

21ST CENTURY CHIROPRACTIC

OFFICE POLICIES

Applied Kinesiology (A.K.) is a method designed to help the chiropractic practitioner acquire information from the body to help balance the various mechanisms

The four main reasons we see patients are:

1) Chronic or acute muscle and/or joint pains, such as head/neck, TMJ, feet, shoulder, ankle, or general aching joints. These problems may result from trauma or vitamin/nutritional deficiencies.

2) Allergies - Genetically induced or from vitamin/mineral deficiencies.

3) Immune dysfunctions or reactions and to assist nutritionally in colds, flu, g.i. upset, asthma, rashes. More complex problems involve autoimmune reactions such as rheumatoid and lupus.

4) General checkups/second opinions given from an alternative health care perspective.

1) Muscle or Joint Pains

The spinal column can be readily analyzed for nerve pressure. Stimulating nerves by pushing on a spinal bone will cause a strong muscle to weaken if pressure on a nerve already exists. If the spinal nerves show no obvious nerve pressure, then the spine can be bent in different directions to check whether movement will cause the spinal bones to apply pressure to a nerve. This would indicate muscle imbalance creating a spinal dysfunction and consequent nerve pressure.

Recurring problems often lead to an analysis of biomechanical involvement elsewhere (e.g., TMJ, feet), meridian analysis, or possible nutritional involvements. Sometimes only one visit is required, but many times it takes 2 or more visits to accomplish the stability desired. If the problem does not improve, then individuals are expected to return soon to be reevaluated. It does little good to keep putting out small blazes when a fire is raging out of control. Any adjustment must be viewed possibly as internal (diet, nutritional) as well as external (muscle, joints). By treating the inside along with the outside of the body, spinal problems correct much faster.

Many times a problem lasts much longer than it should because we are thinking that either it doesn't hurt enough to get help or it might fix itself. Often this causes a small health problem to become a bigger one as any imbalance has the potential to produce a chain reaction of eventual breakdowns. In general, the more time that passes between adjustments the more work required to correct a problem. After a correction is made and the problem is a severe one, the doctor may suggest that the patient return for a follow-up visit; otherwise, the patient should come back to the office if progress is not continuing to be seen on a regular basis.

2) Allergies

Depending on the history (especially of past trauma), there may need to be an examination of the musculoskeletal system. Misaligned or malfunctioning joints can so stress the system that the person can become more susceptible to food or environmental allergens.

Main immune system weakness is discovered and assisted via supplementation or adjustments. Allergen sensitivity is then neutralized by finding a supplement that when taken will support the body's immune system reaction. Certain acupuncture points, when tapped or otherwise stimulated, also provide help toward desensitization to allergens.

Next, the individual environmental allergens or foods may be tested (a la Dr. William Philpott) in order to get a Kinesiological read on the body's neurological reaction (a functional neurological assessment).

If allergies remain, Dr. Ellen Cutler, noted author and researcher, has devised a protocol (Bioset) to benefit the more difficult allergies by reprogramming the body's response to their presence.

Although the rapidity of symptom relief is often surprising, allergy work should never be looked at as a one-visit fix. For most people, three visits should be a minimum depending on the circumstances, severity, and the chronicity.

3) Colds, Flu, or other Immune Dysfunctions

Often missing nutrients allow immune weakness; these are corrected rapidly by supplementing with the proper nutrients. Treatments will depend on the determination whether the illness seems to be associated with virus, bacteria, protozoa, or allergies. If an acute illness is already too far advanced to correct solely by supplementation, supplying missing nutrients will often mean that medications/drugs will have to be taken much less. This will keep the body's immune defenses much stronger long term.

4) Health Check/Adjustment

This is a routine health maintenance visit. The surface of the ear has reflex points for every point in the body. Scanning these points for too much or too little energy gives a clue as to the most important weakness in the body, and thereby directs the investigation to uncover the underlying cause for the problem. Sometimes, seemingly minor or insignificant complaints are important to investigate, and these kinds of office visits allow a chance to deeply analyze imbalances in the body. Many health practitioners (doctors, massage therapists, etc.) refer to this office for additional input into the nature of a patient's imbalance.

