



Universal Health™



## Total Body Modification - TBM

Restores balance to your nervous system by identifying and eliminating stress in specific organs and areas of your body, thus laying the basis for your return to optimum health.

TBM is a technique for evaluating and correcting stress-related imbalances in your musculoskeletal system and in the functioning of your internal organs. If untreated, these will cause imbalances in your body's energy systems and may eventually manifest in physiological malfunctions. It is vital to correct such patterns before serious problems arise. TBM combines traditional Chiropractic with modern technology to test and correct most of the known bodily functions.

## How Does It Work

Your brain controls your Central Nervous System which operates all your bodily functions both voluntary and involuntary (such as heart beat and digestion). Sensory and Motor Fibres provide a two-way message service between your brain and your body to maintain all these functions. This process is enabled by neurons in your brain. When you are under stress, neurons can be depolarized and will cease to transmit messages. Affected organs or body areas will malfunction resulting in a wide variety of physical and emotional symptoms. Essentially what TBM does is to remove such blocks in your brain, allowing it to regain control over the affected organ or body part.

## The Treatment

Your practitioner uses TBM to find the organ or area of your body that is stressed. In your first treatment your practitioner selects tried and tested reflex points on your body and tests your muscle responses to discover internal imbalances or blockages. By gentle manipulations or vertebral corrections your practitioner will also influence a specific area or areas of your spine so as to stimulate the affected neurones in your brain, enabling it to regain control of your body. This process also restores normal functions in areas such as blood pressure, the immune system and hormonal cycles, and, in the case of allergies, enables the body to accept allergy treatments in later sessions.

## The Benefits

TBM addresses specific problems by treating the whole person. You will experience immediate results, decreased pain and increased function, better awareness about your health and quicker awareness in future when something is wrong. If you are also detoxing you will feel vibrant and discover how good your body is supposed to feel.

## Do You Suffer From?

Pain, Allergies, Chronic fatigue, Colds, Flu, Lupus, Infertility, Arthritis, Joint and back problems, Gallstones, Crohn's disease, Diabetes, Glaucoma.

## Results You Can Expect

If your symptoms were physical you may experience relief from pain and greater ease of movement. As physical and emotional symptoms are often related, you may also feel calmer, more optimistic, clear-headed and more vibrant about life. TBM will re-activate your body's natural self-healing ability and will repair physiological malfunction. As a result your Health and Wellbeing will be restored and your Performance in all areas of your life will be improved.

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

