

Mental Health

More breakthroughs have been made in the areas of mental health recently than at almost any other time in history. Technology is now available that demonstrates why we are the way we are mentally and emotionally through identification of the neuro-emotional complex (NEC). An NEC is a mind/body pattern in which a dysfunction or disharmony of a specific body process or part is linked with an emotion. NEC's are stimulated when the specific emotion is stimulated. We get NEC's from having major emotional events happen in our life at a time when our body is functioning at less than 100%. After that time, whenever the emotion is stimulated, so is the body's dysfunction. NEC's can be sourced in our work, relationships, childhood, etc. and may sabotage our efforts to achieve and maintain a healthy functioning body. With the technology that is available today in Applied Kinesiology and Neuro-emotional Techniques, NEC's can be cleared out in a matter of minutes enabling you to have breakthroughs in your health and well being at levels never even imagined.

Chemical Health

Once the body is free from structural imbalance, chemical balance becomes vitally important. Even if we are structurally sound, we must still feed our body the necessary elements needed to be healthy as well as avoid the intake and exposure to harmful substances. As a part of your health screen, you may be tested using the latest breakthrough in nutrition testing with biomagnetics. With the combination of biomagnetics and Applied Kinesiology, information pertaining to nutritional need and imbalance as well as chemical toxicity and sensitivities can now be obtained easily and non-invasively. Other areas of your chemical health that may be discussed are diet, eating habits, overall digestion, allergies, and weight management.

A Life With Ultimate Health

We must remember that the latin translation of the word doctor is "to teach". It is your doctor's commitment to have your Health Screen be an educational experience so that you in turn can share with others as someone has shared with you.

Ultimate Health is not just being free of pain and discomfort, it is a way of being that enables you to have whatever it is you are committed to having in your life. An old proverb said "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for the rest of his life."

You can have Ultimate Health for the rest of your life.... if you choose.

Health Dynamics



The Ultimate Health Experience

How would you change your life if you knew the resolution to any health condition you may have is at your fingertips?

Hill Chiropractic & Wellness Center
329 Main Street
Vista, CA 92084
(760) 724-8888
www.vistachiro.com



The Health Screen

The Health screen was designed to expose you to the idea who's time has come, the idea of Ultimate Health. What you are about to experience may very well be the most amazing, exciting, and enlightening thing you have ever seen in regard to your own personal health.

The Health Screen is the result of 20+ years of study in the fields of Chiropractic and natural health care to bring together quick, non-invasive method for determining relative health status*. No machine or special devices are used and you remain fully clothed throughout the Health Screen.

The Health Screen is a system of evaluating function of the human body using the latest techniques in Applied Kinesiology. Applied Kinesiology is a system developed from the Chiropractic profession to aid in detection of errors in function within the human body. The system uses specific muscle strength (function) tests to access information about relative body function.

In your Health Screen, your doctor will be testing different muscles to relative strength and/or weakness and from these tests they will gain valuable information about your relative body function.

* The methods and procedures used in the Health Screen are intended to be adjunct to standard diagnostic tests (i.e: x-rays, blood tests, special tests, etc.) and are in no way intended to replace such tests.

"When Health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless, and reason is powerless."
Herophilus- 300B.C.

The Health Screen is a very individual process. It is the nature of your overall health that determines what is examined during the Health Screen. The Health Screen is based on the "total person" concept of health, which states that health is a balance of structural, chemical, and emotional factors. In order to have Ultimate Health, these three Factors must be in balance within us. If any one area becomes out of balance or dysfunctions, we dysfunction.

Depending on where you are with your health, your Health Screen will usually go one of two ways. If you are in pain, have symptoms or a specific health complaint, then the focus of your Health screen will be to determine the cause of the problem, whether structural, chemical, or emotional in nature and what natural means are available to correct it.

You might not have a major health complaint and may just be wondering if your body might be functioning at less than 100%. In this case the major areas of structural, chemical, and mental function will be screened for any imbalances that may just be an "accident waiting to happen".

During your Health Screen feel free to discuss any and all concerns you may have about your health with your doctor. They have an extensive knowledge of the human body and how it functions. Our goal at Health Dynamics is to make health available to you at a level, which will light up your life and the lives of those around you. In your Health Screen you will see many things you may have not thought possible.

Quite some time ago the great Thomas Edison was quoted as saying "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." At Health Dynamics, the future is NOW! Welcome to life's ultimate experience, the experience of Ultimate Health!

Health is the Ultimate state of being. It is 100% function, 100% expression, and 100% balance.

Ultimate Health is a state of structural, chemical and mental balance of this phenomenal piece of machinery called the human body. Journey with me as we explore this awesome state of being, the state of Ultimate Health.

"Our vision and commitment at Health Dynamics is to have your life light up through your health."
Howard Cohn D.C.

Founder and Director of Health Dynamics

Structural Health

There are many components of Structural Health. Perhaps the most critical would be the integrity of the spine and cranium. These two structures are very important because they protect your central nervous system (brain and spinal cord). The central nervous system is your body's main computer from which all of your functions are controlled. Any disruption in the spine or cranium can cause a dysfunction in your nervous system and eventual dysfunction and disease in the area of the body that depends on the particular area for it's nerve supply. The most common form of disruption to the nervous system is subluxation. A subluxation is a situation when a vertebra or cranial bone misaligns and cause irritation and dysfunction to a corresponding nerve.

Although this may sound like a small problem, the havoc that a subluxation can wreak, can be major, and at times, even life threatening. It was the healing art of Chiropractic that pioneered the concept for the subluxation as well as the many methods and means for detection and removal. It is for this reason that getting checked for subluxation is an integral part of the Health Screen and perhaps the most vital.

Other areas that are dealt with in the Health Screen in relations to structural health are posture analysis and symmetry, muscle balance, gait, breathing, and meridian (Acupuncture) flow of energy and exercise habits. These areas are discussed if necessary during the Health Screen.