



## ABOUT VITAL HEALTH

---

At Vital Health our mission is to provide hope, answers and solutions. We provide quality, personalized care to all who walk through our door, and we want our patients smiling and feeling better when they leave after receiving our services. We are dedicated to the physical, emotional and chemical well-being of our patients. It is our commitment to provide a warm, nurturing, serene and safe environment to assist our many patients in their healing process. We are "wholistic" (meaning 'whole body') and "holistic" (meaning 'natural'). We use modern and ancient healing arts to heal the whole body - the whole person - not just isolated problems, and not just the disease - and do it naturally, without dangerous side effects or toxic overload to the body. We believe in treating the body with gentle and effective techniques. Using several modalities gives you choices. You, as a patient, have choice, thereby enabling you to be an active participant in your health care.

*“She was so encouraging and supportive. She knew how I was feeling and understood why I was feeling that way – it took away some of the guilt. When she says something – she knows it – it’s no guesswork. She is very accurate because of her dedication to constant learning. I don’t know any other practitioner who has the well rounded education in both conventional and alternative medicine... With [her] help I was able to take this big pool of symptoms, identify the source of each and resolve them. It was like peeling away the layers on an onion.” – Melissa*

### What Makes Us Different

We are different in that we look for what is going on underneath the symptoms you are experiencing. A symptom is simply your body’s way of telling you that there is a problem that needs to be addressed. It’s like having the check engine light come on in your car. You can put a piece of tape over it and cover up the symptom (like taking a drug to mask a symptom) or you can cut the check engine light out of the car (like removing an organ that is not functioning properly), but until you find out WHY the check engine light is coming on in the first place, the problem still exists. We do a lot of investigating to discover WHY your body is not functioning properly in the first place. What is going on “underneath the hood?” Once we discover WHY you are experiencing your symptom(s) in the first place, we are able to put together a Customized Health Recovery Plan to help you to re-claim optimal health.

*“...she teaches you how to work with your body instead of the quick-fix, “Band-Aid” approach of western medicine.”*

*- Stephanie*

The other thing that makes us different is that we take the time to truly listen to our patients and answer all of their questions. Our patients feel heard and know that we truly care about them.

*“She has paid complete attention to me. She has so much compassion...she listens with her whole heart. She really cares what happens to me. You don’t see that too often in medicine. She has wisdom and knowledge beyond measure.” - Betty*

*“My experience...has been wonderful. She is so helpful and so knowledgeable. I enjoyed being able to ask questions about my health and getting answers that work. I have felt cared for by the whole office. It really matters what I say – everybody is here to help me. I am so grateful that I came...” – R.*

### **Complete Bio-Functional Analysis**

On your initial visit at Vital Health, you will receive a Complete Bio-Functional Analysis. The purpose of this 1 ½ to 2 hour visit is to evaluate what deficiencies, imbalances, toxicities and impaired function are at the root of the symptoms you are currently experiencing and/or why your body is not healing at an optimal level. The Complete Bio-Functional Analysis consists of the following:

**Health History:** This is a comprehensive review of your medical and health history – past and present, review of your tests and review of supplements and medications. We will ask a lot of questions and listen intently to what you have to say about your health.

**Examination/Assessment Tests:** During the examination portion of your visit we utilize over 27 different assessment tools to help us uncover the reasons for your symptoms. We are Health Detectives. Our goal is to find out WHY your body is not functioning properly in the first place – not just chase symptoms.

### **Evaluation**

Following your Complete Bio-Functional Analysis visit, you will be asked to come back for a follow up, Report of Findings visit a few days later. This allows the doctor to take the time to evaluate your health history, medical records, other data supplied by you, and examination findings comprehensively, and then determine the best treatment approach for you.

*“I am particularly impressed by the way you took as much time as needed to listen to me and fully investigate my problems and issues. You soon came back with a full and complete report of your findings which you then proceeded to explain in great detail. You made it very clear why I am in the condition I am in, how I got there and exactly what to do about it.” - Mike*

### **Report of Findings**

During your Report of Findings visit, we will go over with you the results of your Complete Bio-Functional Analysis and explain what we found is happening in your body that is at the root of your health challenges and/or what is inhibiting your body from healing at an optimal level. We will then provide you with a Customized Health Recovery and Support Plan and get you started on achieving your health goals. We will provide you with a lot of information on this visit. We believe that knowledge is power. The more knowledge we can provide you with about your body, how it works, what is wrong with it and what you can do about it, the more power you have to take action to attain and sustain vibrant health.

*“I have been very happy with my experience... She really talks you through what is happening and what needs to be done to get well. My questions have been thoroughly answered. I feel like she’s treating me, not the textbook. I felt like all of the other doctors I saw were treating the textbook, not me.” - Kim*

### **Treatment Approaches**

We have a variety of techniques available to us to assist you on your journey to vibrant health. Your personalized health improvement program may include one or more of the following, depending on your individual needs: acupuncture, dietary guidance, whole food nutritional supplement recommendations, herbal medicine, detoxification programs, exercise recommendations, lifestyle coaching and others. Rest assured that we will choose the best approach to assist you in recovering your health as quickly as possible.

*“I was surprised to learn how truly bad for you refined sugars are, and how good for you the right fats are. I was surprised to realize that a large part of it is what I eat and the detrimental chemicals in my environment. I was amazed that I could do acupuncture – I am a serious needle phobe! I have been so pleased at the speed with which all the stuff I dealt with has reversed in relation to how long I had been suffering. Thank you!” – Juli*

*“The morning after taking Min-Tran for the first time, I woke up feeling refreshed. I learned that acupuncture and nutrition were more powerful in combination.” – Melissa*

*“There was a long time when I felt I was fighting a losing battle. But then I found out about acupuncture and my health has been improving ever since.” - Kathleen*

## **Teamwork**

Your healing is a two-part process. One part health care practitioner, one part patient. You have the most important role in this relationship – doing the work. We expect you to take an active role in your healing process. Our goal is to assist you. We will be there for you every step of the way. It will take time and effort to get well. It will be worth it!

