



Beistline Chiropractic
Family Wellness Center

Eric T. Beistline, DC
340 E. Main St., Suite C
Enon, OH 45323
(937)864-1404
www.bcfamilyhealth.com

“Changing lives, one nervous system at a time.”

New Patient Handbook
A guide to chiropractic care at our office.

A Personal Message From Dr. Beistline

I wanted to take a few moments to personally welcome you to our practice and to let you know a few very important things that will help you get the most out of your care.

1. **Our practice is referral driven**, so we run a very “open” office. By this I mean we value your opinion and want to hear what you think. *No matter what it is*. If you like something, please tell us so we can do more of it. If you don't like something – tell us that too. The only way we can make your experience with us the best it can possibly be is if we know what you want. If there is something you do not like, tell us RIGHT AWAY so we can rectify the situation. Don't be shy! We are only happy when YOU are happy.

2. **We want you to feel better and reach your goals as fast as humanly possible** – for the least cost. We want to make sure you get out of pain and stay that way for the longest time possible. This means we will give you the best recommendation and treatment plan we feel will do just that. Your treatment plan will be personalized for you. We do NOT hand out “canned” treatment plans to everyone. You are an individual, and therefore, your treatment plan and the way we approach it is unique to your situation.

If you have any questions about our recommendations or your personalized treatment plan, just ask. Like I've already said, we want to make this the best possible experience for you. We want you to get the most out of this, in the least amount of time, for the absolute lowest cost. So please, if you have ANYTHING to comment on – we are all ears.

3. **I would like to say thank you for putting your confidence in me**. I have worked very hard over the last 5 years to help as many patients as possible and build a great reputation. I want to make sure I live up to my reputation for you. Nothing else matters unless YOU are happy.

So once again... WELCOME! I look forward to helping you achieve everything you came in for – as fast as humanly possible.

Sincerely,

Eric T. Beistline, D.C.

What Can I Expect After My First Adjustment?

Most patients wonder what to expect after their first adjustment. There are three common responses.

The first possibility is that the patient can actually feel worse! While rare, this can be caused by the examination process earlier, or because of the changes made to the spine. Ever get sore after overexertion in the garden or lifting weights? Same thing here.

Another possibility is that after the first adjustment you immediately start feeling better. While obviously welcomed by patients, this can give the false impression that the problem is fixed. However, without retraining supporting muscles and soft tissues with more visits, patients often experience a relapse of their original problem.

The most common response is practically no response! By the time some patients consult our office, they've had their problem for months, sometimes years. This can make their recovery slow. The good news is that the cause of their problem is being addressed, rather than simply numbed by drugs.

How will you respond?

Regardless of your response to your initial adjustments, we hope you'll give your body time to fully heal. Join the millions who have enjoyed relief and better health without drugs or surgery!

Speeding Up Your Recovery Time

Patients often ask me what they can do to speed their recovery and enhance the healing process. Here are some ideas:

1. **Proper rest.** A good night's sleep gives your body time to heal. Use a supportive mattress and a pillow that promotes proper neck curve. Sleep on your back or side.
2. **Better diet.** Make sure your body has the best raw materials to heal muscles and soft tissues. While good nutrition is always important, it's doubly important now.
3. **Keeping appointments.** Our recommendations for you come from the experience of helping others with similar conditions. Follow your visit schedule for the best results.
4. **Moderate exercise.** A regular program of walking or swimming can improve over all muscle tone. If you're unsure what stretches and exercises you should do, just ask. Recommended exercises have been provided toward the back of this manual for your convenience.
5. **Correct lifting.** Lift with your knees and keep your back straight. Correct sitting and good posture is important. Consider using a small pillow to help maintain proper spinal curves when at work or in your car.
6. **Tell others.** Interestingly, patients who tell others about their chiropractic experience seem to get well faster. Telling others can reinforce your commitment and remind you of the simple truths of the chiropractic approach to better health.

Healing takes time. Between what we do at the office and what you do at home, the road to recovery looks promising.

