



## NEW PATIENT ORIENTATION

### Elevate Healing System

#### **Why you're having health concerns:**

Healthspan is diminishing in the western world. Healthspan is the time within our lives that we experience high quality health. It's different than longevity in that it refers to the experience of living well vs. the experience of living long. Statistics are alarming with regard to our health span. Children in developed counties are experiencing epidemic levels of poor health in recent decades, with 100% - 500% increases in allergies, asthma, autoimmune diseases, developmental delays, learning disorders, mental illness and suicides. Adults take an average of 6 different medications each year to address issues related to poor health. Seniors consume an average of 11 different medications to address chronic disease conditions. These are some of the reasons:

1. **Food quality** - Food quality has degraded significantly over the past 100 years. At one time, we ate only organic high quality food grown in healthy, nutrient dense soil. Today, we must go out of our way to eat a high quality whole food diet. The impact on our health is easy to see. Diabetes is at epidemic levels with 51% of US adults either diabetic or prediabetic. Heart disease and cancer are rampant and growing, with an increased incidence of over 20% in less than a decade. These are diet driven diseases and the Standard American Diet (SAD) is at the root. It's increasingly challenging to untangle the impact of industrial food on our health. A shift to a whole food diet is foundational, but often no longer enough, and a more exacting approach is often the way to help restore balance. With clear guidance, this is workable. With a determined and willing spirit, increased health through the correct approach to diet is inevitable.



2. **Lifestyle** - The way we approach our day to day lives often goes unquestioned. We're told to exercise regularly, sleep 8 hours, go to the movies on the weekends, schedule 2 weeks of vacation, and work a prescribed 40 hour work week. But how are our unique differences factored into this equation? If each of us is here to fulfill our individual purpose, how does this standard American lifestyle affect our ability to fulfill that purpose? One person may be moved to create great art. Another to be immersed in inspiring research. The lifestyle to support the path of an artist is different than the lifestyle to support the path of a researcher. Recognizing our purpose opens the possibility of designing a life that works. It creates time for everything that matters. It inspires a sense of freedom, and creates space to craft our health as part of our larger purpose.

3. **Disconnection from ourselves** - In the noise of our world today we are less aware of ourselves than we were when times were simpler. Our own self connection is central to our ability to align with that which we are here to do. Technology makes it easy to succumb to distraction, weakening our ability to make good choices. Keeping our attention on our own lives is an empowered way to connect with ourselves and others. It deepens our ability to feel whole and well.

**You are designed to be healthy and well:**

The human body is the most extraordinary machine in the world. It orchestrates approximately **37 thousand billion billion** chemical reactions per second. That breaks down to 1 billion chemical reactions per second in each of your 37 trillion cells. In that same second 5 million cells die and 5 million new cells are born. If you stretch your blood vessels end to end, they'll wrap around the earth 2 times. The intelligence in your body knows more in 1 moment than any of us will ever know.

This innate intelligence runs a body that has basic nutrient, energetic and structural needs. When these needs are met, health and well being are a natural expression of our inborn potential.



## **Elevate Healing System:**

Dr. Beth developed the Elevate Healing System to elevate awareness. With awareness, the root cause of diminished health can be seen and addressed, and a program can be designed to encourage healing.

This is accomplished through:

### *Individual sessions*

Individual sessions clarify and develop core recommendations as part of a comprehensive program to support healing.

With resolve and dedication to your program, awareness deepens. With awareness, mysteries surrounding old and new dilemmas unravel, and health and well being grows. With awareness, we can move past our blocks and propel ourselves to experience life at our best.

### **What to expect:**

Expect that if supplements are recommended as part of your program, they are professional grade supplements with the highest quality standards in the industry. We primarily rely on Standard Process whole food supplements. 1) Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides – and no chemicals are ever used. Ph.D.'s check the soil before the seeds are sown, to make sure of the fertility of the soil – and even the weeding is done by hand. 2) The machinery involved in the processing of these products is made of glass and stainless steel only. 3) The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients remain active and alive, and have a very long shelf life.

Expect that recommendations will be made to help you develop strength and improve function.

Expect to be seen and supported with clear guidance as you take the needed steps to increase your health and well being toward its full potential.