

Healing is a process!



Active care is the initial stage of natural & functional healthcare and is essential for developing the foundation for robust health that allows you to fully benefit from selfcare.

Foremost is restoration of your nervous systems' regulation of body functions, primarily through chiropractic care and secondarily with craniosacral therapy, acupuncture, applied kinesiology, and neuro-emotional technique.

Further support of your ability to heal and self-regulate comes from elimination of toxicities and infections, restoration of body chemistry, stress management, and education in effective selfcare.

The Elements of Health
8711 E Pinnacle Peak, Suite F113
Scottsdale, AZ 85255
USA

Address Correction Required



Dr. Mark Force

*Active
Healthcare
&
Healing*

Active Care
restores function
to your body systems
and you're taught selfcare
appropriate to your needs.

Active care promotes healing...

of your nervous system and body structure through chiropractic, craniosacral therapy, acupuncture, applied kinesiology, and other techniques drawn from osteopathy, allopathic medicine, physical therapy, and Chinese medicine.

Active care restores balance...

and function to your body processes at the neurological, cellular, and organ levels for you to be optimally healthy and robust and experience well-being.

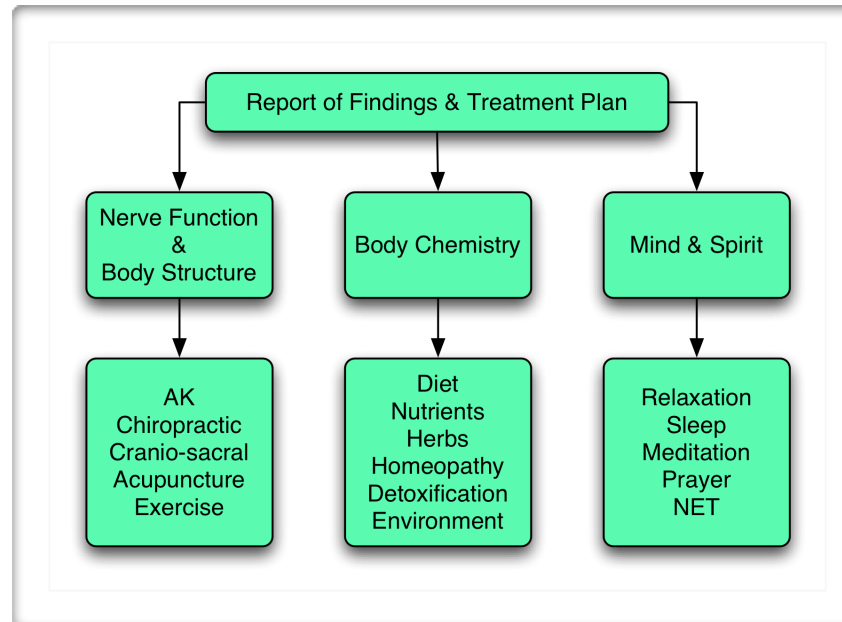
Active care reinstates...

your ability to adapt to stresses in your environment effectively. Treatment through neuro-emotional technique (NET) and retraining of your nervous system allows you to respond to the demands of life in a way that is relaxed, effective, and adaptive.

Initial active care...

takes place over a six to twelve week period of time depending on the severity, complexity, and chronicity of the illness(es) we are working to resolve and heal. It takes, in most cases, six weeks to make significant and measurable changes in your health. That's the reasoning for typically scheduling the initial re-exams after six weeks of care.

Healing is a process that occurs over time.



Symptoms may change quickly, but don't be fooled; healing the underlying imbalances and dysfunction of body systems and organs takes time. Re-exams using physical exams and laboratory testing are the standard by which the improvements in your health status are determined objectively.

During office visits...

you will be evaluated using AK (applied kinesiology muscle testing) to demonstrate what care is needed at that moment. Your body will be essentially telling us what it wants done during each office visit making the treatment on every office visit dynamic, unique, and personalized to your needs.

Treatment could be any combination of methods from the flowchart. Additionally, you will receive direction, coaching, and education in selfcare.

Visits are short & frequent...

for the reason that your body (and everyone else's) heals incrementally. Clinical experience makes it clear that you will heal more effectively and faster when treatment is brief and focused. Giving you too much treatment overwhelms your body and slows healing.

We do re-exams to...

measure objectively your response to care and health status.

Transition from active care...

is when objective findings are resolved.

More Info...

The Elements of Health

Mark Force, DC

8711 E Pinnacle Peak, Suite F113

Scottsdale, AZ 85255

Phone: 480.563.4256

theelementsofhealth.com