

Booking Your First Appointment

Thank you for your interest in the *Centre for Healthy Living*, based in London, Ontario. If you are considering making an appointment to have an Eyology Assessment done, please read this document in order to find out about our services and our approach to natural health care. We appreciate your taking the time to do so.

If you have been directed to our website because you've already decided to book an appointment, you will be required to complete two health questionnaires which can be downloaded from our website. These are word documents which can be completed on the computer, saved and returned as attachments or you can print them off and complete them longhand and mail them back to us. Our address is located on the Contact Us page.

At the appointment we will also ask you to fill out a Client Record Form which provides contact information and also a Consent to Waiver form which we ask that you read over and then sign. It explains that you understand that we are not medical doctors who are diagnosing. This is very important because of the laws concerning diagnosis and the fact that we are helping you with specific recommendations.

Once you submit your health questionnaires, we will give you an appointment time and appropriate directions to the Centre. There are some services that we can provide long distance particularly if it involves getting information about the blood type diet and help with menu planning. Ask us about the services we offer in this regard.

These days, many people are taking supplements as part of their own regime. If you think you would like to continue using products you have either purchased on your own or through another health practitioner, we suggest that you bring them with you for testing. We will educate you about quality products, eg. ones that don't contain additives and excipients which are harmful ingredients causing toxicity in the body over the long-term. We carry a variety of supplements which you may purchase, if you wish, as part of your program; however, there is no obligation to do so. Long distance clients will either be given recommendations based on products available in your area or you may consider placing an order which can be couriered to you.

Your appointment provides an opportunity for you to outline some specific goals aimed at improving your health to reach optimal wellness. It is our objective to help you regain your wellness or boost your immune system for preventative purposes – together we work as a team. We offer our expertise using Eyology as our main clinical assessment tool (examining the iris and the sclera or whites of the eye). Many people have experienced Iridology before; however, Sclerology is a lesser known specialty. We know that you will absolutely love what this modality offers. In terms of recommendations that will stem from your assessment, we will be advising a pure diet incorporating both blood type diet specific recommendations and also more raw or live enzyme food in your program. Many of our clients have also been helped with a specialty known as Unda Biotherapeutic Drainage using the world famous Unda Homeopathic Number Remedies to treat various conditions.

If you are unsure about the benefits of supplements you've used in the past, bring your products and your questions and we will happily give you some advice and explore different options including possible referrals to other people, eg. colonics, environmental medicine, healing touch or reiki, etc. One of our methods for testing your products is kinesiology or muscle testing. People who have purchased a high-end product such as an essential fatty acid, selenium & vitamin E or calcium-magnesium formula from another natural health care practitioner may very well test strongly so we would recommend continuing with some of these items; however, lots of times our testing indicates that the dosage has not always been accurate.

More often than not, we recommend taking less, for example, typically 2 caps every 2nd or 3rd day for many of the items tested. If you've been taking most of your vitamins and minerals two or three times a day, don't complain if we save you money by recommending less! The body has a unique chemistry which means it can be over-stimulated and confused by too many products or the wrong combination of products. We like to test (and can teach a self-test method) all products so that you can comfortably cleanse, nourish and re-build your body as is necessary.

The concept of cleansing and detoxification has to do with how we heal ourselves. Many autoimmune conditions including leaky gut, inflammatory bowel disease, arthritis, fibromyalgia and various conditions other conditions which have a component of too many microorganisms that set the body off balance are best dealt with by stopping any further self-attack on the body (bad diet is the big one) and at the same time, allowing the body comfortable and reliable regimes which will allow the organs to "trust" and begin to let go of toxins that in many cases have been stored up for years and years. When Sclerology is explained (or you do your reading on this subject) you will understand that the red thick snaky lines found in the whites of your eyes which are formed at the deepest layer in the sclera (as opposed to the surface thin conjunctiva lines which reflect your being tired or having irritated, allergic eyes) have been there for a very long time. With each year or decade of dietary and lifestyle abuse, these lines grow longer and develop branches, etc. and when you have an Eyology Assessment (both iris and sclera being examined or photographed) you will understand that one organ becoming toxic and weakened will quickly result in a spill-over effect so that a domino reaction takes place.