The Stages of Healing

Chiropractic care involves a series of visits over a period of days, weeks, or months. This is different from the traditional medical approach to care, where you may see your doctor only once to obtain a prescription for pain medication. The reason for this is that health is a process which develops over time, and recovery is also a process that requires time. Your body will go through several phases of care as health returns.

Phase 1: Relief Care

All of the procedures we will perform during this phase are designed to relieve your symptoms and discomfort. During relief care, you will be given an adjustment at each visit and the results will last for about 24 hours. After one or two days, you will return for a check-up and another adjustment, if needed. Your treatments will be more frequent during this phase of care due to the fact that the spine has a tendency to return to its old habits between visits.

Phase 2: Corrective Care

As your body begins to heal, we will find that the correction we are making has held. When this occurs, your body is in the corrective phase of care. In this phase, you will be given an adjustment and the effects will last two to three days. At this point, we will lengthen the time in between your visits.

In the corrective phase, the goal of pain relief has been achieved and care is directed toward correcting joint dysfunction. By this time your body will be making progress toward the ultimate goal of wellness and will require less chiropractic intervention.

Phase 3: Stabilization Care

The goal in this phase of care is to achieve stability. Something that is stable does not go in and out of place easily. If you were prescribed braces by an orthodontist and you had them removed too soon, your teeth would go back to their original position. The same thing can happen to the spine if, once you have completed the corrective phase of care, you do not follow up with stabilization care.

Phase 4: Wellness Care

Wellness is defined as an optimal level of bodily health and function, but not necessarily the absence of disease. Once you have reached this stage, your condition is stable and health has returned. At this point you may have no symptoms, but it is still important to continue your care at an interval of between four and six times per year.

New Patient Instructions for Home Care

☐ **Moist Heat** - Shower, bath, damp towel under a hot water bottle, damp towel with a heating pad, or damp towel heated in the microwave. This should be done only if no swelling is present and no sooner than 72 hours **after** an injury.

NOTE: To reduce risk of electric shock, place a plastic sheet between the heating pad and the moist towel. Use moist heat for 15-20 minutes at least 2 times a day on affected area. Do not use a heating pad (even at a low setting) for a long period of time. Do not go to bed with a heating pad.

☐ **Cold Pack** - Cold packs can be made by putting crushed ice in a plastic bag. Wrap a damp towel around the bag and place on the skin. This should be done if swelling is present and within the first 72 hours of an injury. Normally when using cold packs, you will go through stages of sensation from cold to burning, to aching, then numbness.

Use cold packs for 15-20 minutes on affected area at least 3 times per day.

If either cold or heat irritates your condition, discontinue use and contact the doctor.

Drink plenty of water. This will help your body get rid of toxins that may be released from your cells during the treatment process. 64 ounces a day is the recommended dosage.

You may notice some extra soreness during the period following your first few adjustments. This is due to the fact that your body is not accustomed to the treatment being administered and is a normal response. It is known as a "*crisis of healing*" and will eventually go away.

Establish proper sleeping habits. On your back with a pillow under your knees or on your side with a pillow between your knees are the best ways to sleep. Never sleep on your stomach.

In the acute stage of pain:

Low Back Pain - Change positions often. Don't sit, stand, or bend more than 15-20 minutes without changing positions. Don't carry your wallet in your back pocket.

Neck or Upper Back Pain - Don't look down or keep your head in a turned position for long periods of time, especially while using your arms out in front of you.

Your Treatment Plan

The treatment plan we have created for you is designed to help your body heal and correct itself as quickly and completely as possible. For this reason, you must keep your appointments in order to achieve the results you desire. Each adjustment builds on the next, so it is important to stick to the recommended schedule.

For your convenience, our office runs on an appointment schedule, which means that we prefer to schedule several of your appointments in advance. We do this in order to keep your waiting time to a minimum. If you should need to reschedule a visit for any reason, please phone our office at least 24 hours in advance so that our staff can release the time you had reserved to another patient. When you are unable to attend a scheduled appointment, we will gladly schedule an extra visit for you so that you don't fall behind in your care.