>Other Specialties

1) **Diplomate American Clinical Board on Nutrition.** Acute and chronic disease states are often caused by nutritional imbalance. Hair analysis and blood tests may contribute important information and may be requested. Saliva tests can accurately determine thyroid and other hormone levels if lab confirmation is desired.

2) Homeopathy

With more than 400 classroom hours and a Diplomate from the National Board of Homeopathic Examiners, we have been able to help many through the wonderful science of homeopathy. There is no higher assistance to balancing physical and mental health than homeopathy. Schedule at least a triple appointment for a homeopathic constitutional prescription. Reevaluations are every 3-4 weeks. A state of the art computer program helps the selection of the homeopathic prescription.

Referrals

Our office keeps on good relations with many health food stores, massage therapists, other doctors, reflexologists, and nutritionists. Our approach to balancing the body is different but not exclusive to others and we would hope that as you seek a second opinion here you would continue to take advantage of the skills of others. We also prefer, or rather insist, that if at all possible, you purchase nutritional supplements from those who referred you.

>Appointments

If your appointment is the last one of the day and you are late, the doctor will wait 20 minutes past the beginning of your appointment time before leaving. Please give the office 24-hour notice for cancellations; otherwise you could be preventing someone who needs to come in from being seen. If we do not receive 24-hour notice, at our discretion, you may be charged for the visit.

>Telephone calls

Often the doctor is busy and cannot respond with answers to messages until the first break occurs, sometimes at the end of the day. Phrase your question to the receptionist and she can often get an answer back the same day.

Telephones will be answered 9-5 M-W-F, and 9-1 Tu-Th-Sat (when open). Messages will be checked 7p.m. Tu-Th-Sat. A call back soon after can be expected if the doctor is in town. If the doctor is out of town, the telephone message will

instruct you. Musculoskeletal emergencies often can be handled in the office since Dr. Von Bergen lives only 10 minutes from the office. Other illnesses will often have to be handled through emergency medical clinics.

Those wishing a call back – please do not have anonymous call blocking. Often times Dr. Von Bergen will have to return your call from another location and there have been too many complications from folks using caller I.D. and then contacting other locations.

To avoid unnecessary office costs, all visit costs and their resolution in payment must be made within one year of the original visit, whether the visit is being paid through a third party payer such as an attorney's office or insurance company.

>Helps

Whatever your question or reason for visiting our office, to get the most from your visit, please do the following:

- 1) Drink plenty of water the day of your visit.**
- 2) Avoid stimulants the day of your visit, especially right before. These often show as a primary physiological concern and may make it more difficult to get to the more important health issues.**
- 3) Do not take any supplements the day of your visit – or the night before if you have a morning appointment. But please take your prescriptions if they are necessary.**
- 4) Bring your bottles or at least a sample of each of the supplements you are taking.**
- 5) Because emotional issues have a strong bearing on health, if you are having these problems please speak up – homeopathy or N. E. T. may be helpful to decrease this source of stress.**
- 6) Because so many issues may need to be addressed, raise questions about what concerns you the most. In this way, a thorough investigation of the problem can be made, time permitting.**

A common question is how much work will it take to correct a particular problem. The following is a general rule of thumb.

- 1) Acute colds 1-3 visits – over 3 days.**
- 2) Flu – 2-4 visits – 1 week.**
- 3) Stiff neck – 1-3 visits – 1 week.**
- 4) Acute antalgic low back – 3-5 visits – over 1 week.**
- 5) Chronic back pain – 3 –8 visits.**

The diet that lends itself to accomplishing the seemingly impossible in alternate health care is the one that eliminates processed foods – these are the foods with colorings, assorted chemical preservatives and other additives, stimulants – coffee, excess sweets, artificial sweeteners. In other words, whenever possible, use the diet to heal with and avoid supplementation. This way, most illnesses will fade out the way they came on.

Remember that information gathering is an ongoing concern. New ideas come forth constantly, so if your illness is seemingly impossible to make headway with, visit a couple times a year to see if the expertise has risen to meet your need.