*“...has been respectful of me as a patient and what I bring to the healing process. She has been respectful of my financial and physical limitations. She has been careful not to overwhelm me with too much information and too much change at a time. Healing is a relationship – it is an effort from both parties. I never felt judged for my failings in the process. I have always received encouragement instead of a negative response. She is always positive.” – Juli*

## **Results**

We have had success in helping our patients recover from numerous health challenges, including:

- Weight Loss/Gain
- Headaches and Migraines
- PMS, Menopause and Other Hormonal Imbalances
- Pain (all kinds)
- Allergies
- Asthma
- Sinus Problems
- Fatigue & Lack of Energy
- Colds, Coughs, Sore Throats, Flu
- Addictions: Smoking, Drugs, Alcohol
- Infertility (male and female)
- Immune Deficiency: Lupus, Chronic Fatigue Syndrome, Epstein-Barr Virus, Fibromyalgia
- Rheumatoid Arthritis
- Osteoarthritis
- Sports Injuries
- Stroke: speech disturbances, memory loss, paralysis, etc.
- Facial Paralysis, Bells Palsy, Tic Douloureux
- Sugar Handling Issues: Diabetes, Hypoglycemia
- Emotional Distress and Imbalances
- Multiple Sclerosis
- Slipped/Bulging Disc
- Digestive Problems: Irritable Bowel Syndrome, heartburn, reflux, constipation, diarrhea, etc.
- Sleep Disorders
- Adrenal, Thyroid and Other Endocrine Disorders
- Osteoporosis
- Childhood Behavioral Issues
- Depression & Anxiety
- And Much More

## Our patients speak for themselves:

*“I am no longer experiencing terrible sugar cravings after each meal. My joint pain is pretty much gone. My neck & shoulder pain is gone. My back spasms are gone. The inflammation I was experiencing all over my body is pretty much gone. I feel really balanced and am experiencing zero anxiety! The “brain fog” I was experiencing is gone and I feel my initiative coming back. The cough I woke up with every morning is gone.” – Brenda*

*“Now, everything is so much better. My energy level is so much higher; I feel a sense of calmness and am no longer experiencing the mood swings I experienced before. I’m feeling good again – like I used to feel 20 years ago. I now zip through my day and feel good enough to work out at the end of the day. I was very skeptical... – now I would refer anybody to her.”  
– Dennis*

*“My heart is so much stronger and my blood pressure and cholesterol are now normal. Most exciting of all, I had my annual physical last Thursday and my medical doctor declared me “officially non-diabetic”! – Inga*

*“It’s working!! It’s working!! I will admit I felt skeptical about acupuncture but there is definitely a difference. Thank you so much for telling me to “hang in there”. You were right, the nerves are slow to respond. But soon after my treatment last Monday, I forgot to use the cane as I walked around the office. I believe that was my 14<sup>th</sup> visit to your office. Every treatment seems to make me stronger and more balanced. I realize now that it will take many treatments but it is worth the effort, time and cost. After all, my alternative was a slow decline to a walker and wheelchair.” – Laura (Multiple Sclerosis)*

*“It’s hard to believe something so natural (without the side effects of drugs) could be so effective. I was also amazed at how gentle and pain-free...acupuncture treatments are.” –  
Mandy*

*“My brother, Peter, had an emergency operation for a massive brain hemorrhage...due to hypertension and stress. Peter had no feeling in his left arm or leg. Also, his cognitive response was zero. [She] began to treat Peter in early August, a full four months after the operation. Almost immediately Peter began to respond. His eyes opened all the way up and one could see recognition in his eyes. He started to respond to commands, and has feeling along the whole left side of his body. Subsequently, he has progressed at a rapid rate. He is totally aware of his situation, writes somewhat legibly, and is now tolerating a rigid regimen of therapy. The family is understandably ecstatic and the staff at Tustin Rehab (especially the R.N.’s) are amazed at his rapid progress.” – Richard*

*“...recommended some dietary changes and put him on a nutritional supplement program. Within 3 days he was calmer – he had “chilled out”. I was astonished, I never expected to see a difference that quickly. Now, about a month later, he is like a whole different child. He feels better and he’s happy!” – Mandy (mother) (Childhood Behavioral Issues)*

*“Chronic sinus problems have been alleviated. Digestive problems and hormone imbalances are also gone. Problems that I tolerated and never specifically intended to address have been cleared up, due to your very thorough care.” – Michele*

*I am now feeling so much better! I have just reached a new level in my healing process, and I am able to do so much more. I am able to participate in summer activities with my family. I go on daily walks. I can do a lot of activities – run a lot of errands without paying the price (in the past, it would take me 3-4 days of resting all day to recover). Now, if I overdo it, I recover within a few hours, otherwise my activities have no ill effect on me.” – R.*

*“Now, I am still healing – I am not 100% of where I want to be, but I am doing so much better. I am now 45 pounds lighter than when I started. I finally recognize that girl in the mirror again. I am responding to life like that person I knew. When I was sick, I was not expressive; I was “dead-pan”. Now, I am full of expression and vitality again. I have a lot more energy.” – Juli*

The above are excerpts from patient testimonials. Their full testimonials and others can be viewed on our website: [www.vitalhealthcda.com](http://www.vitalhealthcda.com). On our website, you can also learn more about Vital Health, read informative health articles and view a list of upcoming health classes.

***Take action today to achieve and sustain vitality!***