain. The pain is your "blinky light" telling you something in your body is wrong; it doesn't necessarily mean where you are feeling the pain is where the problem started. That's why it's important to have a neurological exam to understand where the root of the pain is coming from.

NSAIDs cause an estimated 41,000 hospitalizations and 3,300 deaths each year among older adults. *National Institute of Health*

THE SAD TRUTH OF CHRONIC DISEASE IN AMERICA

90

PERCENT

of the $3.5 trillion we spend on healthcare in the U.S. each year goes toward treating chronic disease and mental health.

6 OUT OF 10

AMERICANS

Now suffer from chronic disease, and **four in 10** have multiple chronic conditions.

2X

DOUBLED

The rate of chronic disease in kids more than doubled between 1994 and 2006.

7 OF 10

DEATHS

are due to **chronic disease** each year.

Source for all stats: CDC

ONE SIZE DOES NOT FIT ALL

The top three blind spots for solving chronic health problems

PATIENT SYMPTOMS

Two people could be experiencing the same symptoms for completely different reasons. Tingling in the feet could be nerve damage, Type 2 diabetes, or even anemia.

PRECONCEIVED IDEAS

A doctor with preconceived notions tends to miss important clues that reveal what's really going on under the surface. Multiple causes can show up as dysfunction, so treat them as custom.

MASKING THE ROOT

Doctors focus more on symptom-reduction rather than healing what is causing the problem. The goal is to identify the root, not mask the pain with drugs.

KNOW YOUR NUMBERS

THE CATEGORY	OPTIMAL NUMBERS	NOT SO OPTIMAL
Glucose *Simple sugar that is the chief source of energy.*	85-99	<99 Pre-Diabetes <126 Type 2 Diabetes
A1C *A1C measures the percent of hemoglobin that has sugar attached to it.*	Below 5.6	5.7-6.4 Pre-Diabetes > 6.5 Diabetes
Homocysteine *High homocysteine levels usually indicate a deficiency in vitamin B-12 or folate.*	Below 10	Above 10 High Inflammation Marker
C-Reactive Protein (CPR) *A plasma protein that rises in the blood with the inflammation from certain conditions.*	0-.65	.66-2.0 Moderate Risk 2.1-3.0 High Risk
Anemia markers:	*Basic, Red blood cells (RBC) low, Hemoglobin (HGB) low, Hematocrit (HCT) low, Mean corpuscular Volume (MCV) low*	

WHERE TO GET TESTED → *ENTEROLAB.COM & CYREXLABS.COM*

Every human needs to test their tolerance for gluten and their body's reaction to wheat and other cereal grains. An excellent place to start is at EnteroLab, an accredited clinical laboratory specializing in analyzing intestinal specimens for food sensitivities. Also, Cyrexlabs also offers genetic testing in functional immunology and autoimmunity.

UNTANGLING THE WEB OF DYSFUNCTION

Unleash Your Body's Superpower

There are seven key areas of health to consider when trying to untangle the web of dysfunction. Depending on how each area is treated, these seven keys can either foster wellness and longevity or create debilitating chronic health problems, because each of these keys either adds to our health or actively takes away and destroys our health. Any kind of disruption in these seven areas is going to cause disconnection and dysfunction (check engine light) which may eventually turn into chronic issues. Begin with treating these seven areas and you will unleash your body's superpower—its ability to heal itself.

QUESTIONS TO ASK YOUR DOCTOR

When you sit down with your doctor, the main goal should be to assess what is the root cause of your chronic illness and form a plan to start the healing process. The assessment process should involve a neurological exam, extensive blood work and testing from EnteroLab.

VALUE ASSESSMENT OF YOUR LIFE

You may say to yourself, "I want to be well. I want to be healthy." Now take a truthful look at whether your actions follow those words. There are two places that expose values.

YOUR CALENDAR

Where do you spend your time?

YOUR BANK ACCOUNT

Where do you spend your money?

HEY DOC, WHAT ABOUT THIS?

- Why am I on this prescription? Is it necessary? Are there other alternatives for this medication?
- What are the possible side effects I might experience from starting this new treatment?
- If I'm having a hard time making lifestyle changes, do you have any recommendations for resources?

