

HOW TO RECOVER FROM LONG-TERM HEALTH PROBLEMS

Be Happy Again with your Body and Life

This paper provides a practical guide to recovering from ongoing or repeating difficult health problems. It defines and describes these problems, how they develop and the reasons they do not heal with conventional health care. Also included is a step-by-step guide on how to recover your health and stay healthy.

Author's Note: *I believe you will find that the information in the following pages will excite you and open your mind to an effective approach to health. It may possibly help to expose false information you could have received that is preventing you from finding the solutions you want and need.*

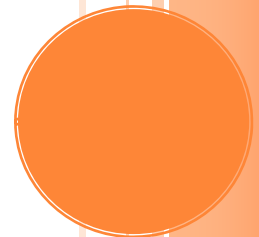
While doing the research to write this paper, I was amazed to discover that almost nothing seemed to exist regarding practical information on SPECIFICALLY how to recover from long-term health problems. There is plenty of general information on “reducing stress and being healthier,” but not with the aim of actually recovering from a chronic problem. There is a seemingly infinite amount of information regarding specific conditions; what to do about diabetes, fatigue, hormone problems, joint pain, etc., etc., all aimed at symptom relief but not at health recovery.

*This lack of available information mirrors my two decades of clinical experience: **patients with long-term health problems have no idea what to do to recover.** These people are often just randomly trying one thing after another without real hope of success or, worse, have “learned to live with it” and given up.*

Don't give up! There is much more than just a hope of success!

Enjoy the paper!

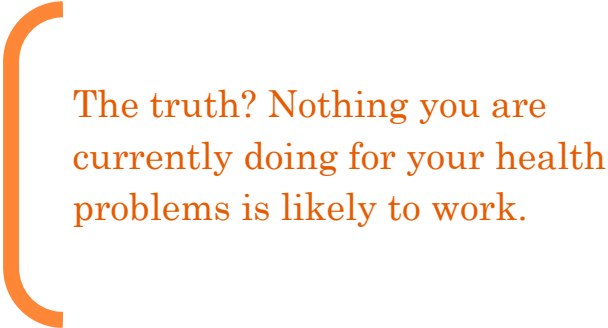
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How to Recover from Long-Term Health Problems

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THE TOP TEN PROBLEMS OF PATIENTS WITH CHRONIC HEALTH CONDITIONS:

1. Symptoms that get in the way of your life: pain, fatigue, insomnia, brain fog, depression, menstrual and menopause problems, allergies, irritability, weight gain, anxiety, gas, bloating, reflux, indigestion, constipation, diarrhea, breathing problems, low immune response, rashes, joint pain, vision and hearing problems, itchy skin, hair loss, acne, back pain, neck pain, headaches, infertility, low libido, trouble concentrating, memory problems, sugar cravings, bone loss, blood sugar problems, high blood pressure, fibroid tumors, heart problems, high cholesterol and many more.
2. Doctors and treatments that don't help these symptoms and leave you angry and frustrated.
3. Doctors or others who say or imply that there's really nothing wrong with you, maybe "it's all in your head," or that you're getting all the treatment available so why are you still whining?


The truth? Nothing you are currently doing for your health problems is likely to work.
4. No understanding from your spouse, boss, coworkers and friends that you just aren't functioning normally a lot of the time.
5. Frustration, disappointment and guilt that you can't keep up with everything, or paying a physical and mental price just to do the minimum required in your life.
6. Money wasted in copays, uninsured medical treatment and drugs, therapies and the 50 bottles of vitamins on your shelf that didn't work.

7. Feeling like your life is being stolen—with periods of time you aren't "there" fully to participate and experience, and the lost opportunities with family and friends that you had to turn down because you just weren't up to it.
8. Being confused by all the conflicting information on the Internet and in books about why you might have your problems and what would work to make them go away. Frustration at all the “other people” who say these things helped them ... but they aren't helping you.
9. The recurring fear that you never will find a solution and that the rest of your life is going to be this way.
10. The recurring fear that what is going on with you now is going to get a lot worse in the future.

The Truth? Nothing you are currently doing for your health problems is likely to work.

If you're like most people with stubborn health issues, you will try several ways to reduce your problems, such as drugs, vitamins, exercise, restricting your diet, etc. Some of these may work for a time to make your problems less awful. But the overwhelming odds are that nothing you try will permanently heal your problems (in fact, you may have been told—and believe—that there is no resolution for your problems).

You, along with everyone else in the US, has had a lifetime of exposure to our current health care system. Because of this, the information you have been given and may “know to be true” about your problems and how to treat them is based on a system that has failed to effectively treat chronic health problems. Further, the health care system operates with arrogance: “Nothing works but drugs and surgeries, everything we do is supported by science, anything else is superstition.” This attitude tends to discourage anyone from looking beyond the traditional system and finding a solution that works.

