



Universal Health™



## Integrated BioDynamics - IBD

IBD offers an integration of established principles and techniques to create a remarkable health modality, based on the concept that, with appropriate help, the body can repair and regenerate itself

Within your brain there appears to be a 'virtual' template that is used as a model to regulate both your physical and your 'emotional' bodies. Your brain uses several pathways for communication some of which are neurological or chemical and some of which are purely energetic. Commands to your nervous system sent along these pathways control both the voluntary and the involuntary functions of your body, working in cooperation with many chemical systems that operate mainly through the blood stream. Good health depends upon the smooth functioning of this communication system.

## How Does It Work

IDB integrates knowledge of your biology with principles demonstrated by the techniques of Acupuncture and Kinesiology. Acupuncture and the equally important system of meridian energy flows in your body. It is known that there are 75 reflex areas on the skin which represent various organs, glands and bone structures. These can be influenced by acupressure (instead of needles) and further testing of energy flow and nerve response can be made by applying techniques of Kinesiology. These involve "muscle monitoring" to detect blockages in your energy flow.

## The Treatment

Your practitioner will discuss your situation to determine if your symptoms are the result of injury, emotional trauma, nutritional or unresolved stress. You will be positioned on the examining table either fully clothed or in a gown. Your practitioner will recommend an appropriate combination of basic Chiropractic procedure to locate and correct misalignments in your spinal vertebrae, muscle testing to determine if your problem is structural, physical or nutritional, and/or light acupressure massage to influence specific body parts. In addition your practitioner may recommend from a range of Homeopathic preparations, Nutritional supplements, Energetic medicines (Bach flowers, Essences) and Tissue salts.

## The Benefits

IBD can identify a nutritional lack or excess, a problem with the nervous system, the lymphatic drainage, the vascular supply to a muscle or organ, or a nutritional excess or deficiency. It can address a problem with a spinal subluxation (misalignment), the cranial-sacral-TMJ mechanism, an imbalance in the meridian system, or a host of other conditions. It can clear a negative emotional component, relieve pain, stimulate the integration of muscle groups, and improve mental and physical coordination. It can also discover the unrevealed element in a chronic illness.

## Do you suffer from?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, injuries, Stress.

## Results You Can Expect?

The number of treatments needed to break the stress/strain cycle is different for each person, because each person's medical history and physical makeup are necessarily different. Treatment determination will depend upon the patient's age, the nature of the disorder, the length of time it has been there, and most importantly, the individual's responsiveness to treatment.

**Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.**

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Restore + Sustain + Advance

