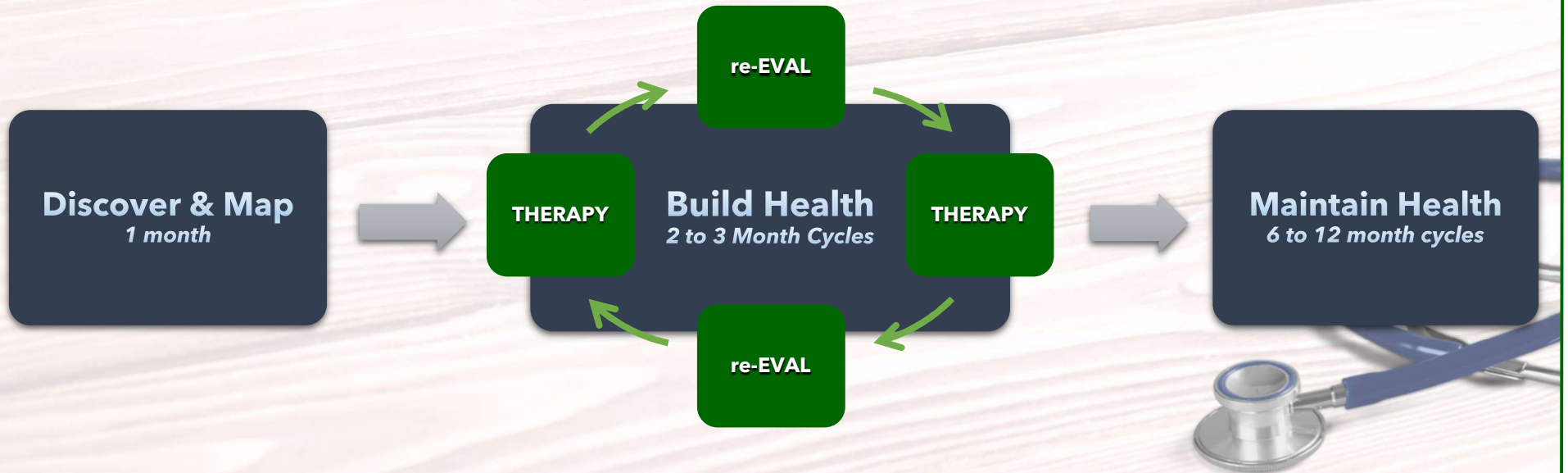




THE PROVEN PROCESS



Discover Causes & Map the Journey

- Listen - Your Story & Goals
- Exam - Physical & Tests
- Identify Barriers & Solutions
- Report of Findings
- Initial Treatment Plan

Build Health

- Therapy & re-Evaluate Cycle...
- PND Acute Care
- Lifestyle
- Educate, Guide & Change
- Stabilize Health & Habits

Maintain Health & Live Well

- Wellness Check-ups
- As Needed:
 - PND Acute Care
 - Build Health Cycles
- Wellness Membership

CORE VALUES

INTEGRITY

POSITIVITY

COMMITMENT

GROWTH



THE PROVEN PROCESS

DISCOVER & MAP 1-MONTH

We listen to your story, thoroughly evaluate how your systems are functioning through examination and testing and establish goals. Together we walk through how the body works, what the healing process looks like, review your findings, underlying causes and map out what to do about it.

BUILD HEALTH 2 TO 3 MONTH CYCLES

To correct dysfunction and build health requires therapies done successively over time, along with the appropriate adjustments along the way. Every 2-3 months we'll re-evaluate to gauge progress and adjust the plan. We continue this corrective cycle to gain function until a high level is sustainably achieved.

MAINTAIN HEALTH 6 TO 12 MONTH CYCLES

Now healthy, live well! We establish the program to maintain your health at a high level and what to do if it falters. Bi-annual or annual checkups and acute visits with mini corrective cycles are prescribed as needed. You'll be in good hands as you live your best life!

"Thank you for listening today. I very much appreciate all you do for me and my family. It is a great thing for me to feel better than I did in my twenties. I've come a long way since then! Many thanks!"

-- M.J.

"No more aches or pains, more energy in my muscles, my bowels are wonderful, and my energy is back. It's amazing. You have been a Godsend!"

-- K.H.

"My abdomen has been amazing. It's been really well. No pain at all. No cramping or diarrhea. My energy is really well. I feel like a new person! Sleep is getting better. I am now sleeping through the night without issues."

-- J.W.