



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Trusted Sources

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Throughout our lives, we learn which sources we identify as “trusted sources.” We may have different trusted sources for different things. For instance, if you need advice about your garden, it may be your uncle who has been gardening for 30 years or your favorite garden talk radio show you listen to every Saturday. But the advice is reliable, and it works. Your trusted source for which stain is best for your wood fence might be your friend Bill who builds and stains fences for a living. What Bill says you can depend on. We trust our sources because they have experience and their advice works.

The digital age now displays so many options for sources. It looks great and sounds great, but finding a trusted source,

well, it’s getting a little more difficult. Reviews and comments are helpful, but not always convincing. Even a Google search nowadays is based on algorithms that may not be in your best interest. As a clinician for about 40 years, I have my trusted sources for nutrition and wellness. Many are colleagues of mine, some are researchers, and some are respected doctors who have stood the test of time. They are my trusted sources and time and time again their advice works.

In the age of mass information and misinformation, everyone wants trusted sources for health and wellness. Because of their training and clinical experience, your wellness clinician can be a trusted source to help you get

healthy and stay healthy. Your clinician is trained in natural therapies for everything from pain and fatigue, skin problems and digestion, to thyroid issues and weight loss.

Wellness has so many positive benefits because each time you raise the level of your health, the benefits just keep stacking up. For instance, when you improve your digestion, you begin to absorb nutrients better. When you absorb nutrients better, you have more energy, your skin and hair become healthier, your bones are stronger, and the benefits just keep multiplying. Your clinician can offer you options that you may not have considered. In a sense your clinician is a trusted source with a different perspective.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you’re not getting our Wellness Minute videos each week, sign up at the front desk.

A clinician friend told me about a patient who revealed he had been on prescription medication for acid reflux for years. This wellness clinician asked him, "How's it working?" The patient replied, "Well, not so great, it really doesn't seem to help that much." My colleague asked him a few questions and told him there might be another option. The patient was very open. The clinician gave him supplements to support his gall bladder, which at first glance may not seem to have anything to do with acid reflux. One week later, he reported he had no acid reflux. Weeks and months went by and the acid reflux was gone. He completely eliminated the prescription drug.

Wellness is different from traditional therapies because it focuses on getting to the root cause of a health problem. Many natural options are available that work with your body to heal and restore without prescription drugs. As you can imagine, over the years I have met many wellness professionals. As a whole, they are compassion-ate people who care about their patients. They listen. They inspire you to find higher levels of health. I love how hard they work for their patients. Of course, they will hold you accountable, but that's because they

believe in you and want you pain free, stronger, healthier and living your best life.

Wellness doctors and their patients have a unique bond because they care enough to ask the right questions, and they won't give up until they find the answers. Wellness is often like detective work. Your clinician looks for clues, gathers evidence, and tracks down the health factors that need attention for prevention, getting healthy, and staying healthy.

I hope you will see your wellness professional as a trusted source you can reach out to for help. And after they have walked with you on your wellness journey, you will gain even more trust. That's what I have seen. Your clinician is someone you can talk to when you have questions. Maybe you saw a video, read an article, or heard someone make a comment, and you need a different perspective. Wellness really IS a different perspective, and that's why it's so refreshing. Maybe you've mostly relied on traditional therapies, and you're maintaining at best or getting worse. Contact the clinic on this page and find out your options. Just be open, share your story... because they will listen, and they will care.