Current Health Care Approach: Control of Symptoms.

New & Better Concept: Restoration of Health.

The Big Lie: Control of symptoms will lead to restoration of health.

THERE ARE LITTLE TO NO EFFECTIVE TREATMENTS FOR CHRONIC HEALTH PROBLEMS

— BUT ALMOST NO ONE IS TALKING ABOUT THIS.

This is like a Tiger Trap: A camouflaged hole covered over with grass that you don't see until after you have fallen into it.

Chronic health problems are those that reoccur regularly or never go away. These make up a huge majority of all health problems (seventy five cents of every healthcare dollar).¹ The gaping hole in modern health care is that there are almost no solutions for these problems, only drug management to make the symptoms somewhat more tolerable. This massive deficiency is not discussed or pointed out publicly, indeed; you may be completely unaware of it yourself ... until you develop this type of problem.

Half the US population has one or more chronic health conditions.

Before you developed a chronic condition, chances are you had the same ideas that most of the unaffected population does:

“What’s a chronic health condition?”

“If you are sick, just go to the doctor ... what’s the big deal?”

This is reflected in the media’s reporting on health care, which consists of politics, business and studies that make the news and current events. Nowhere is it pointed out that nearly half of the public reading the news has a health problem with no effective treatment available.

What the media and public are not noticing is the individual suffering of those with long-term health conditions. This suffering reduces the happiness and productivity for them and their families. These are not the severely ill who are bedridden, living on disability or requiring constant care. For the most part, they are the people who hold down jobs, take care of their families, raise children and are active in churches and other organizations. But every day they wonder if they can keep it up. They’re battling fatigue, depression, pain, brain-fog and the conviction that it’s all likely to get worse. They believe this because over many years of research and effort, they have found no effective treatments or solutions. These people have found that medical

technology is very close to bankrupt on the subject of chronic illness, other than temporary or long-term drug management of symptoms.

“You are healthy, congratulations!” The nature of many chronic health problems is that sometimes they don’t show as out of range on blood tests or as anything of concern during a standard physical. The person will complain of many symptoms to their doctor, but the doctor may tell them they actually are perfectly healthy (by labs and examination). They may be told to reduce their stress, eat less fat and get more rest, but there is no diagnosis to be made. Often if the person continues to insist that there is something wrong, the doctor will suggest, “It’s possibly depression or a ‘stress-related’ issue,” (inferring that if the doctor fails to find the problem, it must be because the patient is making it up). Often patients are prescribed an anti-depressant or other psychotropic drug.

“The unfortunate truth is that drug companies really want to cure disease, but rarely know how. Medical science simply isn’t up to the challenge.”

– *David Shaywitz, MD, PhD*
(*Forbes Magazine*)

Half the US population has one or more chronic health conditions. If you have these problems yourself, be aware that this is much, much more common than you might imagine. According to the CDC, about half the US population (133 million) have one or more chronic health conditions and one in four has two or more conditions. The CDC reports that 7 out of the top 10 causes of death are chronic diseases.²

To illustrate with just a single condition, arthritis causes more than 22 million Americans to have trouble with their usual activities (CDC).³ Modern medicine has no cure for arthritis and can only “manage” it as long as possible with drugs... all with severe side effects* (see below for examples). Further, there is no arthritis case that has ONLY arthritis. This is a condition of chronic inflammation which creates a host of other chronic health problems to go along with the debilitating joint pain.

**Side effects of arthritis drugs: NSAIDS: blood clots, heart attack, stroke. STEROIDS: Cataracts, bone loss, increased blood sugar and appetite. DMARDs: Increased susceptibility to infection. BIOLOGICS: Increased risk of serious infections.⁴*

If you have fallen into this camouflaged hole, this Tiger Trap, don't be fooled into imagining that anyone is coming to your rescue.

There are no miracle cures “right around the corner” because the health care system is completely stuck on the drug treatment model, which does not work for most chronic problems.

A drug is a chemical that forces the body to react, not a resource that the body can use to heal itself from a chronic problem.

David Shaywitz, a health care reporter writing in *Forbes* magazine inadvertently got it right. In an article defending the pharmaceutical industry from charges of withholding “cures they don't want you to know about” he writes:

“The unfortunate truth is that drug companies really want to cure disease, but rarely know how. Medical science simply isn't up to the challenge. Most diseases aren't well enough understood to enable the rational development of truly transformative treatments.”⁵

Of course by “treatments” Mr. Shaywitz means “drugs.” A drug is a chemical that forces the body to react, not a resource that the body can use to heal itself from a chronic problem. There may be no conspiracy to keep the cure for your problems hidden, but the truth is just as bad: **Most of the research being done to treat chronic problems is in the area of drugs, which are not and never have been an effective solution.**

To sum up:

- There is a class of health problems that can ruin (or is currently ruining) your health, life and happiness and affects at least 50% of the US population.
- There is little to no effective medical treatment available if this happens or has already happened to you or your family.