A BRIEF INTRODUCTION TO

THE 7 KEY AREAS OF HEALTH

- *Oxygen*
- *Glucose*
- *Stimulation*
- *Inflammation*
- *Autoimmune Disorders*
- *Neurotoxins*
- *Gut Health*

THE NEUROLOGICAL EXAM CHECKLIST

The fundamental art and science of an effective exam.

Your journey should begin with a functional neurological exam. A head-to-toe evaluation that treats you as a unique, one-of-a-kind person.

Primary Complaint. What health issue is negatively impacting your life the most?
Onset. When did the symptoms start?
Pain. What provokes the pain and what makes it better?
Quality of Pain. Is there burning, numbness, or tingling?
Radiate. Does the pain radiate out or does it stay local?
Severity. Rank the pain on a 1-10 scale.
Time. What time of day or night is the primary complaint worse?

Get Lasting Results When You Change How you Think

Shift your mindset and stop focusing your time and money on a system that hasn't gotten you anywhere.

TRADITIONAL PATIENT THINKING	NON-TRADITIONAL PATIENT THINKING
Insurance-based	Cash-based
Focuses on treating the symptom	Focuses on long-term results
Trusts the doctors with no questions asked	Does their own research and ask questions
Doesn't take responsibility for their own health	Takes responsibility for their own health
Takes whatever the doctor gives them	Looks for alternatives to prescription drugs
Expects a quick fix	Understands healing takes time

4 Lifestyle Choices for Long-Term Healing →

You must commit to whatever lifestyle changes are necessary to achieve your long-term health goals. Here are four changes you can start with.

Stop Processed Foods

Take Daily Walks

Get Good Sleep

Remove Gluten

EIGHTY%

of annual healthcare spending ($750 Billion) is spent treating people with preventable chronic illnesses.

Centers for Disease Control and Prevention

Gluten Is Your Mortal Enemy

Boost your energy, lose weight and reduce inflammation

There is all this talk about gluten, but WHY is it so important to avoid? With over 60 million people affected by digestive diseases, it's been found that consuming gluten can lead to inflammation, leaky gut syndrome and serious chronic diseases.

Gluten-free benefits:

- *Improves energy*
- *Eliminates bloating*
- *Reduces joint pain*
- *Reduces depression*
- *Improves bone health*
- *Reduces hair loss*
- *Improves skin health*

There are really great gluten-free substitutes for wheat, so you can still enjoy your comfort foods.

Try The Website Glutenfreeflour.com

THE FUNDAMENTALS EXPLAINED

THE THREE FOUNDATIONS OF HEALTH

By now, you get it. *The healthcare system is broken. Now it's time for you to take control of your own wellbeing*. What key components are the foundation for holistic health? The Body, Brain and Gut all must be taken into consideration simultaneously to achieve optimum results.

The Body

Having a healthy body starts with understanding what exercises, stretching and muscle training need to take place in order to obtain and maintain mobility and flexibility.

The Brain

The brain has an innate ability to be reprogrammed and repaired. Daily exercises and supplements aid in the facilitation of a healthy brain, increased focus and better memory.

The Gut

The gut is considered the second brain of the body; if it is damaged in any way it can impact both the body and the brain. Detox, proper gut repair and diet are all essential in maintaining a healthy gut.

The Building Blocks For Optimizing Your Health

The ABC's to Health™

A **Antioxidants** vitamins A C E K, and minerals zinc and selenium improve your body's immune system an decrease inflammation.

B **Brain Based Therapy** improves focus and mobility and reduces depression, anxiety, insomnia, and pain.

C **Clean** and repair your leaky gut. It's the root cause of neuro-degeneration diseases.

'S **Stop the American Standard Diet** of processed food. Fast food leads to inflammation, leaky gut and leaky brian.

T **Timeout,** relax, and reset. Stress is one of the leading causes of inflammation, leaky gut, depression, anxiety and insomnia.

O **Omega-3 oils** These essential fatty aids are needed to decrease inflammation and improve brain health.

