

Any Clinic
Presents
An Evening of Discounted Health Assessments

Someday Sometime

Our Clinic
Our Address
Our Town
Our Phone

1. Live Blood Cell Analysis/Phase Contrast Microscopy

Blood Analysis, as done by most labs, involves using stains and preparations that can alter the structure of our cells in their live state. Darkfield microscopy allows a clinician to view a living fresh blood sample and enables us to see conditions that are not normally even considered during the diagnosis of a normal blood test in a doctor's office or lab. Darkfield microscopy allows the health professional to evaluate the shapes and other properties of individual blood cells, indicating nutritional conditions which can be adversely affecting a person's health. It allows the detection of imbalances sooner, when the problem is in its stages of infancy. The condition of our blood provides a window into the prevention of many illnesses.

In darkfield microscopy, one is able to observe "live blood." Unlike the techniques of electron microscopy, no fixative is used, so the picture is one of mobility. In darkfield microscopy, we are viewing a dynamic living system. We get to see our cells in action and see what our cells are bathed in. One is able to view the activity of bacteria, fungi, undigested food and chemical crystals that tell us a lot about how well our body is functioning. This technique can help to identify conditions before they become a diagnosable illness.

Heart Rate Variability and Photoplethysmography

The cardiovascular system plays a dominant role in the health of any individual. As heart disease has remained the number one killer in the United States for the last 80 years, it is imperative to be well-educated on those factors that influence the health of this system.

Many factors have been shown to be associated with adverse cardio-vascular events. These include: high total serum cholesterol, high serum LDLs, high serum Triglycerides, high serum Homocysteine and high serum Fibrinogen. In addition to these serum markers, other tests have been used to manage cardiovascular risk. They include Blood Pressure, Heart Rate, Blood Oxygen and Electrocardiography.

The advancement of **Photo Plethysmography (PPT)** due to technological innovation has made it a sensible and effective measure by which to monitor cardiovascular health. In addition to measuring the volume of blood in a vessel, PPT can obtain a great deal of information about your overall health. Information collected from PPT includes: Heart Rate, Heart Rate Variability, Blood Volume, Pulse Pressure Wave, Accelerated Pulse Pressure Wave, Autonomic Balance (ability to cope with stress) and Blood Vessel Tension (the stiffness of the vessel), just to name a few.

This information can be analyzed by the system's onboard computer. Unlike many standardized parts of medical practice that require a near-diseased state to produce a positive result, PPT very effectively shows each patient where their health lies, and what must be done to maintain and improve wellness.

The foundational principles that are used to make the assessment are **2. Heart Rate Variability** and **3. Pulse Pressure Waves**.

Your heart needs to respond to a changing environment. In the presence of stress, the heart must increase its rate to provide a greater volume of blood to all the parts of the body, especially the skeletal muscles, heart and lungs. This is the "fight or flight" (sympathetic) response. Failing to increase in response to a stress represents the first sign of disease. Conversely, when stress disappears, the body should be able to relax and focus on maintaining and repairing the body (parasympathetic). If the

body is unable to down-regulate itself back to a resting state, this also represents a diseased state. Measuring **Heart Rate Variability** is the most effective way to assess how well a patient responds to stress. Fatigue and stress resistance can also be measured by this test.

The **Pulse Pressure Wave** is a combination of two actions. When your heart beats, blood is pumped into the body. This generates the pulse that you feel on a wrist or neck. In response to this pressure, the blood vessels contract, generating a second pulse. The relationship of these two waves can generate a great deal of information about the health of the circulatory system. Stiffness of the vessels, poor stroke volume in the heart, a poor response for the circulatory system to the pulse being generated are all factors that can predict the onset of cardiovascular problems.

If you or a loved one is concerned about the health of your cardiovascular system, this procedure is a must. If you are interested in assessing your wellness or want to find out just what areas of your health need improvement, make the time to try this technology.

4. Hemoglobin A1C

Hemoglobin A1C is a laboratory test which reflects the average amount of blood sugar in the body over the past 3 months. It can be measured quickly and accurately by a finger prick.

It can be more reliable than simple glucose tests because it shows blood sugar levels over a longer period of time.

Hemoglobin A1C measures the amount of glycosolated red blood cells: those cells that have been carmelized or "stuck with sugar." Because the average red blood cell lives about 3 months, we can determine the relative amount of blood sugar present over the same amount of time.

Hemoglobin A1C (%)	Mean Blood Sugar Level (mg/dl)
5	85
6	135
7	170
8	205
9	240
10	275

5. Ultraviolet Photography

The camera takes 2 types of photographs: one under "full spectrum" light and one under ultraviolet light. The full spectrum photograph is the same as a normal photograph taken in daylight. The ultraviolet (UV) light penetrates into the dermal layer of the skin and is absorbed by melanin. From this, we can see the extent of sun damage on the skin. The more spots there are, then more damage. The less spots there are, the less damage. The deeper and darker the spots are, the greater the severity of sun exposure. The technology was developed in 1995 by Faraghan Medical Camera Systems in Philadelphia, PA.

6. Ionic Footbaths

Designed and developed to restore the body's balance and energy levels through exposure to an ion field. The EB-Pro™ Ion Therapy Systems are only direct current units to ensure no unwanted power transients or static sounds are passed to the body.

- Average treatment time 18-23 minutes.
- Healthy individuals often feel more energy, and experience a greater feeling of well-being.
- Patients with pain, edema, gout, headaches, and swollen joints have often reported immediate relief.
- Other patients with arthritis, allergies, lymph edema, neuralgia and other symptoms have experienced relief and benefits with multiple treatments.

Each service lasts approximately 15 minutes. Costs are \$90 for three or \$150 for six. Appointments must be made in advance.