- There is little understanding or empathy for these sufferers, as most of the world seems to believe that doctors know how to treat all but the “big name” (cancer, MS, Alzheimer’s, etc.) diseases quite effectively. If you are suffering from other than a “big name” disease and are whining about it, the popular thinking is that you need to go get treatment and, frankly, suck it up. You don’t have a REAL problem. In some cases, this attitude may be shared by your doctor.

WAYS OUT OF THE TRAP: ACTIONS THAT MIGHT WORK.

The subject of how to solve unsolvable chronic health conditions is dodged by conventional health care. However, treatments are certainly available from every other quarter. There is no end to the “solutions” being offered to desperate sufferers: some valuable, some hit-or-miss. A person doing research on their problems will quickly be overwhelmed by the competing claims and explanations of various solutions.

Following is a list of readily-available solutions that have a better-than-average success rate.

The Most Successful and Widely Accepted Actions to Improve Chronic Conditions:

Lab tests:

UPSIDE: If your problem is treatable by conventional medical techniques but hasn’t been correctly diagnosed, this can work for you. This would include infections with bacteria, viruses, fungus and parasites that may show up on the right labs and have effective drug treatment if located.

DOWNSIDE: It’s often difficult to get some of these labs covered by insurance and they can be expensive. In many cases, you will be fishing for a problem with few clues, so it can take a great many labs to cover the possibilities. You may have to search for an open-minded doctor to help with this project, as many won’t get involved outside their “comfort zone” of common patient problems and “regular” blood labs.

Diet/Lifestyle Improvements:

UPSIDE: Unlikely to hurt anything and might help. Usually not too expensive. Your doctor, friends and family will agree with the general idea of you eating healthier and will be happy that you are doing something sensible about the problems you seem to be (inexplicably) not recovering from.

DOWNSIDE: You'll have to select your "healthier lifestyle" actions from an infinity of possibilities, mostly conflicting. It seems that everyone has the "only truth" there is, and that their truth is different from everyone else's. There is much credible research that shows diet and lifestyle to be much more effective at preventing health conditions than completely resolving existing conditions. You are more likely to slow down the worsening of your problem than to totally reverse the condition using diet and lifestyle only.

Finding the right doctor who can help you is often a matter of luck.

(Note: There are a few specific conditions that do respond very well to only diet and lifestyle changes, so you should check to see if this is the case for your problem.)

THE REAL DOWNSIDE: Many people have health conditions that prevent them from succeeding in changing their diets and lifestyles. If you're so tired you can barely make it home from work, it's unlikely you are going to go work out. Severe sugar, carb and junk food cravings are very real (similar to cigarette addiction), so "eating healthy" can be an impossible task. Blood sugar problems can make dieting and losing weight impossible. Hormone problems can slow the metabolism to the point that no weight loss is possible, or create more sugar in the blood from stress reactions. Sometimes, with this extra blood sugar you can even experience weight gain from exercise. The food you eat can affect your immune system response and inflammation levels, so changing your diet in the wrong way can make either of these worse. The best example of this would be eating foods you are allergic to. Food allergies can cause hormone imbalances and other reactions, including weight gain.

Attitude Adjustment:

UPSIDE: Decreasing stress through positive thinking and spiritual activities can have very positive effects on your body's ability to heal. In fact, some

version of this should probably be a part of any attempt to recover from a health condition.

DOWNSIDE: Though these activities really seem to help, there is little evidence that this alone has been effective in complete recoveries on a significant number of people.

Vitamins and Natural Remedies:

UPSIDE: These have worked short-term for millions of people and have had long-term healing effects for some people.

DOWNSIDE: In almost every case, you will be involved in trial and error with long, long odds of success other than temporary symptom relief. The body will respond to any lessening of stress with reduced symptoms, so using “I feel better when I take product X” as your guide is likely to result in an endless series of “product X’s” as one stops working and you search for the next one that might help. Any treatment from vitamins and remedies (guided by a doctor or do-it-yourself) that relies on symptom relief as an indication of success is often endless, expensive and frustrating.

Alternative Health Care Treatments:

UPSIDE: With the right doctor, your chances of success are dramatically better than any form of self-treatment. A good percentage of people seeking alternative help get good results, many may recover their health completely. Sadly, out of the hundred-million people suffering, only a few hundred thousand will seek out alternative doctors and do their treatment programs.