H **High Fiber Diet** is needed to eliminate waste products from the body.

E **EWOT:** Exercise With Oxygen Therapy is needed to optimize brain and body function.

A **Avoid Gluten** and casein which can lead to inflammation, leaky gut and serious chronic diseases.

L **Lactobacilli** and Bifiodobacteria Probiotics for optimal digestion and overall health.

T **Take Time To Heal.** The body didn't develop a chronic disease overnight, and can't heal overnight.

H **Hydrochloric acid.** Stomach acid should be pH 1.5-2.5 to optimize gallbladder and pancreatic function.

A Foundational Guide To Optimize Your Health

№8

Neurotoxins

Any foreign thing taken into the body that causes neurological damage.

Oxygen

It's necessary and essential for life.

SIMPLISTIC GUIDE TO A

Healthy Body

The body is a holistic system that must be in homeostasis in order to heal itself and function optimally. *By keeping these seven primary keys in focus*, your health can transform from symptom mitigation to a state of true healing and regeneration.

Glucose

The fuel your body needs to heal itself.

Autoimmune Disorders

Friendly fire that develops when our immune system starts attacking itself instead of a foreign invader.

Gut Health

Heal the gut to heal the brain and body.

Inflammation

the fire inside the body that has to be put out or reduced in order to heal yourself.

Stimulation

What the nervous system needs in order to function.

How to Optimize Your Health

7 KEY AREAS TO FOCUS ON

Start taking action and responsibility for your health today by using the following guide as your resource. Keep in mind that small changes like eliminating gluten or increasing your oxygen levels can make a significant impact on your overall health and how you feel.

1 OXYGEN

one

Oxygen is essential for life. This element makes up about 21% of the earth's atmosphere, at sea level. Our bodies must have an adequate supply of oxygen in order to function on a cellular level.

The Big Seven Elements For Life. To experience optimal health there are seven areas of importance to address, but not just individually. True power for healing comes alive when we realize that all of these elements are interconnected.

AM I OXYGEN DEFICIENT?

The Most Common Signs Of Poor Circulation

- Cold hands and feet
- White fingernails (should be pink)
- Nail fungus
- Lack of focus or concentration
- Headaches or dizziness
- Fatigue

YOUR BEST O2 BUDDY

Track your oxygen saturation levels every day with a smartwatch estimation of the amount of oxygen in your blood.

LIFE IN MOTION

You must commit to whatever lifestyle changes are necessary to achieve your long-term health goals. Here's a list of exercises to increase your O2 levels.

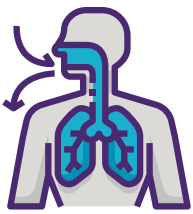
- WALKING
- STATIONARY BIKE
- OUTDOOR BICYCLING
- SWIMMING
- WEIGHT TRAINING

A QUICK AND EASY WAY

To Increase Oxygen Levels

DEEP BREATHING EXERCISE

The key to forced breathing is a **1:2 ratio**. Start with inhaling in deeply for 4 seconds and out for 8 seconds. Move up to 6 seconds in and 12 seconds out.



For chronic health sufferers, 8 in and 16 out will be a challenge. These activities cause stimulation to the neurological pathways and inundate the body with oxygen.

2 two GLUCOSE

Glucose is what regulates your blood sugar. It is the "fuel" that drives our nervous system. It plays an essential role in healing chronic problems because it supplies our nervous system with the energy it needs to do its job. Of course, healing only happens when our glucose is in optimal range (85-99) and when our A1C is below 5.6.

The Simple, Inexpensive AT-HOME GLUCOSE MEASUREMENT QUIZ

How do you feel BEFORE you eat?

ⓐ Irritable, unfocused, hangry
ⓑ I feel good

(a = Your blood sugar may be low. You have hypoglycemia-levels below 85)

How do you feel AFTER you eat?

ⓐ Sleepy, sluggish, crash
ⓑ Energized and ready to go

(a = Your blood sugar may be high. You have hyperglycemia-levels above 99.)

