

Dr. Mark Force



Dr. Force is a certified diplomate and teacher for the International College of Applied Kinesiology and the International Academy of Medical Acupuncture and has published research papers, helped develop nutritional formulas, and been a technical contributor for manuals on interpretation of laboratory tests and clinical nutritional protocols. He has been in practice over twenty five years.

Dr. Force is married and has three adult daughters. He enjoys learning, travel, and the outdoors (climbing, skiing, whitewater rafting, backpacking), and competing in the Scottish Highland Games.

Dr. Force's full bio can be found at theelementsofhealth.com

The Elements of Health

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Address Correction Required



Imagine if....

There was a place
where health care
was a blend of

East and West
Ancient and Modern
Conventional and Natural

There is...

It is your natural state
to be self-healing, self-regulating,
well, and vital and to
fully express your inherent
strengths and gifts.

We provide...

functional and natural healthcare in service
to your innate ability to heal and be well.

Functional healthcare...

focuses on restoring function to your body's
systems so that your innate ability to self-
regulate (homeostasis) is present.

Functional healthcare is to...

Optimize your nervous system to better
regulate your body as a whole.

Eliminate infections and toxicities that limit
the fullest expression of your health.

Optimize your body chemistry through diet
and clinical nutrition to enhance your genetic
expression.

Teach you selfcare so that you can
consciously practice habits that restore and
protect your health.

Tools of functional healthcare are...

Diagnostic Tools

Health history

Health questionnaires & health graphs

Exams (physical, orthopedic, and
neurological)

Laboratory tests

Therapeutic Tools

Acupuncture

Applied Kinesiology

Chiropractic

Clinical Nutrition

Craniosacral Therapy

Neuro-emotional Technique

Teaching Functional Selfcare

What to expect from...

Active Care

First Visit: Health history, preliminary exams,
and initial treatment, if appropriate.

Second Visit: Exams as indicated from history
and preliminary exams

Third Visit: Report of findings and
recommendations; development of treatment
plan, based on your health goals

Typical course of care is six weeks when re-
exams are done, the original complaints are
resolved, and most patients transition to
maintenance care.



Maintenance Care

The purpose of maintenance care is to
support and coordinate with your selfcare.

The typical interval for office visits during
this stage is every three months. Ideally a
complete physical with lab is done yearly.

Participating in maintenance care is a choice
based on your personal health goals.

The reference for practicing functional
selfcare is Choosing Health: Dr. Force's
Functional Selfcare Workbook.

Why Does It Matter?

Treating symptoms does not restore health;
relief is usually limited and fleeting.

Optimizing function of body systems restores
health and allows the body to heal and be
vital according to its' inherent nature.

The Logo Means...

The triangle represents body structure, body
chemistry, and mental/spiritual aspects.

The lotus flower represents your whole being
with the petals as aspects of your nature.

More Info...

can be found on our website where these
ideas are covered in more detail. You will
also find downloadable articles, links, and
other health related resources.

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