DOWNSIDE: Finding the right doctor who can help you is often a matter of luck. There is little to no standardization of treatment, alternative practitioners pretty much “do their own thing.” In most cases, insurance won’t cover the cost of treatment. Doctors do their technique and only their technique: An acupuncturist will give you an acupuncture treatment, a nutritionist will give you vitamins. If you have a complex health problem that needs multiple techniques to resolve, you may get poor or incomplete results.

WHAT IF THESE MOST SUCCESSFUL ACTIONS DON'T WORK FOR YOU?

...What if nothing has worked for you? You are trapped!

The techniques above are not particularly controversial. But if these techniques don't work, if nothing you have tried (or are willing to try) has handled your problem, then you may want to look at some new ideas that you may not have heard of before.

The road to recovery from chronic problems is actually right in front of you: Your own body can heal itself with the correct assistance.

If you haven't seen this it's probably because, like all of us, you've spent your life being exposed to distortions of the truth, "facts" you know that have been disproved but never publicized and blatant false information about your body, health, diet and drugs.

There is so much false and misleading information that it can be difficult to see the simple truth about your body's ability to heal itself. This can act as a trap, preventing you from doing things that would work and continuing your suffering.

THE MAIN TRAPS

Here are some of the traps that can prevent you from being able to see the truth about your own body and recovering your life and health:

The "Diagnosis" Trap:

I have heard thousands of patients voice some version of, "If I knew what was causing my problem I might be able to figure out how to get well."

This is a very true statement. However, in our current health care system, asking this question, "what is wrong with me" opens up the first trap that can prevent you from ever recovering: The Diagnosis Trap.

This trap works by giving your health problem a name, and then substituting the name as the cause of the problem. For example, a doctor diagnoses you with "diabetes" and you now know you are a "diabetic." What is the cause of you being a diabetic? It's because you have diabetes!

This circular thinking has zip to do with the actual cause of diabetes, and leads only to long-term drug treatment (which is what 85.3% of diabetics wind up with (CDC)).⁶

People will spend a great deal of time going from doctor to doctor trying to get a diagnosis in the mistaken belief that this will identify the treatment needed to get well. This rarely turns out to be the case. You may indeed get a diagnosis and a treatment for that diagnosis, but this is very, very unlikely to result in a resolution of your health problem.

Essentially, your doctor is telling you the solution to your problem is to get younger or change your parents.

A diagnosis is a name for a specific symptom or group of symptoms. It generally has little or nothing to do with what actually is preventing the body from healing. Treatments for diseases are usually drugs or surgeries, with the goal of managing the

symptoms or getting them to go away, not to help the body heal.

Ask your doctor this question: “Doctor, what really CAUSES (name of disease)?” you’ll usually get the answers of “your age,” “your genetics” or “no one really knows.” Essentially, your doctor is telling you the solution to your problem is to get younger or change your parents.

Chronic health conditions are caused by specific stresses that your body lacks the resources to address and correct, not names of diseases.

The “Fix Me” Trap:

In this trap, you succumb to the idea that there must be a “fix” for your problem, if only you could locate it! The truth is, there is no “fix” to a chronic health condition, if “fix” is defined as “quick and someone else does it for me.”

The belief that there is a “fix” to a long-term health problem is partly rooted in Drug Company marketing. All drug ads push the line that “If you have symptoms, you are sick and need treatment (drugs). If your symptoms lessen or go away with the drug, now you are healthy (even if you have to continue to take the drug).” Every drug ad shows happy people

recovered from their problems because they took a drug. This is the thinking that allows a person to take a drug for high blood pressure every day for the rest of his life and believe that he doesn't have a health problem. This same person would probably believe that his high blood pressure condition went away as soon as he started the drug, that now it's fixed!

Chronic health conditions typically evolve over many years. You may have had problems for a decade or more even BEFORE you had any symptoms. Your body is very, very good at compensating, working around problems and hiding symptoms. At the point it runs out of options and can't hide the stresses from you any longer, there is a LOT of damage to repair which will usually take it many years to accomplish. There's no "quick fix" available because the problem simply can't be fixed quickly.

There is no quick "fix," no drug or surgery that will make you "like it never happened." There is only healing, which takes time and discipline from YOU. The first step to healing is deciding that you WILL successfully recover your health, no matter what and how long it takes. The longer you believe in the "fix" fiction, the longer it will be until you start the process of healing, meanwhile your condition will likely continue to worsen.

Chronic health conditions take a long time to develop and a long time to heal. A rule of thumb on this would be three months of healing for every year you have been aware of your problem.

The "Agreement" Trap:

This may be the most common Trap to be caught in and the most difficult to overcome. It can be stated simply in three steps:

1. There is no medical (drug or surgery) solution to your problem.
2. The public and health care system (and likely your doctor and most of your family and friends) believe that only medical care is legitimate. Everything else is useless at best and a quackery and a scam at worst.
3. Therefore, if you feel you must have agreement from your doctor, family and friends, you may be stuck in the Agreement Trap.