DID YOU KNOW... *Type 2 diabetes is a self-inflicted condition. Unlike Type 1 which is an autoimmune disorder.*

3 three STIMULATION

What is neurostimulation? It's the activation of a nerve through an external source. Touch, for example, is a kind of stimulation was well as walking, seeing something new, or doing a bicep curl with weights. The brain has the ability to change and adapt as a result of experience, which is called neuroplasticity. Neurological pathways need stimulation to be healthy.

YOUR PROPER FUEL

The Glucose Gas Station

In the same way that a car needs the proper fuel for its engine to start and drive down the road, your nervous system needs the right levels of glucose to function optimally. We use this fuel to start moving, the first way to stabilize your glucose levels. Exercise burns off glucose and stimulates the nervous system.

YOUR HEALTH IN

YOUR HANDS

Stabilize your glucose by what you put in your mouth. Start tracking and properly portioning your food.

BIG IDEAS FOR BUILDING

A HEALTHY BRAIN

Think of the neurological system like a muscle. If it's stimulated, it grows stronger. If it's not it begins to atrophy. Stimulating certain areas of the nervous system in specific ways makes the brain fire better which can solve problems in the body.

People who are inflexible and have a "my way or the highway" mentality often have very unhealthy brains.

Learn Something New

To simulate the brain try new things, tasting new foods, smelling new smells, going to new places and seeing new sights.

Fun Brain Exercises

To fire your brain up try making a figure 8 motion in the air with your arm and then try it sitting down and using your leg to write too.

Socialize Regularly

Social interaction may help ward off depression and stress. Look for creative opportunities to get together and have fun.

4

four

AUTOIMMUNE DISORDERS

Autoimmune disorders develop when our immune system starts attacking our own tissues and organs instead of foreign invaders such as bacteria and viruses. Our immune system should only kill the "bad guys" like viruses, but when it starts to malfunction, it doesn't just destroy antigens, it also attacks our own tissue.

NO MORE GLUTEN

WHAT'S GOTTA GO?

One of the biggest drivers of autoimmune condition is gluten sensitivity. Gluten is a protein found in wheat and is in manufactured cereal, grains, pasta, bread, and flour, just to name a few products. Gluten is one of the more destructive proteins and should be thrown in the trash.

90% *of people who have thyroid issues, according to research, also have an autoimmune disorder.* Institute for Natural Medicine 2015

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five

INFLAMMATION

Inflammation is like a raging fire in the body. That's actually a good thing when it signals the body to start repairing, restoring and regenerating itself after an injury. The trouble is when inflammation is continually present in the body, and disease processes begin to develop.

COMMON CAUSES OF CHRONIC INFLAMMATION

PSYCHOLOGICAL
- Stressful Job
- Unhealthy Relationships
- Excessive Workouts

PHYSICAL
- Food Sensitivities
- Traumatic Injuries
- Glucose Imbalance

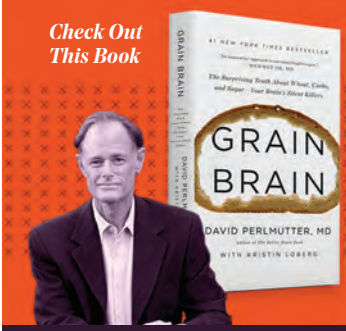
GLUTEN SENSITIVITY

Great Gluten Alternatives

Modern wheat is not the same as what your grandparents ate centuries ago. It's a commercialized, hybridized version your body can no longer recognize or break down. ***Replace it with these popular gluten-free products.***

- **ALMOND FLOUR**
- **CORN TORTILLAS**
- **CAULIFLOWER PIZZA CRUST**
- **CASSAVA FLOUR**
- **SORGHUM GRAIN / FLOUR**
- **COCONUT FLOUR**
- **COCONUT AMINOS**

Check Out This Book



Grain Brain, David Perlmutter, MD

1 out of 3 gluten-free labelled restaurant dishes contain gluten, based on thousands of tests of restaurant dishes that were specified gluten-free.

NimaSensor.com

HEALING INFLAMMATION

How To Put Out The Fire

So what can you do today to decrease the inflammation level in your body?