At this office, a treatment plan consists of 10 to 12 visits. You will receive a progress examination on the visit

immediately following the end of a treatment plan. A progress exam is an important tool used to monitor your current health and to decide what comes next.

Office Hours

Our office is open from 9am to 1pm and 3pm to 6pm every Monday, Tuesday, Wednesday, and Friday. We are only open from 9am to 1pm on Thursdays. Saturday hours are available by appointment only.

Referrals

We don't spend very much money on advertising. Our office is dedicated to excellent service, and we treat people the way we would like to be treated. Our patients enjoy a high level of satisfaction because we listen to you, we explain everything in advance, and we educate on ways to improve your health. Therefore, we let our office reputation do all the talking. However, we can't do it alone, so we rely on our delighted patients to tell others about us.

If you do the things we ask you to do and don't do the things we ask you not to, you should have a great response to care. When you start to feel better, you are going to want to tell all your friends and family members about chiropractic and our office. I want to thank you in advance. When patients come to us with your referral, it is the highest compliment you can pay us!

Our Financial Policy

We will do everything in our power to help your body heal itself fully, naturally, and for the least amount of money. Our office is committed to providing excellent service, and we expect to be paid fairly for it. It is our firm office policy that you, the patient, are responsible for all charges for services provided to you during the course of your treatment here. Whether or not we accept insurance assignment for your treatment, it is important to remember that insurance companies do not guarantee payment. Each case is subject to review and individualized rulings.

Before you begin care at Beistline Chiropractic, we would like to inform you of the policies we hold pertaining to payment for the services you receive.

- Every new patient will receive a free consultation with the doctor before any payable services will be performed. If it is determined that your condition is treatable with chiropractic, the doctor will recommend a full examination to investigate the nature of your condition.
- No treatment for which you are financially responsible will be rendered without your consent.
- We are network providers for most major insurance companies and will file your insurance claims for you. If you are an insurance patient, any co-pays and deductibles for which you are responsible must be paid at the time of service. We will notify you of these requirements when we verify your benefits. You are financially responsible for any charges which are not covered, unpaid, or denied by your insurance company.
- You must keep your overall balance below \$100.00. You will be advised of your balance when you sign in at the front desk for daily treatment. No treatment will be rendered until your balance (plus any fees for daily treatment) are paid below the \$100.00 limit.
- In the event that you have overpaid, your account will be credited and a credit memo will be placed in your file. You may use this credit for treatment, products, or you may transfer your credits to a family member.
- These policies pertain to all major insurances, including Medicare, Medicaid, and auto insurance. However, due to state laws, Worker's Compensation is excluded and is considered fully covered unless payment is denied by the Managed Care Organization that governs your case.
- If you suspend or terminate your care, your entire balance will become immediately due and payable.
- We accept cash, checks, credit cards (Visa, Mastercard, Discover), and debit/check cards. Returned checks will be subject to a \$30.00 returned check fee plus the original amount for which the check was written.

If you do not understand any of the policies listed above, please speak with the receptionist at the front desk before signing this form. Unless other arrangements have been made, failure to comply with our financial policies will result in suspension and/or termination of your treatment at this office.

Thanks for your cooperation. We will always give you 100%... thanks for doing the same!

Understanding Insurance Terminology

We have put together a list to help you better understand the terms and conditions of most health insurance policies. If you have any questions, just ask. We are here to help.

Medicare/Medicaid - Medicare/Medicaid does not pay for examinations, x-rays, or therapeutic modalities at any doctor's office, including chiropractic offices. If any of these services are rendered, they must be paid at the patient's expense. Beginning with the first of each year, a deductible must be met before Medicare/Medicaid will pay for your treatments. After the deductible has been met, Medicare/Medicaid will pay 80% of the daily treatment fees, which means that you will be responsible for a 20% co-payment. Your secondary insurance carrier may or may not pay your deductible or co-pay. By law, we must bill you for your deductibles and co-pays. Failure to do so may result in charges of insurance fraud.