The easiest way out of this trap is to understand WHY your friends and family agree with medical treatment and disagree with anything else:

- Who wants to leave the comfort of believing that the medical system can take care of you if you get sick?
- Your friends see all those people in the TV drug ads and how much happier they are since they tried that new drug. This reinforces the “drugs are the only legitimate treatment” idea. Multiply this by about 2.4 billion dollars spent just on direct-to-consumer television advertising.⁷
- Doctors are seen in our society as larger-than-life, considered by many to be “the Health EXPERTS.” Health care is a huge business... giant buildings, complex technical equipment, billions of dollars, difficult to pronounce words and complicated names of diseases. Then there are all those prestigious medical schools that are hard to get into and charge hundreds of thousands in tuition. Research is done by PhDs in big, expensive labs and written up in prestigious journals that are respected worldwide. You see all this impressive infrastructure, you see people’s lives being saved by all the high-level technology. It’s hard to imagine that there is a hole in medicine the size of: “Half the population is sick and the Experts have no answers.”

So, despite the prestige, money, training, degrees and respect, medicine has NO REAL SOLUTION for your chronic health problem.

Therefore, you’re going to have to just let other people have their opinions, know what you know, keep your own counsel and find the CAUSE to your health problems.

Finding other people to talk to who really understand the problems you are dealing with and the methods you have chosen to recover is a key part of getting your health back.

DO YOU WANT TO GET OUT OF THE TRAP?

EvecticsSM, an entirely New Approach to Health Care

Nearly twenty years ago we were confronted with patients showing up every day at our clinic with chronic health problems that we had no idea how to completely resolve. Instead of just “doing our best” and settling for some improved symptoms, we began a long research project to try to solve the problem of how to get these patients recovered.

Conventional treatment systems are based on stopping the body from doing “bad” things, like pain, fatigue, depression, etc.

Over the years as we continued to research, we began to identify why normal health care doesn't work on chronic problems and how to approach the whole issue differently to achieve actual health instead of only symptom improvement.

Here is a real-life example:

Today I had a visit with my medical doctor. This is usually not a good day for me because I get to hear all the bad news about my health. Today was different!

My high blood pressure was at 112/60, the best ever!

My previously low vitamin D levels were normal!

My high cholesterol was now normal!

My chronic acid reflux has been completely gone for months!

My chronic low back pain is minimal and isn't affecting my life!

My EKG was normal!

I've lost 20 pounds since my last visit!

My doctor was amazed. This is by far the best he's seen me in 10 years.

By the way, my doctor wants to have lunch with Dr. Billiot because he's so amazed with my health changes and wants to find out how this can possibly happen.

Old Idea: Stopping symptoms vs New Idea: Restoring healing capacity

We found that conventional treatment systems are based on **stopping the body from doing “bad” things**, like pain, fatigue, depression, etc. To stop the “bad thing” (symptom), you take a drug. Or if you are using a natural or

alternative approach, you might do a therapy or take a supplement to reduce stress in a specific area that will stop the symptom.

For example, a person suffering from chronic back pain would be put on pain meds by a medical doctor. If this person went to a nutritionist, they would be given vitamins. If they went to an acupuncturist, they would receive an acupuncture treatment. If the back pain was chronic, then none of these solutions would be permanent and the person would have to keep taking the drug, going to the nutritionist or acupuncturist endlessly.

If the problem never heals, it then becomes part of your “permanent collection” of symptoms. When something else goes wrong and you get a new symptom, this is added to your symptom collection. This is how a person can have multiple symptoms which they are continuing to treat with multiple drugs or other therapies.

EvecticsSM is a health improvement system that addresses the primary stresses on the body that are preventing it from healing overall.

This is an incorrect approach, because stopping symptoms is a reactive approach to health. You wait around for something to go wrong, then react by trying to stop the bad effects of what has happened.

We decided there had to be a better way, and set about developing it.

We call that “better way” **EvecticsSM**, a health improvement system that addresses the primary stresses on the body that are preventing it from healing overall. Our research found that any given symptom is several steps removed from the stress that is preventing the body from healing. Rather than concentrate on just the areas causing the symptoms, we test to find the basic stress preventing overall healing and address the CAUSES of this.

For example, in our back pain patient above, an EvecticsSM evaluation might show that food sensitivities had led to adrenal fatigue and that the back pain was referred pain from the adrenals. Eliminating the food sensitivities and supporting the body to heal the adrenal glands restores healing capacity and eliminates the back pain ... along with many other problems that could have happened down the road for this person.