Reduce Your Stress

The biggest driver of inflammation is stress. Start incorporating mental health practices like deep tissue massage, unplug from technology, and eliminate unhealthy relationships.

6

six

NEUROTOXINS

A neurotoxin is a poison which acts on the nervous system. It's something you ingest into your body that has a direct link to brain and neurological destruction. As your body digests and breaks down a neurotoxic substance, it can trigger an autoimmune attack or kick off some destructive brain/body disease processes.

THE 7 MOST COMMON NEUROTOXINS WE CONSUME EVERY DAY

Wheat: Particularly gluten a very dangerous toxin in wheat.

Common Table Sugar: It spikes your blood sugar.

High Frutose Corn Syrup: Most commonly used as a sweetener in soda.

Artificial Sweeteners: Causes our bodies glutamate to over react.

Monosodium Glutamate (MSG): Leads to brain fog, depression, anxiety.

Trans Fat: Hydrogenated oils that are highly inflammatory to the body.

Bottled Water: BPA From commonly sold plastic disposable bottles.

Heavy Metals: Lead, mercury, and formaldehyde (underarm deodorant).

Switch To These Healthy Alternatives

Here are a few examples of how to avoid common neurotoxins.

READ FOOD LABELS
Know what's inside the box.

GLASS CONTAINERS
For water bottles and food storage.

NATURAL SWEETENERS
Raw honey and maple syrup.

FARMERS MARKET
Less prone to use preservatives.

7

seven

GUT HEALTH

What is gut health? This term refers to the physical state and physiologic function of the many parts of the gastrointestinal tract, also called the Enteric Nervous System. Your gut not only consists of different organs that work together to withdraw nutrition from food, it's also the home to trillions of microorganisms which live in the intestines and are responsible for true health.

WHAT IS LEAKY GUT SYNDROME?

Holes In The Screen Door

Your digestive system plays a key role in protecting your body from harmful substances. The walls of the intestines act as barriers, kind of like a screen door in your home, controlling what enters the bloodstream to be transported to your organs. If that screen door is compromised and the barrier is breached, harmful substances enter that cause acute inflammatory response. And they are very difficult to get out.

THE GOOD AND BAD GUT BUGS

Don't freak out but you have internal roommates—mixture of beneficial and non-beneficial bacteria living inside you. What's amazing is that these little gut bugs are an essential part of your immune system, and over **70% of your immune system is found in your gut.** An unhealthy gut contributes to the web of dysfunction. The health and wellness of these little guys greatly depends on the foods we eat, the stress we endure, the medications we take and the environment we live in.

Healthy Eating Habits
Stop eating gluten, casein, and processed sugar. These substances do nothing but cause inflammation and wreck havoc on your gut-brain health. Up your foods high in antioxidants, superfoods and drink home-brewed green tea.

Nutritional Supplements
You should add supplements into your daily routine like Vitamin A, D, E, K and a high quality omega-3 fish oil. The bare minimum is 500 mg but you can take up to 5000 mg with zero negative side effects. Always consult your doctor first.

A BRIEF PAIN SCALE GUIDE

1 →
WRONG COFFEE ORDER

5 →
STEPPED ON LEGOS

10 →
KIDNEY STONES WHILE YOU'RE GIVING BIRTH

The Most Common Questions

How quickly will I start feeling better?

Everyone's body is different and it's important to keep in mind that healing from chronic health issues takes time. Some people experience noticeable changes within the first 2-3 months, while others might take 6 months to a couple of years.

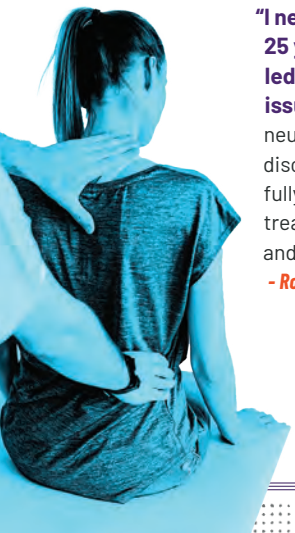
What's important is to find a doctor that is as committed as you are to untangle the web of dysfunction and to find the root cause of your chronic illness. You are valuable and worth puttin in the work to make the changes to find true healing.

