

*Exams are the  
key to healing!*



A fundamental strength of natural and functional healthcare is that it combines the very powerful diagnostic tools of conventional healthcare with the health-restoring tools and strategies from natural (sometimes referred to as alternative) healthcare.

Using standards derived from healthy groups of people, both physical exam and laboratory findings can define underlying system and organ dysfunction that leads to illness.

Improvement in health through healthcare and selfcare is objectively measured through retesting.

## *The Elements of Health*

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*Exams  
&  
Functional  
Healthcare*

Exams & lab tests determine  
the causation of illness,  
guide the process of healing,  
and prove results of care.

### *Exams are the foundation...*

for healthcare that is focused on resolving the underlying causes of illness and restoring your natural and innate capacity to heal and self-regulate. It is essential to have objective standards for verification of precise diagnosis/diagnoses, determine underlying limitations of function that cause illness(es), and inform the process of healthcare.

### *Lab testing provides a snapshot...*

of your body chemistry and can point to weaknesses in organ and system functions that can undermine your health.

### *Exams & lab tests indicate trends...*

towards increasing health or increasing illness. By looking at trends and the change in trends over time, healthcare and selfcare can be customized to meet your unique needs required to restore and protect your health over time.

### *Tools of physical exam include...*

Pulse & temperature  
Blood pressure dynamics (3 positions)  
Pulse oximetry (oxygen saturation)  
Eye, ear, Nose, & throat exams  
Audiometry (hearing screen)  
Tympanogram (ear drum pressure)  
Abdominal and general body exams  
Orthopedic and neurological exams  
Phonocardiography (graphing heart sounds)  
EKG and Spirometry (heart & lung function)  
Ryodoraku (acupuncture meridian graph)  
Heart rate variability (measures function of the autonomic nervous system)

Treating symptoms does not heal;  
restoring function heals.

### *Tools of lab testing include...*

#### **In-House Lab Tests**

General Urinalysis & hemocult  
Urine calcium, sodium, & oxidative stress  
Zinc taste test

#### **Out-of-House Lab Tests**

X-ray films, CAT scans, MRIs, & bone density  
Blood work of any type as indicated  
Essential fatty acids & anti-oxidants  
Hormone & neurotransmitter studies  
Allergy, mineral (metals), & toxin studies  
Intestine, digestion, & liver function studies

### *What comes after the exam?*

#### **Report of Findings**

After completing the exams, receiving the lab results, and reviewing your previous health records, as indicated, is the report of findings.

Report of findings is the moment all of the data is compiled and integrated into a precise diagnosis/diagnoses **and** the causative factors are defined. At this stage a logical and effective treatment plan can be developed or, in some cases, a referral to the appropriate specialist is made.

#### **Re-Exams**

Usually, re-exams are done six weeks from the report of findings as, typically, this is how long it takes for your body to measurably heal.

When the re-exams show the original findings are resolved, you have the option to transition to maintenance care. This usually occurs at six weeks and, occasionally, at twelve weeks.

#### **Yearly Physical Exams**

Long-term effective healthcare depends on objective assessment of health status through yearly physical exam and lab testing.

#### **More Info...**

#### **The Elements of Health**

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