Deductibles - A deductible is an amount of money that your insurance company expects you to pay out of pocket before they will begin to cover the charges. For example, if your deductible is \$500, then your insurance company will not pay until you have accumulated this amount in charges. You are financially responsible for charges that go toward your deductible.

Co-Payments - Co-payments are a dollar amount that your insurance company expects you to pay up front at the time of your visit. You can often see this amount on your insurance card, but sometimes the insurance company will need to be contacted in order to obtain this information. Chiropractors are often considered specialists, so the specialist rate may be required. For Medicaid/Medicare, a co-payment of 20% of that day's charges is expected at the time of service.

Secondary Insurance Carriers - For those who have secondary insurance, charges that are denied or applied to a co-pay or deductible may or may not be paid by their secondary insurance. Charges not payable by Medicare/Medicaid, such as x-rays, examinations, and therapeutic modalities may or may not be denied by your secondary insurance as well. However, in the event that payment is ultimately denied, you are responsible for the bill.

Visit Maximum Per Year - Most insurance companies specify a maximum number of chiropractor visits per year. Once this maximum has been met, the insurance company will no longer pay for your treatments. This yearly visit max is also subject to use of a deductible. For example, if you are only allowed 10 visits per year and you have a deductible of \$500, each visit in which you accumulate charges toward the deductible will count toward your yearly maximum. In other words, your insurance company may never pay for your treatments.

Explanation of Benefits - EOB for short. You will receive one of these by mail for each charge that has been submitted to your insurance company. Our advice to you is to read each one carefully and save all of them in a special folder. EOB's will let you know exactly how much money has already been paid to us and how much you can expect a bill for. Refer back to these if you don't understand the charges on bills you receive from us.

It is unfortunate when unforeseeable circumstances cause you to receive a bill you never expected to be required to pay. Be assured that we will do everything in our power to collect from your insurance company and to anticipate all surprises before they can become too costly for you to bear. If you receive a bill you cannot afford to pay, let us know so that we may set up arrangements for payment that you can afford.

Exercises for a Healthier Neck and Back

Treat Exercises with Respect – The following pages will present helpful exercises for your neck and back. While exercise has its therapeutic benefits, it can have a reverse effect if not done with care and good judgment. It is best to follow a program outlined by Dr. Beistline which allows him to professionally monitor your progress. Following are some important points to remember:

1. Wear clothes that will not impede or restrict your movements in any direction. Sweatsuits, leotards, or loose clothing

is best.

2. It is essential that you allow a “warm up” period before engaging in an exercise session. Allow the muscles to loosen up before embarking on strenuous exercise by beginning each session with a stretching routine. Mild heat or a hot tub soak for five to ten minutes just before starting can help relax tight muscles.

3. Start by doing the movements slowly and carefully. As you gain confidence and strength, you may increase the speed along with the frequency, but speed is not essential! It is important to maintain a balanced breathing cycle with each exercise, inhaling and exhaling in rhythm.

4. Don't over-exercise, especially at the beginning. Do only the amount recommended by Dr. Beistline. Do *only* the exercises your doctor has recommended and in the order advised.

5. Floor exercises should be done on a firm, padded surface, such as a carpeted floor. If it is difficult getting down and up from the floor initially, a firm bed might be preferred. A small pillow under the head is sometimes more comfortable.

6. Exercise *every* day according to the routine recommended by Dr. Beistline. Do not skip a day and then try to make it up with heavier exercise. Sporadic exercising can be harmful.

7. If you feel slight discomfort during your exercises, do not become alarmed. This should disappear as your muscles become stronger and more conditioned to the routine. However, pain or discomfort should not persist. If it does, stop the routine and consult Dr. Beistline.

8. IMPORTANT: Follow directions precisely. It is important to avoid doing any type of exercise other than those recommended, particularly if you're recovering from a back or neck ailment, so as to avoid possible further injury.

