



If someone were to ask you what is THE most important factor in your health, what would you answer? Would you say the heart? Would you say the nervous system? Would you say the immune system? The lungs? The liver or kidneys?

As important as these all are, independently, and working together in the body, there is one which is without question superior because it is the primary control center which governs and controls all other organs and systems in their function. We must, in learning new and important things, have the open mind, curiosity and eagerness of children.

What is it? Your brain. Why? Because what you understand, what you believe, and what you feel determine everything else that happens. What you think, what you believe, and what you feel determines your choices, your decisions and then your actions and this produces your results.

If, for example, you are open minded and considering help with chronic pain using a method like acupuncture, then you would learn something about it, and if it made sense to you then you would make an appointment with an acupuncturist for help. On the other hand, if the idea of acupuncture is not something which you would ever consider, then that door remains closed and you do not experience whether it can or cannot help you with your pain.

I use this as an example: what you believe, have confidence in, and understand determines your experience and this determines your results. Another example might be a belief in a higher power. If you have such a belief it will provide guidelines for dealing with life and it's challenges, whereas if you do not have such a belief system, then these kinds of guidelines will not appeal to you, you will not utilize them, they will have no value or meaning for you.

You are a free agent, you can think, believe and feel whatever you decide, but all thoughts, all feelings, all beliefs have results, consequences, and this is why it is critically important to know what your beliefs are and why you hold those values.

In seeking help with your health there are many ways to approach your needs: you can fast, or not fast, you can exercise or not exercise, you can improve your diet or not, you can take Rx prescription or over-the-counter drugs or not, you can use natural & alternative methods like detoxification, herbal medicines, homeopathic remedies, or not – the choices are yours but your choices produce results and consequences – so we ask you to most carefully and thoughtfully consider what your beliefs are and what options they may offer to help you with your personal needs.

A famous writer, Anais Nin, put it this way: 'Our life shrinks or expands depending on our courage.' I have heard it another way: 'Mind are like parachutes – they only work when open.'

All my life I have been a hard core scientist with high standards of seeking the truth in science and never compromising the principles, but a good scientist is both curious (I am) and open minded (I am), willing to explore new and different discoveries and test them for myself to determine if I accept or reject them, if they work or not.

You have that right, and indeed that responsibility to yourself, your life, and your health. It's what we want for you: improving your health according to your enhanced understanding as you learn about and begin to embrace the options which natural & alternative medicine have to offer you. We strongly encourage your curiosity, that you ask questions, that you study and learn what happened to your health and how it can be restored once more to optimal levels.

Thank you for coming to see us, to consult and work with us, we are honored to know you and to have the opportunity to work as partners in healing as you begin to restore better health using natural & alternative methods.

Remember this: What controls healing? Your mind, your thinking, beliefs and feelings? Where does healing begin? Your mind, your thinking, beliefs and feelings? What you believe determines what you choose to experience and this then determines your outcomes and results. We want to help you succeed in restoring optimal health once more. . .