Typically, the person who doesn't have sufficient hydrochloric acid or stomach enzymes doesn't break down their food properly and poor digestion results in a toxic colon where fecal matter builds up on the colon walls. The toxins travel through the many capillaries and vessels which connect the colon to the liver and that filtration organ becomes clogged up. The kidney is a co-worker with the liver, also involved in filtering toxins, so when the liver isn't doing its job, the kidney also will begin to be overworked and get congested. Therefore, the red sclera line we see which travels from colon to kidney to liver is a reflection of toxicity causing loss of organ function to some degree and the good news is that your cleansing program can reverse many conditions and also simultaneously so that the body's report card awards favourable marks to several organs.

A universal dictum is that for every year that a person has had toxic build-up (and the big one is constipation – often going back to teen years) it takes a month under a supervised program where herbals and homeopathics are used plus strict dietary compliance in order to reverse ill health. That means that the 40-year-old who has not managed to produce extra-long banana length stools at least twice a day, every day going back as far as they can remember, is to some degree constipated and this accounts for the body's complaining due to an unhealthy, unbalanced biological terrain. In alternative medicine, we do not buy into the germ theory. Rather, we believe that disease is supported by certain conditions which are favourable to its maintenance such as an over-acidic body or toxic terrain. Your spouse could have serious parasitic infection (unknowingly) and succumb to every virus which comes along and have repeated ear, nose, throat or sinus conditions, etc. and even though you are intimate with your marital partner, your favourable biological terrain prevents you from becoming ill.

In other words, your immune system is strong enough to resist any foreign invaders. How do we boost your immune system? We match you to a blood-specific immune formula which you will be advised to take for so many weeks on and so many weeks off as an adaptogen – a product that maintains resistance to disease. Type Os with Supercritical Stress Advantage or Type As with Holy Basil by New Chapters. These and other quality products will be discussed at your appointment. Many people ask for multi-vitamins and occasionally we give them in liquid or probiotic form; however, in many cases, we go the initial route of multi-B and calcium/magnesium formulas and essential fatty acids (particularly fish oils) for a period of time because higher dosages of these are particularly helpful.

Your natural health program will always place a high priority on making dietary improvements the focus. For example, it's best to drink green fruit smoothies or include cultured dairy foods like kefir or yogurt in the diet or to eat hemp hearts or sprout your almonds, etc. Many people will ask for help with their supplementation, as well, because they know they can't always follow the perfect diet. That's when we will recommend top-quality Probiotics like the *New Chapters* herbal formulas or *Genestra's* Super Human Micro Flora (HMF) which is the highest quality and most researched acidophilus available world-wide. It is easy to take (powder added to water) and tastes very pleasant.

At the conclusion of your initial appointment, we generally recommend four to five products that you may purchase at the appointment or we'll print off an invoice listing what the items are for your future consideration so there is no pressure to decide at the appointment. You can take the invoice home with you and order your product on our website shopping cart or through internet banking (when we email you an invoice

Since constipation is the number one enemy for most people, a starter program will always include either an acidophilus or probiotic and an herbal fiber (sometimes only milled flaxseed in water is suitable and other times a formula which contains more cleansing ingredients is desirable). When heart signs are revealed in the *Eyology*, fish oils come into play, and for that matter, their anti-inflammatory action makes them highly desirable for many conditions such as arthritis and even for trimming waistlines. For those who would like to trim several pounds

to go along with those inches, think essential fatty acid and thyroid support. We will of course also recommend an exercise profile for you according to your blood type.

Many clients are referred to a colon hygienist to have gravity fed water introduced to the colon to flush it out (this requires at least three appointments) and while that modality is being incorporated into the plan, the good work started with change in diet and introduction of friendly bacteria (acidophilus) and herbal fiber (scrub brush) will go a long way to assisting the colonics and in no time, you will begin to feel energized and enjoy healthier looking skin and notice a variety of improvements, even overlooked conditions like losing the coating on your tongue or bad breath. Or how about improved hormonal balancing and getting your libido back? Miracles have been known to happen!