Here on Earth, things will go wrong with bodies. It's expected that you will occasionally get sick and be injured. Instead of trying to stop the thing that goes wrong (symptoms), the EvecticsSM approach recognizes that the body was designed to heal most of these problems. EvecticsSM addresses WHY the body isn't healing and what can be done to assist it back to successfully recovering again. Then, when more (predictable) bad things happen, the body will be up to healing these as well. Instead of a permanent collection of symptoms, your body handles the problems as they come up and you stay healthy.

The end result: a happier, healthier life for the rest of your life.

GUIDE TO GETTING WELL:

Step by Step with the EvecticsSM system

STEP 1: Testing

“Let's try this (drug, supplement, surgery, treatment) and see if it seems to work” is GUESSING, NOT TESTING

- Lab tests show context.
- Nervous system tests show the details and causes.

The most important and neglected first step to recovering your health is accurate testing. Testing shows exactly how your body can be best assisted to heal its problems.

In conventional health care, trial and error has and continues to be the most common method of testing used. But testing, not guessing, is critical as there are almost an infinity of wrong ways to approach your particular problem and only one or two that would work.

What about labs? Lab tests SUPPORT testing but themselves generally don't give detailed enough information for effective treatment. An analogy would be a lab that reported much less traffic than normal on a highway. You could deduce that there was a traffic backup from this lab, but would have no

clue from the lab report where it is or what is causing it. Labs show context (the big picture) often without the details and causes.

There is a source for accurate and detailed testing: This is information from the body's own nervous system. "Tapping the phone line" of the information stream the body is using to operate and heal itself is necessary to avoid trial and error-type guessing. However, nervous system testing is done based on a "stress or no stress" model, and the information gained depends entirely on what is tested. Nervous system testing shows details and causes but often without context.

The EvecticsSM Testing Solution: Lab tests (blood, saliva, hair, stool) are used in conjunction with direct nervous system testing.

- Labs show the overall context
- Nervous system tests show the details and causes.

By utilizing both valid methods of testing, accurate information is available for the next step in the process.

Testing Comparison Example:

Here is an example of what a patient with severe PMS might hear from a medical doctor:

"Mrs. Smith, I have some prescriptions for you to help with your severe PMS. First, I am prescribing birth control pills to try to regulate your cycle. I am also putting you on Spironolactone for your fluid retention and Sarafem for your mood swings. I will see you next month to see how this works, and to adjust your prescriptions as needed."

Notice that in this common example the testing step is accomplished by the patient's complaint, PMS. No lab testing is done. This is an example of the common practice of trial-and-error being used instead of actual tests.

Here is an example of what a patient with severe PMS might hear after an EvecticsSM evaluation:

Mrs. Smith, nervous system testing and labs show that stress on your liver from a fungal source may be interfering with liver's estrogen metabolism (the liver may not be correctly disposing of unneeded estrogen). Testing also shows stress on your thyroid and adrenals from a similar fungal source which may have worsened the imbalance in your sex hormones. I have designed a specific program to assist your body to heal these areas. We would expect to see your symptoms improve, and over time see a follow-up lab with normalized values.

STEP 2: CASE PROGRAMMING

A “Case Program” is a set of detailed instructions, step by step, based on testing and evaluation. It is the guide a doctor uses to navigate through a case from start to health.

Long-term, carefully worked out programs are almost completely absent in modern health care. Medical science was started 150 years ago when the practical application of germ theory was developed⁸ to handle emergencies. Emergencies tend to be short-term, so short, jotted-down “doctor’s orders” are used to “program” a patient’s case.

The Medical “Opinion”

“One accurate measurement is worth a thousand expert opinions” — Adm. Grace Hopper

Standard medical practice relies on doctor’s opinions of what is wrong and what treatment needs to be done. This is so true that it’s normal to go get a “second opinion” to see if you can get more than one doctor to agree on your treatment.

Our view is that measurement, testing and analysis should replace opinion completely. An opinion is really a guess.

Correct, effective Case Programming based on accurate testing is crucial. Working out what the body needs in order to start healing based on accurate testing is called “Case Programming.” A well-done Case Program correctly interprets the testing and labs and does not rely on “experience” or “knowledge of how this type of problem resolves” by the doctor. The only reason to do accurate testing is to develop a correct Case Program.

Case Programming includes:

- Identifying the specific stresses in the body.
- Identifying the primary area of stress and its CAUSES.
- Developing a treatment program based on this information.
- Monitoring the program and adjusting and correcting it as needed.

EventicsSM Case Programming: EventicsSM practitioners are specifically trained in programming and use exact testing and not guesswork. Practitioners operate with the help of a highly-trained Case Director who

checks programs, patient progress (quality control) and consults with practitioners on more difficult cases. Patient progress is surveyed and measured at every visit, analyzed and graphed to find any problems and resolve them.

All patients follow the general program outlined in the **EvecticsSM Chart to Health and Wellness**, which shows overall actions and progress on the case. (A copy of this chart can be found on our website, AlternativeHealthAtlanta.com)

STEP 3: Treatment based on Testing, Analysis and Programming.