Exercises to Rehabilitate and Strengthen the Low Back

Most low back pain patients experience three general stages before maximum recovery and rehabilitation is obtained:

1. Stage 1 – Acute/Pain stage
2. Stage 2 – Subacute/Recovery Stage
3. Stage 3 – Chronic/Rehabilitative Stage

Stage 1 – Acute Pain Stage (Signs and Symptoms)

- Low back pain
- Hip pain
- Leg pain
- Splinting muscle spasm
- Antalgic (bent) posture
- Muscle weakness
- Inability to stand on heels or toes
- Aggravated by sitting, standing, bending, coughing, sneezing, straining
- Difficulty is rising from seated or lying position

Stage 2 – Subacute Recovery Stage

This stage is when the majority of your signs and symptoms from the acute stage have subsided. You may continue to experience a dull, aching sensation in your low back, hips, or legs, and possibly have a weak feeling in the low back, or a general feeling of apprehension. Standing straight, sitting, and rising should be performed without pain. Sneezing and straining should not aggravate or cause you to have acute symptoms.

Stage 3 – Chronic Rehabilitative Stage

You will reach this stage when all of your symptoms of the acute and subacute have subsided, or when maximum improvement in your condition has been obtained, and when long-term strengthening of the low back is absolutely essential.

Exercises – Acute/Pain Stage

1. Lie flat on your back on the floor in a relaxed position. Bring your right knee toward your chest, clasping your hands around the knee. Pull your right knee toward your chest firmly and, at the same time, forcefully straighten the left leg. Hold for three to five seconds. Relax tension. Do five times. Perform same procedure with opposite leg five times.
2. Lie on your back on the floor with your knees bent, feet flat on the floor, and arms at your sides, palms down. Tighten the muscles of your lower abdomen and buttocks, so as to flatten your lower back. Slowly raise low back and buttocks from the floor and hold for five seconds. Relax. Do five times.
3. Lie on your back on the floor with your knees bent, feet flat on the floor, and arms at your sides, palms down. Tighten the muscles of your abdomen and buttocks so as to push your low back flat against the floor. Hold for three to five seconds, then relax. Do five times.

Exercises – Subacute/Recovery Stage

1. Lie on your back on the floor with your knees bent, feet on the floor, and arms at your sides. Bring both knees to your chest, clasping hands around the knees and pulling firmly towards your chest. Hold for three to five seconds and relax. Do five times.
2. Lie on your back with knees bent and feet flat on the floor, arms at your sides, palms down. Raise your left leg up as far as is comfortable without over-stretching muscles behind the leg. Return left leg to starting position and repeat four more times. Do the same procedure with the right leg five times.
3. Lie flat on your back with arms at your sides, palms down. Slowly raise one leg, bringing the raised leg toward the opposite side of the body until you feel the stretch. Return to neutral position and repeat with the other leg. Do this exercise five times.
4. Standing with hands against a wall, left foot approximately eighteen inches behind right foot, keeping heel flat on the floor and left knee straight, slowly bend forward until you feel the stretch behind the calf. Hold for three to five seconds, release tension and repeat three to five times. Do the same with the other leg. This exercise is designed to release tension behind the calf.
5. Lie flat on you back on the floor, hands clasped behind the neck. Tighten the buttocks and, at the same time, lift head and shoulders 2-4 inches off of the floor without pulling on the neck. Hold for three to five seconds and return to a neutral position. Repeat four more times. This exercise is mainly an abdominal strengthening exercise.

Exercises – Chronic/Rehabilitative Stage

(These exercises are to be performed in addition to those suggested during the acute and subacute stages.)