Will I be able to get off my medications?

We always recommend that you continue your regular medications and consult with your MD before stopping. The goal is to use food, supplements and alternative therapy to help heal your body naturally.

TESTIMONIALS

"If I hadn't challenged my doctor I'd still be on statins. When my test results came back my doctor wanted me on a statin. She didn't care what my symptoms were I was just a number to her. I realized I had to be my own advocate so I challenged her to order a specific test that went in more detail. The doctor warned me the test was expensive and it wouldn't change the fact of her diagnosis, and blamed me that I needed to trust her. But when the test came back she took me off the statin." ***- Christi R.***



"I never knew a car accident 25 years ago would have led to my chronic stomach issues. After getting a neurological exam, my doctor discovered my brain hasn't fully healed and put me on a treatment plan for both my gut and brain."
- Rosemary C.

"My right knee was mostly useless. After eleven months of treatment, I climbed 129 floors in 35 minutes with no pain and my knee continues to get stronger! I've been able to do the things I enjoy, working and playing."
- George L.

"Who knew that constipation was an early warning sign for dementia? Had I not gotten a neurological exam in my 50's, I would have been too late to do anything about it. " ***- Amber E.***

FEATURED BOOK

License To Heal

What to Do When Traditional Medicine Has Failed

Are you living each day with chronic pain? Have you been told that there's no hope for a solution and you're "just going to have to learn to live with it"? Most people (and their doctors) don't understand the root of chronic health problems, but Dr. Andy Barlow is here to help unravel the often mysterious causes of chronic pain.

Dr Barlow is a Broad Certified Chiropractic Neurologist

REGENERATIVE MEDICINE of Raynham LLC

DR. BRIAN PETRIE, DC

Practicing Since:
1998

Location:
575 south Street West Ste 2
Raynham MA 02767

Professional Education:
- Doctor of Chiropractic degree from the Palmer College of Chiropractic
- Barlow Brain & Body Institue of Functional Neurology.

Awards And Recognition:
- Bio-Neuro-Mechanical Mechanism of the Chiropractic Spinal Adjustment

Hobbies:
Exercise, Traveling and spending time with family

Favorite Local Spot:
Pho So 1 Vietnamese

Committed To Getting Results.

Dr. Brian Petrie, DC, is a thought leader in the world of Functional Neurology. Having led a distinguished health career for 20+ years, Dr. Petrie has garnered a commendable reputation as a leading authority on chronic pain. He is a well-respected Doctor of Chiropractic and has served Raynham and the surrounding communities at his private practice, Regenerative Medicine of Raynham.

Services Offered

- Functional Neurology
- Clinical Health (Gut Health)
- Peripheral Neuropathy
- Brain Trauma
- Spinal Decompression
- Chronic Back & Knee pain
- Laser Therapy
- Pulsed Electromagnetic Field Therapy
- Balance Disorders
- Help with Focus, Attention and Concentration
- Memory Problems
- Metabolic Detoxification

AS SEEN IN

CBS NBC FOX abc

"Take care of your body. It's the only place you have to live." - JIM ROHN

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(508) 821-4049

TRAINED at the Barlow Brain & Body Institute
One of the top training institutions in the United States for Functional Neurology and updated technology.

TAKING RESPONSIBILITY FOR YOUR HEALTH

We help those that have tried everything and are still suffering.

Are you living each day with chronic pain? Have you been told that there's no hope for a solution and you're "just going to have to learn to live with it?" Many people (and their doctors) don't understand how chronic health problems develop. Dr. Brian Petrie, DC helps to unravel the often mysterious root causes of your chronic pain and customizes a plan for each patient.

There are seven key areas of health to consider when trying to untangle the "web of dysfunction" as Dr. Brian Petrie, DC refers to it as. A chronic symptom is like the check engine light flashing in your car. It alerts you of a problem but doesn't tell you where it's coming from. Using his 7 Keys to Health as a guide, Dr. Petrie walks you through simple and effective changes you can start making today that will help you drastically improve the quality of your life. In other words he's not looking to put a bandaid on your problems, he wants to provide long-term results.

