

## Initial Health Care Plan

[www.thepainreliefcentres.co.uk/plan/](http://www.thepainreliefcentres.co.uk/plan/)



90% of major chronic diseases such as Heart disease, Diabetes, Lung disease, Dementia, Arthritis, and **Back Pain** are caused by a combination of your choices and your environment. Better choices and teaching your family and friends what you learn will help decrease the major causes of death (and disability) of 90% of the population and help increase your chances of living to a 'ripe' old age with vigour, vitality and clarity.

**Understanding the following points will help you get the Big Picture of what we do here at Body In Balance:**

- 1) **The brain directs all healing**
- 2) **The brain can be thrown out of balance by stress**, which stops the healing process. **HRV age:** \_\_\_\_\_
- 3) **There are 3 types of stress:** Physical, Chemical & Emotional. **Spinal Segments out of balance:** \_\_\_\_\_
- 4) **Specific Spinal Adjustments bring your brain out of stress**, allowing you to heal.
- 5) If you subject yourself to Physical, Chemical & Emotional stresses, without attending to these causes, you will at some point have another health problem.

### **Critical Care - The Core Four**

Movement/Posture

Nourishment

Detox

Buffer Stress

**SPINAL MOVEMENT/POSTURE** - Poor posture can aggravate and cause health issues. 90% of the brain's stimulation comes from optimal spinal motion.

**Exercise Programs:** Spinal Health, Postural, Rehab, Pain Relief, Strength, Flexibility, Endurance, Balance

**NOURISHMENT** - Poor nutrition leads to more health problems than smoking. Unfortunately today's farming and food production methods make it very unlikely that you will be getting adequate nutrition to heal without help.

- 1) Eat 9 – 12 servings of organic vegetables, berries and fruits daily. Diet variation throughout the year.
- 2) Take Superfoods like Dynamic Greens and Ganoderma daily (see your Welcome pack for more info)
- 3) Ensure adequate hydration (this is NOT about the '8 glasses' a day myth)
- 4) Personalised Functional Nutrition Plan - to be discussed. **Your Visceral Fat:** \_\_\_\_\_ **Body Age:** \_\_\_\_\_

**DETOX** – There are at least 700 manmade toxins in every adult and child. They cause a ¼ of all deaths.\*\* They contribute to 86% of chronic disease (Cancer, Heart disease, **Diabetes**, Dementia, Alzheimer's etc), and account for rising cancer rates in children, weight gain **AND PAIN!** They also decrease athletic ability and energy.

**We offer multiple Detox Plans** – including a 7 day intense, and a 90 day 'True' Detox.

**BUFFER STRESS** - 75-90% of GP visits are related to stress as it contributes to most diseases and disability. \* There are supplements to reduce the physiological effects of stress in brain and body such as Ganoderma. Spinal adjustments and breathing exercises 'switch off' stress.

### **Diagnosis:**

**Number of Neurological/Muscle Weaknesses (multiply by 2 to calculate estimate of sessions needed):**

### **Initial Care Plan:**

**Complicating Factors:** Activities of daily living & repetitive postural stresses are likely to cause a flare up requiring 1-3 additional sessions. The likelihood of this diminishes with good compliance in home instructions.

**FURTHER COMPLICATIONS:** Pre-existing medical conditions, unresolved stress, inadequate sleep, inadequate nutrition & sedentary lifestyle can all slow the healing process.

\*\*References available on request.