

*Protect the health  
you've gained!*



*"When health is absent,  
wisdom cannot reveal itself,  
art cannot manifest,  
strength cannot fight,  
wealth becomes useless,  
and intelligence  
cannot be applied."  
~Herophilus*

**The Elements of Health**  
8711 E Pinnacle Peak, Suite F113  
Scottsdale, AZ 85255  
USA  
*Address Correction Required*



*Dr. Mark Force*

***Optimal  
Healthcare  
&  
Wellness***

## *Optimal Healthcare*

**Protects** the health you've gained

**Detects** early stage health problems

**Screens** trends toward health problems

**Optimizes** the expression of your health

### *Optimal care maintains health...*

and well-being through periodic natural and functional healthcare and a yearly physical exam. During periodic office visits we identify trends toward illness and solve them before symptoms and illness arise, resolve any minor limitations or symptoms that are present, and fine-tune your selfcare.

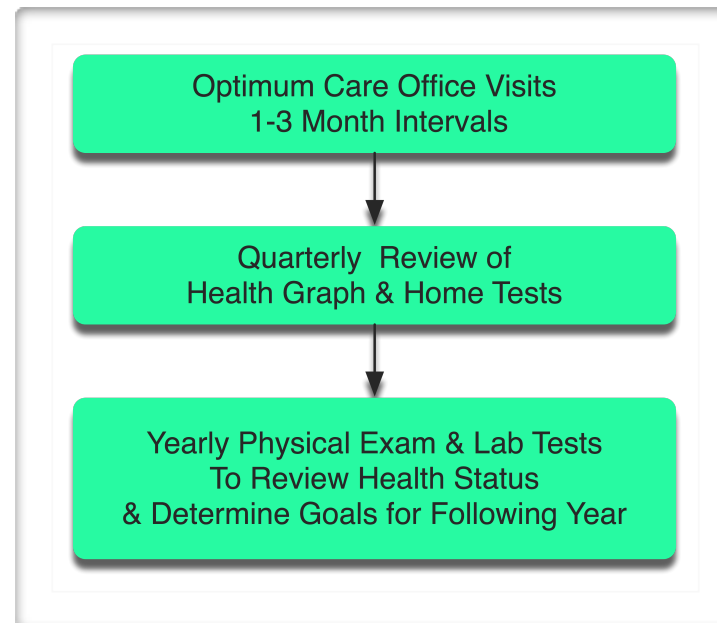
This form of healthcare is for optimizing your health over time and to promote the fullest expression of your genetic constitution as a resource for you to use in fulfilling your unique vision for your life. It helps you compensate for weaknesses in genetic constitution and for life stresses that you cannot completely control.

### *Optimal care complements selfcare...*

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

*Optimal care promotes vital aging...*  
so that you can age without disability and limitation.

While anti-aging medicine approaches are typically expensive, invasive, and based on dubious research, aging vitally is a process that is primarily self-care focused, cost-effective, produces measurable effects on biological age, and is a reasonable application of the research.



### *It's always your choice...*

to use optimal long-term natural and functional healthcare, or not. Dr. Force uses this model for his healthcare and recommends it for his family, friends, and for you as being the highest level of health care maintenance, protection, and optimization.

### *Frequency of care depends...*

on your health goals, genetics, health history, and level of stress. Typically, care frequency ranges from every one to three months. Dr. Force can make recommendations for you based on your unique health factors; ultimately, the level of care you want to use to protect and promote your health is up to you.

### *Each change of seasons...*

is when one should be treated to remain healthy according to traditional Chinese medicine. There seems to be a great deal of wisdom in this model and Dr. Force has observed through his nearly three decades of practice that use of at least quarterly care over time results in people being significantly more robust and vital than their counterparts not getting this kind of care.

### *Optimal care saves you money...*

when compared to seeking healthcare on a symptom-driven basis. When getting regular care to promote health and prevent disease, you significantly decrease your risk for developing degenerative diseases and disabilities that are costly and life limiting.

### More Info...

**The Elements of Health**

**Mark Force, DC**

8711 E Pinnacle Peak, Suite F113

Scottsdale, AZ 85255

Phone: 480.563.4256

[theelementsofhealth.com](http://theelementsofhealth.com)