If you're ready to better understand what's going on with your body, a Neurological exam is a great place to start The exam will help you to identify irregularities or imbalances that are causing discomfort and pain in your body.

Neurological Exam Benefits:

- Get answers to questions you never thought to ask.
- Leave with clarity about what's going on with your body and what you need to do next.
- Know more in 30 minutes about how your brain and gut works than most doctors.

SCHEDULE YOUR EXAM TODAY

Call (508) 821-4049

or visit www.drbrianpetrie.com

WHAT PATIENTS HAVE TO SAY

"I could not be more pleased with the results of my treatment at Regenerative Medicine of Raynham! Dr. Petrie was knowledgeable, professional, and friendly. The treatments he provided have improved my quality of life in so many ways....I am able to climb stairs, play golf, and return to other sport activities that I enjoy. Cannot thank him enough!! " ***- Gail B.***

"I cannot say enough good things about Dr. Brian Petrie. He's the BEST! I've worked with physical therapists, other chiropractors, I've talked to orthopedic surgeons, I've worked with massage therapists and I could not get relief from the pain and lack of mobility that I have had in my shoulders for over 20 years. I am a Spartan Beast competitor so I need to train constantly but because of my shoulder pain I've had to avoid certain exercises which affects my race results. And there are days when just reaching for a door knob can be awful. After working with Dr Petrie I have experienced an amazing improvement in my mobility and I don't wake myself up from pain at night any more just rolling over." **- Darrell D.**

"I was having knee pain and locking didn't want to have surgery or steroid injections saw the post about stem cells, went to seminar and decided to try it. I had injection in February and had relief right away, have no pain issues since. It was one of the best decisions I've made and it was all natural no chemicals that can do more harm. Would definitely recommend this. I am looking into doing it again for neck pain due to car accident . Dr Petrie and Trish are awesome to work with and are very caring. - ***Kathleen O.***

A SIMPLE QUIZ

Do I Need a Neurological Exam?

If you want to know what's going on with your body, a Neurological Exam is just one of the things you'll want to consider. It can help identify any irregularities that are likely to be causing some discomfort in your life and get them taken care of as soon as possible!

1. Oxygen
Do your hands and feet tingle or get cold sometimes?

ⓐ Yes (20)
ⓑ No (5)

2: Glucose
Do you feel tired after eating or drinking?

ⓐ Yes (20)
ⓑ No (10)

3: Stimulation
Do you do at least 30 minutes of physical activity a day OR try new things like crossword puzzles or card games?

ⓐ Yes (10)
ⓑ No (20)

4: Inflammation
Do you experience acid reflux, joint pain, fatigue or insomnia?

ⓐ Yes (20)
ⓑ No (5)

5: Autoimmune Disorders
Do you have any of the following symptoms? Fatigue, muscle aches, skin issues, trouble concentrating, hair loss or stomach issues?

ⓐ Yes (25)
ⓑ No (10)

6: Neurotoxins
Do you consume wheat products, processed sugar or artificial sweeteners?

ⓐ Yes (25)
ⓑ No (10)

7: Gut Health
Do you experience bloating, abdominal pain and/or constipation?

ⓐ Yes (20)
ⓑ No (5)

8: Brain Health
Do you experience depression, brain fog or have a difficult time focusing?

ⓐ Yes (25)
ⓑ No (15)

Your Score Total =

ANSWER KEY:

WHAT'S YOUR OPTIMAL HEALTH SCORE?

115 + points = Schedule a neurological exam today; it could change your life.
90 to 115 points = To catch anything significant early, look into an exam.
70 to 90 points = Looking good, if anything changes, retake quiz.

A neurology exam might seem intimidating, but taking the time to get one could significantly change your life, or even save it! If you are ready to start thinking differently about your health, schedule your appointment today!

Always consult your physician before beginning any program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional.

No one is going to care more about your health than you. A new way of living is waiting, it's up to you to make the change.

Be Sure To Schedule Your Neurological Exam Today

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Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription.