

I - BROKEN TO WHOLE BODY HEALTH

“Life is short, the art long.”—Hippocrates

A healthy person has many dreams, a sick person has but one. A health crisis is a great motivator—it’s probably what led you to this book. It means that some symptom or condition has pained you enough that you’re finally deciding to do something. It means you dream of a better life, free from illness.

Just like you, I was looking for answers years ago when my health began to fail me, and just like you are about to, I found the answers.

A common definition of insanity is expecting a different result upon repeating the same action. Perhaps you’re reading this book because you’re realizing that change is required. Most likely your symptoms are awakening in you the truth that no matter what you do, every year you feel worse and your overall quality of life is failing. You might realize the only recent gains in your life are weight, anxiety and pain. You are finally ready to heal.

Regardless of how much you believe in your current doctor or health regimen, results are the only thing that matters. Lack of results must dictate a new approach. At least this is how I felt when I got sick and found no help from the current health system. I eventually lost faith in doctors and decided to look for a better approach.

Each of us will have health challenges in life. What matters is not how or when we will be affected, but rather how we deal with it. Do we accept our new fate or do we strive for better? This is the most important question you can possibly ask yourself.

Here is a short story of my health breaking point and how I discovered a healing formula and cured myself:

When I was nine years old, it was the best year of my young life yet. It was summer break and I got to ride my bike to basketball camp. I loved playing basketball. One day riding back home from camp, a car ran me over.

The elderly driver did not see me at the crosswalk, nor realize she hit me. As she drove away my body got stuck underneath the moving car. I tumbled, rolled, bounced, and was dragged for 50 yards underneath her car before I was finally spit out onto the road.

Amazingly, my life was spared, though 90% of my skin was covered in wounds and abrasions, and my left leg and ankle were shattered.

I felt like my body was broken. I spent three weeks in the hospital, bedridden, trying to recover. My bones eventually healed and my wounds became scars. To the outside observer, it seemed that I had mended, but to me something was wrong I could not articulate. I no longer felt good. Not able to put my finger on it, I lived with a change I did not understand.

As time went on, my health deteriorated. I remained active, but over the next four years I broke my right arm four times and each of my front four teeth often doing simple activities. My bones had become incredibly weak.

My M.D. father prescribed medications to try to alleviate my worsening ADHD. I developed severe, embarrassing acne. Frequent colds and flus were my norm. In seventh

grade my feet went flat; the pain from walking distances was barely alleviated by the special arches prescribed by a podiatrist.

At the end of eighth grade my parents decided to hold me back a year, feeling I wasn't physically or emotionally ready for high school. I felt inadequate.

When I got to high school, I kept Pepto-Bismol in my locker and my car for my relentless stomach pains. I collected more injuries. My best friend and basketball teammate, also named Tim, told me that I had the worst injury list of anyone he'd ever seen. While playing basketball, I regularly sprained both my ankles. My left shoulder dislocated over 100 times, often forcing hospital visits. It got so bad that I couldn't lift my arm above my head without it going out of socket. It started dislocating during my sleep, when I put my arm around a friend for a picture, and while playing frisbee.

Despite all this I pushed on, did my best, and was accepted to Ohio University's pre-med program in 1998. It was my freshman year of college, and unbelievably not only did my health not improve, it really began to slip.

With the addition of cafeteria food, my bowel movements became irregular. When I did go, it was accompanied with pain, mucus, blood, and chronic hemorrhoids. After my second year, a candida infection called Tinea Versicolor covered my skin, causing more embarrassment. My ability to concentrate and focus was seriously compromised, and the brain fog was especially thick and heavy. I was not doing well with my studies, even though deep inside I knew I was intelligent enough to be the best. I felt like a prisoner in my body.

The summer of 1999, desperate for relief from the continuous pain in my shoulder, I opted for shoulder surgery. The surgeon told me that my labrum completely ripped off and my rotator cuff was torn. Surgery was performed and he did the best he could, but was pessimistic about a full recovery. After the surgery I had a "frozen shoulder" despite going through a full course of physical therapy. Each time I moved my left arm, a creaking sound emanated through the room.

More surgeries followed. My tonsils were removed because of chronic infections. I was told further surgeries would be required on my left and even right shoulder. My left Achilles tendon snapped and rolled up my leg. Diagnosed with irritable bowel disease, I went through the indignity of several colonoscopies.

To say that my stress levels were immense would be an understatement. One night while studying, I ran my hand through my hair and a huge clump landed on the book I was reading and augmented my anxiety. Often the anxiety would not let up for weeks, or even months.

For years I battled a chronic cough and excess mucus in my lungs. Every morning I would wake up, cough for 15 minutes, and hack up globs of green mucus. I felt like garbage all the time. I was sure I had lung cancer, and I was scared. Despite the fact that my father was a physician, my mother was a nurse, and I was in pre-med, I found no answers.

