



## The 2 Types of Providers You WANT in Your Corner with These Skill Sets.

Have you ever noticed our current healthcare system is one that is solely reactive? We don't have systems in place to help prevent illness instead we wait until something horrible happens and then we are prescribed drugs, surgery or even worse nothing because this system has failed us. As a U.S. citizen, what we must understand is YOU are the only one that can effectively maintain and take care of your health. YOU are also the only one that can decide to reverse disease, overcome being ill and get your life back on track. We live in a sickness care model not a health care model, a disease management model that doesn't care about quality of health only how to manage disease. Unfortunately, we are led to believe that the system is looking out for our health, but it isn't, the model is used to keep people sick so that drugs and surgeries can be prescribed. This is a sad truth and big pharma and surgery are trillion-dollar industries that thrive on disease, obesity and target people that don't look out for their own health. The time is now, we must change the way we live, think and how we utilize the health-care system as it is provided to us today.

### Statistics to Consider – U.S. Population is 327 Million People

- 100 million U.S. adults live with Diabetes or prediabetes. (reported by the CDC)
- 50 million U.S. adults live with chronic pain daily or almost daily. (reported by the CDC)
- 20 million U.S. adults live with some type of thyroid disorder. (reported by the CDC)
- Approximately 38.4% of U.S. adults will be diagnosed with cancer at some point in their lifetime. (reported by the National Cancer Institute)

### The problem in America:

- Pharmaceuticals and the sickness care model keep you sick so they can keep prescribing
- The U.S. has been misled on healthy ways to live and eat
- The U.S. has made it cheap and convenient to eat unhealthy foods that promote disease and pain
- The U.S. has invested all their eggs in the pharmaceutical magic bullet model and has neglected natural ways of medicine like food, nutraceuticals, supplementation and comprehensive testing to understand WHY something happened.

As we can see by the above stats alone the current model is failing us, but more importantly, the stats just keep increasing year after year. If we allow our current model to determine our



health, our outcome stays the same: We will still feel lousy, we will continue being sick and subsequently we will be over medicated. We must wake up! We should consider getting better information and work with physicians that understand the ‘why behind’ our blood labs, pain and hormonal dysregulations that can lead to disease and cancers. Believe it or not there are providers who do just this. We call this the New Way of Thinking!

## **The New Way of Thinking: 2 Providers to get you Internally and Externally feeling YOUR BEST!**

### **Provider #1: The Best Generalist – An Experienced Doctor that Practices Functional Medicine**

Everyone is on a search to find the best specialist for their newly found diagnosis. We constantly hear patients are on the hunt for the best Endocrinologist or Cardiologist for their diabetes, their thyroid disorder or their heart issues. They are on the search for a Doctor that only works on just that one special part of the body, the gland, the liver, the heart or the female reproductive system. Just to get sent down the “here is your prescription you will have to live with it” diagnosis. That is not OK! If you want to do something about your health and reverse these issues this is where an experienced Functional Medicine Doctor can turn almost everything around.

Everything and anything that fails in the body there is more to it than just 1 gland or organ failing. It’s a system that fails. If Diabetes occurs its because you have lived for 10-20+ years with spikes of blood sugar with surges of insulin that then dip the sugar to a critically low number. This repeats 10 times every 24-hour period for decades which leads to the blunting of hormone sensitivity. The problem is now your reproductive hormones will be off, thyroid dysfunction is obvious, digesting quality protein becomes compromised, filtration of kidneys shuts down, pain in the back and joints occur, etc. The system breaks down overtime, we can either catch it before it occurs and prevent or if it is already there, we have to approach the whole system not just the one gland that has failed. Therefore, we need the best generalist not the best specialist. Functional Medicine doctors are the best generalists in the health care arena that specialize in understanding the bodies systems and how to treat the whole body without drugs and surgery.

### **What is Functional Medicine and What would a Functional Medicine Provider do?**

Functional Medicine is a branch of medicine that is a newly evolved model that better addresses the healthcare needs of the 21st Century. This program is the gold standard for patients that are looking to work together with their provider to address underlying cause of disease and promote optimal wellness.



The provider must have a deep understanding of the bodies whole system and the interactions that exist between each organ. When we understand your bodies interactions and the disconnect that may exist, bringing the connection back is vital in correcting dysfunction and disease. This is the foundation that Functional Medicine rests on.

What would the Physician do?

- The physician takes an extremely detailed history.
- Does intake and questionnaire to gather all the systems of your body that may be under performing.
  - Systems that should be looked at are:
    - Digestive- Colon, stomach, pancreas, gall bladder, small intestine, leaky gut, SIBO.
    - Immune System
    - Endocrine- Pancreas (Blood Sugar Regulation), Thyroid, Pituitary Gland-Female and Male reproductive Hormones, Adrenal Glands (stress and cortisol).
    - Liver Function- Detoxifying capabilities
    - Kidney Function-Hydration and filtration capabilities
    - Lung Function
    - Brain Function- Cognition and Prevention of Dementia and Alzheimer's.
    - Neurotransmitter efficiency- Mood and sleep
    - Muscle endurance
    - Inflammatory markers
    - Coordinating how all systems play onto one another
- Comprehensive Blood Work
  - Important to run testing with more lab values in which they can analyze all the systems that are affected. This is where the provider does extra study on mastering blood chemistry.
  - Very Important that the patient can understand what each mark means and how it is impacting health and disease.
- Prescribes Customized Dietary Intervention, Supplementation, Nutraceuticals, and Therapeutic Techniques
  - In order to treat the body naturally all these therapies are usually recommended.