1. Lie flat on your back with both knees bent, feet flat on the floor. Bring one knee to your chest and straighten it to a vertical position, pointing the toe upward as far as possible. Bend knee back to chest and return to original position. Repeat with opposite leg. Do this exercise five times.
2. Sit sideways on the couch or bed, facing the right, stretch out right leg flat and put left foot on the floor. Put left hand on left knee and reach forward with your right hand for the toes of the right foot. Reach as far forward as you can without discomfort. Feel the stretch behind the right leg, hold for three to five seconds and lean back to release the tension. Repeat with the same leg four more times, then change positions and repeat the procedure with the other leg, five times.
3. Standing with hands on hips, bend slowly to one side, bending only at the waist. Do not flex hip or knee. Hold for three to five seconds, then return to neutral position. Repeat with other side. Do this exercise five times.
4. Lie flat on back on the floor, knees bent, feet flat on floor, hands on chest. It would be helpful to put the feet under a heavy chair or sofa for support, or have someone hold your feet down. Sit up to one quarter the sitting position and hold for three to five seconds. Relax and repeat four more times.

5. Lie face down on floor with a large pillow under your hips and lower abdomen. Lift one leg off of the floor, keeping leg straight, and hold for three to five seconds. Relax and repeat with the other leg. Do exercise five times total.
6. Lie face down on the floor with a large pillow under the hips and lower abdomen. Place hands behind hips and lift your head and shoulders off of the floor, being careful not to raise high enough to cause pain in the lower back. Relax back into a resting position and repeat four more times.
7. Lie on your right side and raise your left leg to as near a vertical position as possible, relax. Perform this exercise five to ten times and switch positions and repeat with the other leg.
8. On hands and knees, draw one knee toward your chest, flexing trunk and neck at the same time. Then swing leg back into an outstretched position, extending neck and back at the same time. Do this exercise five times and repeat with the other leg, five times.
9. On hands and knees, arch back upward like a cat while dropping your head at the same time. Then reverse the arch by pushing your back downward while raising your head, forming a "U" with your spine. Repeat four more times.

Exercises to Stretch and Restore Range of Motion to the Neck

The following is a group of mobilizing and stretching exercises designed to increase the range of motion in your neck. If the exercise causes pain or any symptoms of dizziness or light-headedness, it is recommended that you discontinue these exercises and consult Dr. Beistline. As you gain mobility in the neck, you should notice greater movement and less stiffness. Do not use any additional weights or devices when doing these exercises. An application of moist heat before you start will aid in your performance.

1. Tuck your chin. Gently bend your head forward, attempting to touch your chin to your chest. Then, gently bend head backwards to its limit. Repeat four more times.
2. Bend head to the right as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise. Then perform the same exercise on the left side. Do this exercise five time total.
3. Turn head as far to the right as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Repeat on opposite side. Do this exercise five times total.
4. Standing with feet shoulder width apart, place hands behind head. Bend from side to side, bending only with the upper back. Do not bend from the waist or hips. Attempt to point the upper elbow to the ceiling. Hold each movement for three to five seconds, making sure to alternate sides. Perform five total repetitions.
5. Standing with feet shoulder width apart, clasping hands together behind back, and with arms straight, pull downward toward the floor with hands. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold for three to five seconds, exhale slowly and relax. Repeat four more times.

Exercises to Strengthen the Neck

The following is a group of isometric exercises designed to strengthen your neck muscles. If the procedure causes pain, it is recommended you use less force and reduce the number of repetitions. As you gain strength in the neck, you should be able to increase both the force and number of times you are able to perform the exercises. Do not use any additional weight or devices in neck exercises. An application of moist heat before you start will aid in performance. When doing exercises, do not hold your breath.

1. Press your palms against your forehead and flex your neck, pushing your head forward against them, resisting motion. Hold for five seconds and relax slowly. Repeat two more times for a total of three repetitions.
2. Place your hand against the right side of your head. Resist motion as you laterally flex your neck to the right, pushing your head against your hand. Hold for five seconds, slowly relax and repeat on the left. Perform a total of three repetitions.
3. Cup both hands behind your head. Extend your neck, pushing your head backwards against your hands while using your hands to resist this motion. Hold for five seconds and relax slowly. Repeat two more times for a total of three repetitions.

4. Place your right hand against the right side of your head. Attempt to rotate your neck to the right, pushing your head against your hand and using your hand to resist this motion. Hold for five seconds and slowly relax. Repeat on the left. You should perform a total of three repetitions.