I hadn't even lived a quarter of a century and all this was happening. When I felt I couldn't take it anymore, at my lowest and darkest moments, I decided to make a real change.

After consulting with my father, I decided to quit the pre-med program. My brother Brian influenced my decision to move to St. Louis and finish my B.S. degree in Human Biology. He was in chiropractic school and encouraged me to attend. I resisted because I thought chiropractors were quacks, but he convinced me to at least try. This was a momentous and difficult life decision because it meant that I was to break a five-generation tradition of becoming an M.D.

The drastic change of how chiropractors look at the body led me to a remarkable discovery that would not only save my life but become my passion. I slowly became aware of the principles that lead to health. This discovery fueled my passionate pursuit for learning and led me to read thousands of books, attend hundreds of seminars, and be treated by many great doctors in a search to find the secrets to unlocking health.

Through all this I gained a deep awareness and understanding of a paradigm of health called “The Cellular Theory of Health.” The enormity of this concept led me to the works of renowned physicians and scientists like Hippocrates, George Goodheart, Francis Pottinger, Royal Lee, Claude Bernard, Weston A. Price, and Hans Selye, whose stories will be told further on. I realized that, since ancient times, successful physicians had adhered to the Cellular Theory and in doing so had healed what many of us believe are “incurable” illnesses such as cancer and heart disease.

By applying the knowledge I learned, I discovered the causes of my illness. I found that the nerve energy of my body had become diminished from several twists in my spine from the accident. I discovered that I had a frozen diaphragm and was not breathing completely, therefore my body had become overly acidic. Tests showed allergies to gluten and dairy, along with a leaky gut. I became aware that I was poisoning myself with processed foods, sugar, and other toxins from my diet. Simple tests showed I was deeply deficient in minerals and certain fats, that I was exercising improperly, and had adrenal exhaustion.

As soon as I applied the steps described in this book to my own health, my ability to self-heal exploded. The results were nothing short of amazing. I felt like I was experiencing a miracle. I fixed my chronic shoulder pain, and today I can lift both arms completely over my head with no restriction or pain. My flat feet healed. I no longer wear braces in my shoes, and I frequently walk and run barefoot with no pain. It has been a decade since my last shoulder dislocation, despite a very active lifestyle that includes hunting, sailing, kayaking, and travel. My digestion normalized, my skin cleared up, and my energy returned. I described the new way I was feeling as “Whole Body Health.”

The tests to reveal these problems are simple and inexpensive, and the solutions are mostly self-administered and can be done at home. The point of this book is to reveal all of this to you.

With a desire to help others to whole body health, I went on to receive a doctorate in chiropractic, learned the art of Applied Kinesiology, and became a nutritional expert. I built Whole Body Health Clinic in 2004, a multidisciplinary healing center.

At the clinic, we apply healing techniques described in this book. We use kinesiology, chiropractic, functional nutrition, physical therapy, oxygen therapy, laser Acupuncture, sound healing, whole food supplements, and diet to heal patients. Since opening, I have witnessed thousands of patients fully recover from their ailments. Many came to us as a last resort.

For the last 20 years, since I have become aware of the Cellular Theory, I have been working to find a universal healing formula that can help any condition. This book explains how the Cellular Theory dictates that we are the product of our environment. So to create a universal healing protocol, I synergistically combined health protocols that address each element (earth, air, water, fire). I found, to my great amazement, that when combined they exponentially multiply the benefits of each other, creating a power of healing for any condition.

By doing this I have discovered THE PATHWAY to beating disease. This is a monumental claim, but I know this works. It worked for me, and everyone I have applied it to gets better. If they're not past a tipping point, they completely heal.

This discovery inspired me to write this book to assist as many as I can to the joy of whole body health. Herein are contained vast amounts of information, gathered and condensed into simple and essential steps for healing. Though the instructions are easy to understand, to follow them requires commitment, discernment, and a strong purpose for healing.

Fortunately, you don't need to wear a white coat nor spend years pursuing a degree to understand this formula and its application.

Reading this book will be a rollercoaster of emotions, so hang on. You will at times feel inspired, at other times angry. You will laugh and have lots of a-ha moments. By the end of the ride, your paradigm of how you look at health and the world we live in will change.

In the first half of this book I lay out the philosophical basis of this formula and help you to understand the foundations from which it's built. I will examine the cellular theory of health and the history of its discovery; then contrast this with Western medicine, its beginnings, and the theory that drives it.

My goal is for you to use this book to connect the dots and simplify your path to achieve whole body health. Allow this book to be the signal through all the noise. Simply focus on the signal, follow it, and head toward Whole Body Health, letting nothing deter you.

I now believe that my life changed for the better on that fateful day when that car ran over me. It sure didn't seem like it at first, but the accident was a blessing and part of a bigger plan. I hope that blessing brings you healing.