“If you only have a hammer, you tend to see every problem as a nail.” — Abraham Maslow

The body needs the treatment it needs, even if your doctor only knows how to do something else. It is completely amazing to me that this isn't obvious to everyone.

If a doctor is treating you based mainly on guesswork, he's got no way to fine-tune your program.

If you go to a medical doctor, you will in all likelihood leave with a prescription for a drug. If you go to a nutritionist, you will almost certainly receive vitamins. If you go to an acupuncturist, you'll get an acupuncture treatment. **You**

will receive a treatment based on what the doctor you happen to go to knows how to do, not based on what your body actually needs. In many cases, patients are “going to a plumber for an electrical problem” but don't realize this, because the plumber imagines he can fix your wiring.

Bodies with complex problems often need many different types of treatment. This explains one reason that your chronic problem may change somewhat under conventional treatment but never resolves. Your treatment with a doctor may or may not be incorrect, but if you are under only one type of treatment when your body needs several you will get incomplete results at best.

With an EvecticsSM practitioner, you are working with a doctor who has a full tool kit, not just one treatment method, and can use accurate testing and case programming to know exactly which tools to use, in what

combination and in what order. This is one important key to resolving chronic health problems.

STEP 4: Start over with Step 1 and fine-tune the treatment program

Correct treatment allows your body to change... it begins to heal! Once it changes significantly, the Case Program will need to be adjusted and fine-tuned to keep the body healing. Outside of EvecticsSM, this step is usually omitted because accurate testing is unavailable. If your doctor is treating you based mainly on guesswork, he's got no way to fine-tune your program. Often, a treatment program is "take this drug for the rest of your life" and fine-tuning is doing blood work every six months to adjust the drug dosage. With alternative or holistic doctors, you may be put on a supplement program and told to come back in a month—there is no fine-tuning.

The number 1 goal of an EvecticsSM program: "Your body is no longer a problem in your life."

How often your program is fine-tuned is based on stability, which improves as your body progresses and heals. The need for changes in a treatment program depends on the

stability of the patient. At the start of a program the patient may need treatment changes every week (or even more often), whereas once the body has done a lot of healing, it will be much more stable and need treatment adjustments only every few weeks or even months.

STEP 5: Finish your program with good, stable health and live a wellness lifestyle!

When are you "done" with a treatment program? A question I often ask of doctors (both medical and alternative) is, "When do you know that your patient is DONE with their treatment program?" Here are a few answers I get regularly:

- "When they feel better and don't want to come in anymore."

- “When I have completed the standard treatment protocol” (often regardless of outcome)
- “When their insurance runs out.”
- “If they don’t respond well to my treatment, I refer them to a specialist.”

None of these answers have much to do with regaining a stable state of health.

Three Goals of an EvecticsSM treatment program:

When is an EvecticsSM program complete? Here are three goals for a sensible treatment program that has as its aim the restoration of health rather than control of symptoms:

1. That the patient’s body is no longer a problem in their life.
2. That the patient is not worried or anxious over what could happen to their health in the future.
3. That the patient feels confident in their knowledge and ability to live a lifestyle where they can maintain their own health from now on.

With these goals achieved to the satisfaction of the patient, they can be successfully graduated from a treatment program and monitored occasionally a few times a year on a wellness program to catch and head off any developing health issues.

In an EvecticsSM program, the program is done when the patient is satisfied with the results.

BUT DOES THIS WORK? ...YES!

During two decades of research and testing, we have helped patient’s bodies to heal almost every type of health problem. (see AlternativeHealthAtlanta.com/testimonials) for 800+ testimonials on dozens of different health problems).

But will it work for ME? One important part of our research has been identifying patients who may not get good results on our programs BEFORE

they start. This allows us to have a very high percentage of success and avoid disappointing patients needlessly. This ability is a function of our testing capability. If a patient tests inconsistent with their history and presenting symptoms, or if the different tests themselves are inconsistent, it is unlikely our program will have the result we want. This allows us to refer you to a more suitable solution if you are not a good fit for an EvecticsSM program.

Verification from Lab Testing

We test every patient with labs as well as nervous system testing. By the end of a treatment program, we have the goal of normalized lab results as well as symptomatic improvement. One lab we do in-house is Heart Rate Variability, a direct computer analysis of the “ANS” (autonomic nervous system—this is the “private network” the body uses to run itself, such as digestion, healing, hair growth, etc.). Testing the ANS in real time shows us the level of functional health and level of stress the body is under. We repeat this test frequently to track changes and improvements.

