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## LOOKING TO FEEL YOUR BEST?

Dr. Kraskow treats a wide variety of common and unusual conditions; however, true health and optimal performance come from addressing issues of the whole body/mind. You and Dr. Kraskow can work together to help you achieve optimal health and feel great. *This is a chance to change your life!*

### Dr. Kraskow's Health Restoration Program

(each component if needed)

- 1. Remove Nerve Interference, Correct Structure**  
Chiropractic maintenance of the spine, correcting muscle dysfunction, stretching, exercise percussion.
- 2. Rebalance Electro-magnetics of the Body**  
Energy/acupoint balancing, multi polar magnets as needed, enzymes.
- 3. Detox and Drainage**  
Detoxification is the removal of toxins from the body tissues. Detox may have several aspects including: cleansing the digestive and eliminative systems, supporting the liver (the main detox organ), removing chemicals like pesticides and pollutants and removing heavy metals built up in your system (i.e. mercury, lead, aluminum). This is accomplished with specialized nutritional supplements, electrical devices, ionic detox foot baths, and body work.  
  
Detox pulls toxins from in and around the tissues of the body. Drainage is the process of removing toxins from the body. Homeopathic drainage formulas support systems which include: intestines, urinary, respiratory, lymphatic and vital organs.
- 4. Reset Adrenals**  
The adrenals have functions which include handling stress, providing energy, controlling blood sugar and producing hormones. Nutritionals and body work support the adrenals.
- 5. Remove Infective Organisms**  
Kill off organisms such as yeast, fungus, parasites, bacteria, etc.
- 6. Support Elimination**  
Colon cleanse, bowel detox, fiber/bentonite.
- 7. Repair Intestinal Lining and Support Digestion**  
Enzymes, stomach HCL, probiotics (the "good" bacteria), nutrients to repair and support gastrointestinal lining.
- 8. Support the Immune System**  
A high quality multivitamin and specific immune nutritionals (i.e. antioxidants, etc).
- 9. Support Vital Organs/Systems – Repair and Rebuild**  
Targeted nutrition to support organs (i.e. heart, lungs, etc.), blood sugar, pH balance or male/female hormones.
- 10. Remove Emotional Stressors**  
This is done through mind/body work (i.e. EFT, Neuro Emotional Technique, Thought Field Therapy) and homeopathics (i.e. flower remedies).
- 11. Allergy/Sensitivity Reduction or Elimination**  
More people are having more sensitivities. I believe this has to do with the many chemicals in our environment and the food industry. Reduction of these is done through desensitization techniques, homeopathics and diet.
- 12. Diet**  
The steps above are vital; however, the most important thing you can do for yourself is to follow Dr. Kraskow's eating guidelines and exercise at least 3 times/week.

If you are interested in this program or have any questions, speak with Dr. Kraskow.