

A Program of

**BALANCING BODY CHEMISTRY**  
**Through Nutrition**

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**It's Your Choice**

**Radiant Health**

**Symbiotic Doctoring**  
**And**  
**Life-styling**

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For additional information  
or to schedule a consultation on the  
Radiant Health Program  
call or write:

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Rocky Ridge Chiropractic  
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## **RADIANT HEALTH- IT'S YOUR CHOICE**

Have you, or anyone you know, ever been bothered by any of these conditions?

- Diabetes
- Chronic Fatigue Syndrome
- Fibromyalgia
- Chronic back pain
- Allergies
- Arthritic condition
- Irritable Bowel
- Attention Deficit disorder
- Sleep Disturbances
- PMS
- Hypoglycemia
- Depression
- High blood pressure
- Heart disease
- Weight management
- Infertility
- Other chronic disorders
- Constipation

Our program can help you achieve optimal health.

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### **How does our 90-day health restoration program balance body chemistry?**

- 4-week focused medical program (includes office visits and counseling every 3-4 days)
- Chiropractic evaluation and treatment
- Four Arenas lifestyle counseling
- Blood analysis
- Endocrine graphing
- Symptom Survey
- Customized eating program
- Vitamin and mineral supplements
- Micro-Endocrines
- Daily self-monitoring
- Program
- Long-term maintenance and support program
- Ongoing educational program

Dr. Jones' approach to body chemistry balancing is designed to gain knowledge and answers about each unique participant, determining your individual oxidative metabolic state, genetic and ancestral background and body type. We will recommend necessary supplements based on laboratory data; Chiropractic treatment and remove structural issues that negatively influence body chemistry; and create an awareness of your lifestyle and how it impacts your body chemistry. You will receive ongoing counseling and information about how to achieve radiant health through symbiotic doctoring and lifestyle.

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Dear Patient;

All of us at Rocky Ridge Chiropractic want to take this opportunity to introduce you to our Body Balancing Chemistry program through nutrition.

The program is a long range plan of lifestyle and body chemistry balancing through the Four Arena concept. This is an approach to health that encompasses four important areas: mental/emotional; food/drink; exercise/physical activity; and structural alignment. The program includes blood tests, diagnostic tests, structural evaluation/correction and office visits. As a Chiropractic physician I became interested in this program while studying the works of Weston Price, Royal Lee, Gary Tauber, Bruce West, William Davis and many others. The early pioneers of this practice found themselves asking why man in his natural state did not suffer from degenerative disease or tooth decay. Only with the introduction of "modern" foodstuffs ( refined sugar and flour), did degenerative disease and tooth decay become commonplace. The research of these forerunners has served as a cornerstone for much of what is published today in natural and alternative medicine.

Dr. Page's program, beginning in the late 1940's and spanning through the 1970's was successful in treating many kinds of degenerative diseases, such as heart disease, diabetes, multiple sclerosis, and cancer. In addition, it scored highly in treating mental disorders, such as schizophrenia, hyperactivity, and depression. It was Dr. Page's approach to treat the whole body and balance the endocrine system, rather than succumbing to the typical approach of this time (and today) of attacking the symptoms, rather than finding the cause of the disorder.

In working with Dr. Page's programs and concepts, we have found a new and very interesting set of developments. As our society has "progressed" and we lead more stressful lives with more indulgent lifestyles, we are beginning to find that our immune systems are becoming deficient, with an overused and abused endocrine system. We now see a new set of symptoms, such as chronic fatigue, severe allergic conditions, disautonomia, Diabetes and obesity, as well as a proliferation of the standard degenerative diseases. All of these are a result of out-of-balance body chemistry.

My reason for sharing the Body Balancing Chemistry program with you is our belief that as our patients become more aware and better educated about balanced nutrition, they will have a clearer view of how to achieve vibrant energy and Radiant health. We are truly pleased to offer, in addition to my Chiropractic approach to the body, the Page Program of Balanced Body Chemistry. We feel this combination can be most effective in relieving chronic problems, such as allergies, obesity, PMS, hypoglycemia, chronic pain, infertility, and others.

For more information, please call our office to schedule a consultation. Thank you for your kind attention and we look forward to hearing from you soon.

Dr. Joseph K. Jones