- Functional Medicine providers try to do this without Drugs and Surgery.
- Highly trained on what vitamins, herbs, nutrition, and therapies can help treat all conditions and systems
- Understands Genetics and the Interplay on how Disease can Lead to ‘Dirty Genes’
- Advanced Testing if Needed to Understand the Root Cause of Conditions and when you are at Risk for Autoimmune Conditions.
- Develops Partnership with the Patient to Reach the True Health Goals of the Patient.

The depth in which a Functional Medicine Doctor approaches their practice is unlike any you will find in our traditional model. The number one goal a Functional Medicine doctor has, is to get you to your optimal level internally which should also help some of those external aches and pains too. However, you still can benefit from a provider who specializes in the overall external health of the human body, this just so happens to be the 2nd provider you want in your corner the Modern Chiropractic Physician.

## **Provider #2: A Modern Chiropractic Physician that Blends Adjustments with Therapeutic Exercise During the Session**

Chiropractic has gotten more popular over the years but still some people are scared to see one, don't know what they do or don't think they are 'real doctor's'.

Let us clear the air before we get into specifics.

1. Chiropractic is safe! In fact, most people are worried about neck adjustments and the risk of stroke but that is a rumor and we have a few articles to prove it, here is one. Chiropractic cervical spine manipulation is unlikely to cause stroke in patients aged 66–99 with neck pain. 1 (Journal of Manipulative and Physiological Therapeutics)
2. Chiropractic care is a medical practice that focuses on the physical health of the patient. Most Chiropractor's focus on the spinal column and the nervous system related to injuries of the spinal joints or the neurological structures themselves.

Modern Chiropractor's focus on all physical injuries of the body including all the joints, muscles, tendons, ligaments and nerves. The modern Chiropractor incorporates soft tissue mobilization like stretching, releasing, cupping, and strengthening. They also focus on mobilizing joints that don't move well but leave joints alone that are moving well. A lot of the newer Chiropractic Physicians have the capabilities of mobilizing nerves that can be very effective for pain and nerve issues in the arms and legs. What sets a lot of the modern Chiropractors apart from traditional Chiropractic is how well they incorporate stabilizing exercises to their patients to strengthen weak links in areas of



the body that have suffered injury or pain. Modern Chiropractor's understand the biomechanics of the human body very well.

\*Biomechanics- Applying the laws of mechanics to human movement to prevent injury. Using these laws can also heal injury a lot quicker by understanding how each joint and muscle can impact areas of injury.

Some Chiropractic Physicians practice Functional Medicine as well and work a lot with nutrition and supplementation.

### 3. Chiropractic Education vs Medical Doctor Education

| Chiropractic Education<br>Class Hours  | Subject   | Medical Education<br>Class Hours  |
|--|---|---|
| 520  | Anatomy   | 508   |
| 420  | Physiology  | 326   |
| 271  | Pathology   | 335   |
| 300  | Chemistry   | 325   |
| 114  | Bacteriology  | 130   |
| 370  | Diagnosis   | 374   |
| 320  | Neurology   | 112   |
| 217  | X-Ray   | 148   |
| 65   | Psychiatry  | 144   |
| 65   | Obstetrics & Gynecology   | 198   |
| 225  | Orthopedics   | 156   |
| <b>2,887</b>   | <b>TOTAL HOURS</b>  | <b>2,756</b>  |
| Adjusting, Manipulation, Kinesiology, and other similar basic subjects related to their specialty. | Other required subjects for doctors of medicine/doctors of chiropractic | Pharmacology, Immunology, general surgery, and other similar basic subjects related to their specialty. |
| <b>4,485</b>   | <b>GRAND TOTAL CLASS HOURS</b>  | <b>4,248</b>  |

### **\*Chiropractors are real doctors!**

Modern Chiropractors have done such a good job with post-graduate studies to improve how well they can deliver world class treatments. You need more of a progressive Chiropractor that can really understand how the body functions and can incorporate more than just adjustments



during your sessions. We recommend each session be somewhere in between 15-30 minutes one on one with your Chiropractic Physician. This will allow proper analyzation of your body to see what joints, muscles and nerves need to be treated to allow for pain relief, optimal performance and injury prevention. Finding a provider that incorporates all these techniques is ideal. Chiropractors that are trained by the Prague School of Rehab will insure you get the best hands on care. The Prague School of Rehab utilizes and teaches Chiropractors a technique called Dynamic Neuromuscular Stabilization (DNS). Chiropractors that are certified in DNS can give you the best blend of treatments not only for adults but for babies and children as well. For more information on how to locate a certified DNS physician go to [https://www.rehabps.cz/rehab/certified\\_practitioners.php](https://www.rehabps.cz/rehab/certified_practitioners.php)

As you can see the Modern Chiropractor assesses the whole body externally to prevent and fix injuries. This type of preventative care allows our bodies to be trained and become more stable as we age.

By being proactive both internally and externally with the help of a Functional Medicine Doctor and the Modern Chiropractic Doctor we have put our health back in our hands. This allows for us to age with grace and to stop relying on things that just mask the symptoms like drugs and surgeries.

Here at TriMotus we pride ourselves on giving our patients not only the best quality of life but care too. We spend the time with each patient to help educate them on the why behind their root cause. We think of our patients as our family so if you're ready to effectively maintain and take care of your health then we would love for you to join our family and get to feeling your BEST!