SUMMARY

Unsolvable chronic health problems are a huge stress on our society

If you or someone close to you has a health problem that doesn't seem to have a ready solution, you're a member of a very, very large club. But despite the size of the market, conventional health care has no product or service to actually help you to recover your health or find the CAUSE of your problems. Instead, you are sold prescription drugs to control symptoms (i.e. blood pressure meds, sleep meds, pain meds, anti-inflammatory meds, allergy meds, digestive meds, etc.). Over the counter meds allow you to self-treat many of the same symptoms. In every case, you are probably a customer-for-life, and very likely to add new drugs every few years.

Children are particularly hit hard. Diabetes has increased 21% among children since 2001.⁹ Food and skin allergies combined to an increase of 16% in children just since 2009.¹⁰ In the past 12 years, autism has increased 289.5%, developmental delay increased 17.1%, ADHD increased 33% (CDC).¹¹

NONE of these problems has a solution available in conventional health care, just drugs to “manage” the problems indefinitely.

Drug research has NEVER produced a single permanent solution to any common chronic illness (other than infections). That would be EVER.

Available solutions that can help

If you want to avoid a lifetime of drug use, there are a number of possible solutions that sometimes help. Improving diet and lifestyle top the list, stress reduction techniques, vitamins, alternative clinics— all these can help, and in some cases can result in recovery.

The Three Traps

Since ancient times, man has used his fellow man’s health misfortune as an income source and often as a method of gaining prestige or power. There is nothing new in our current situation.

Information is power, and nowhere is that more apparent than the false information pushed out into the society by drug companies, processed food

What we know now is: Could we possibly help you or not?

companies, healthcare organizations and unions, insurance companies and the government.

Anyone attempting to think for themselves and find a true CAUSE to their health problems is likely to run into three traps that could prevent this:

1. The Diagnosis Trap
2. The Fix Me Trap
3. The Agreement Trap

EvecticsSM: What to do when nothing else works

Twenty years ago, we became aware of this problem and the lack of any good, reliable, complete solutions. With the development of EvecticsSM and

supporting patient's bodies to heal, we have seen uniform results on thousands of cases, many of them very severe.

An EvecticsSM program begins with a comprehensive set of tests and evaluation that takes about an hour to complete. What we find in this initial evaluation is:

1. Per Heart Rate Variability testing, are there autonomic nervous system problems that could create so much stress that all healing could be slowed? If so, what does nervous system testing show as the cause of this stress? (toxins, allergies, bacteria, virus, fungus, parasites, etc.)
2. What systems, organs and glands does nervous system testing and symptomatic clues indicate are stressed?
3. Which organ, system or gland does nervous system testing indicate is the primary stress (where we would support first as the body begins the healing process)?
4. What is the primary cause to the primary stress, per nervous system testing?
5. Does nervous system testing indicate significant sensitivities to basic foods that would slow the healing process?
6. What does lab testing indicate is the context of the stressed areas and possible cause of these stresses?

What we now know is: Can we possibly help you or not? What would your treatment program consist of (macro scale)? How long would it likely take for you to recover? What is the likely underlying physiology of your problem? We go over all this with a patient at a second visit and answer all questions. Most patients start their treatment program at this second visit.

WHAT CAN YOU DO RIGHT NOW?

Depending on our schedule, it could be possible for you to have your initial evaluation visit this week, and be started on a program within a few days afterward.

- *Call 770-612-1100 (new patient line)*
- *Go to: AlternativeHealthAtlanta.com/schedule-initial-visit/ to request an appointment online.*
- *Email us: HealthHelp@AlternativeHealthAtlanta.com*

If you would like some more information before you schedule an initial evaluation, you can take an online test on our website and submit it for a free phone consultation with a doctor. *Go to AlternativeHealthAtlanta.com/take-the-health-test/ to take the Life Quality Evaluation online test.*

Have a Question? *Call 770-612-1100 and ask for our new patient coordinator.*

FINAL THOUGHTS:

Chronic health conditions can cause permanent damage to your body. Happily, bodies are designed with backup systems and an amazing ability to compensate for what can't be fully repaired—although the degree of healing available to any individual is certainly a case-by-case situation. The sooner you start the healing process, the less damage your body will have to repair.

Recovering your health from this kind of problem is almost never quick or easy. Should you decide to embark on a journey to regain your health, you should only do so with a lot of determination and a decidedly long-term view. Searching out a like-minded practitioner and clinic to support, guide and help you makes your chances of success improve dramatically.

We have a solution to assist your body to heal and recover. Seeing the results of this in the clinic every day is very exciting and rewarding. We invite you to contact us, get your questions answered, get tested, find out why your body isn't healing ... and then DO something effective about it! We would be very excited and happy to see you regain your health, and look forward to hearing from you.

Opinions? Ideas? Suggestions? Questions?

If you would like to contact us specifically about this white paper, please email us at: **whitepaper1@alternativehealthatlanta.com**

RESOURCES

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