When you decide to commit to a detoxification and cleansing program and look for support to follow the blood type diet (menu planners with awesome recipes, etc.), then we will also offer homeopathic remedies in your program such as the Unda Drainage remedies. These are typically 3 small bottles with numbers on them that correspond to specific organs or functions (like #3 for small intestines or #13 for gall bladder and #258 for the function of breaking down stones in the body whether gallstones or kidney stones). The best naturopaths and medical doctors in the field teach practitioners who carry the unda remedies how to match them to the client according to their history and symptomatology.

Your homeopathic regime of taking 7 drops, 2 or 3x a day, every day or perhaps every other day (according to your testing) equals a very deep-action cleanse where toxins are drawn out from the inside of your cells where they can become locked. This allows your body to heal and wonderful things can happen. Most people will do successive Unda Number cleanses with re-assessments whereby you document what is better, worse or the same and this information leads to what the next set of remedies should be for optimal wellness. Worse doesn't mean failure, rather there can be some minor complaints of a short nature as the body releases toxins. All of this leads to a renewed sense of vitality and it's well worth it.

People who are not fond of taking homeopathic remedies because they don't like to follow rules of not eating for 20 minutes before or after their drops can instead elect to do herbal cleanses. There are various kits for eliminating parasites or candida (yeast overgrowth in the body which lowers immunity – think fungal infections like on the toe or vaginal infections, dandruff, thrush as preliminary signs) and bowel, liver or kidney cleanses which involve taking herbs. Could be tea form or capsules and quite often the regime involves taking on an empty stomach. We will help you to plan how and when to take them so that it becomes a straight-forward regime without worry or concern.

How often you will book your appointments depends upon a number of things. For one, how quickly you want to get better based on the seriousness of your disease or toxicity or congestion or the need/desire to trim inches and pounds, etc. If you are able to comply with the dietary program of following the blood type diet at least 80% while not cheating on the red flag avoid foods (wheat, corn, either potatoes or tomatoes, etc. – you will get your list of

7 red flag avoids), then you will gain “independence” points which means that you can go longer between visits.

If irregular work schedules and/or traveling, or perhaps financial constraints prevents more frequent visits, trust that you will always be supported in terms of “at home assessments” which means that we can, to a certain degree, keep you progressing with occasional email recommendations whereby your case is reviewed after you provide a report. In the aftermath, you can pick up your re-ordered (or new) supplements without seeing a practitioner. It is very important that in these situations you agree to provide good reports as to how you are doing via email (keep a Health Journal and we have an Update History Form, too, in fact, that can guide you). Also, keep in mind that not coming in for a long time usually results in slower progress and that is being pointed out only so that you can appreciate the difference.

Clinic visits, even if only made on occasions, will better ensure your overall progress. I’ve often found that regular consultations definitely increase the likelihood of greater success and avoiding making mistakes too and that’s mainly because of two-way communication, open dialogue and opportunities for both parties to ask questions and get consistent answers. Lots of times I’ve found people misunderstand certain things about their diet (like a 12-grain bread is a good, whole food – NOT! Why? Because it will have wheat in it every single time and we don’t want that, whole wheat or otherwise and wheat bran is the worst). Or a particular regime or habit becomes entrenched and this goes unchecked until a consultation brings it out – people get embarrassed or it’s harder to change after it’s become a habit. How many times have I told people I would like them to take milled flaxseed in water (to act as a scrub brush for the colon) and they come back with “yes, I’m taking it on my cereal”. It’s good on the cereal for other reasons; however, I am insisting on having it added to the water for avoiding constipation – totally different principle. These are good examples for you to ponder. Some people also need the motivation and assurances that can best happen in person. We are always here to support you and let’s discuss your financial or time constraints openly so that we know what the options are.

To Book Your Appointment

Step 1: Please email a request for an appointment to luczak@rogers.com. Mention that you have read this document and would like to have the questionnaires sent a.s.a.p. You will receive the questionnaires back as Word documents. If this does not work for you, include your mailing address and we will happily send the forms to you. Call 519 680-2884.

Step 2: Please let us know what your schedule is like in terms of availability during the day, evenings or Saturdays and whether you require directions. Initial consultations are usually booked for 10 a.m. or 1 a.m. or 3 p.m. After work appointments are available on certain days of the week (around 4:30 or 5 p.m.) and there are a few openings each month for evening appointments (usually 7 p.m.) We will do our best to provide a suitable time and date for your appointment.

Thank you for contacting us!