God's Pharmacy: Better Health Through Nutrition

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human being. He made and provided what we'd need before we were created. These are best and more powerful when eaten raw. We're such slow learners...

God left us a great clue as to what foods help what part of our body!

God's Pharmacy! Amazing!

A sliced **Carrot** looks like the human eye. The pupil, iris, and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance both blood flow to and function of the eyes.

A **Tomato** has four chambers and is red. The heart has four chambers and is red... All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell, and all of the research today shows grapes are also a profound heart and blood-vitalizing food.

A **Walnut** looks like a little brain, with a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex of the brain. We now know walnuts help develop more than three (3) dozen neurotransmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? *It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.* There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase sperm count, which helps to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries

Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body's cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

About the Doctor

BACKGROUND: Dr. Beistline was born and raised in Springfield, Ohio, and has lived in this area his entire life. He is a 1996 graduate of Greenon High School, where he was a four-year Varsity letterman on the Football, Wrestling, and

Track teams, and was also a member of the band for two years. After graduation, he made the decision to dedicate his life to helping others and began his journey toward becoming a chiropractor.

EDUCATION: After graduating from Greenon in 1996, Dr. Beistline began his undergraduate studies at Wittenberg University in Springfield, Ohio. During the two years he was at Wittenberg, he attended supplemental classes at Clark State Community College, which enabled him to earn enough course credits to transfer to Cleveland Chiropractic College in Kansas City, Missouri, where he finished his education. Dr. Beistline graduated from Cleveland Chiropractic College in August of 2003 with a Bachelor's Degree in Human Biology and a Doctorate Degree of Chiropractic.

CERTIFICATIONS: Dr. Beistline is certified by both the Ohio State Chiropractic Board and the National Board of Chiropractic Examiners, and he currently holds a valid license to practice chiropractic in the state of Ohio.

TRAINING: During the course of his studies, Dr. Beistline has been fully trained in the science, art, and philosophy of chiropractic. He has received training in several chiropractic adjusting techniques which he uses in his practice daily to treat his patients.

PROFESSIONAL ASSOCIATIONS: Dr. Beistline does not currently hold memberships in any professional associations, but he would like to become a member of the Ohio State Chiropractic Association, the American Chiropractic Association, and the Clark County Chamber of Commerce as soon as possible.

COMMUNITY INVOLVEMENT: Our office provides free spinal screenings and educational lectures to the community in order to share chiropractic story with others. Dr. Beistline volunteers his time each year to perform sports physicals for the children in the Greenon Local School district. He is also the President of the Indian Valley PTO and helps coach softball in the Enon Girls Softball League. Having grown up in this area, Dr. Beistline likes to give back to the community that helped him become the man he is today.

FAMILY: Dr. Beistline is happily married to his wife Elizabeth and they have three beautiful daughters: Kadreona, Kyanna, and Kandra.

Kadreona and Kyanna are very active in local sports and love to participate in community events.

Elizabeth is currently working toward a Bachelor's Degree in Criminal Justice and would like to become a police officer. She coaches U15 girls' softball and helps out in the community whenever possible.

MISSION STATEMENT: Our mission is to help our patients improve the quality of their lives through natural chiropractic care and promote better health throughout our community.

Our Wellness Website

Our wellness website is perhaps the most underused wealth of information available to you! According to statistics, an average of only two people visit our site daily, and our member list is below 40! It is not, by any means, a "cheap" site. It is one of the most professional, informative, and well "put-together" sites you will encounter on the web.

We invite you to visit our website and become a member. It is one of the best sources of health information available to you. Our site includes lifestyle advice, exercises and stretches, and nutritional information, as well as information about many conditions, including yours!

This site exists only to help patients like you in your journey to find better health. Please check it out when you get a chance. We guarantee you'll be as impressed with it as we are!

Our web address:

www.bcfamilyhealth.com

Thank you in advance for taking the time to visit us on the web!