

Balanced Health, LLC
Over 35 Years of Service
by
Gene FitzPatrick, CK, CI, CNHP

A short history -

Though natural health care has been used successfully for thousands of years, the natural health movement in this country was in its infancy when I was introduced to the herbal approach in 1979. At the time, I was learning how to make use of herbs and herbal supplements for such things as weight and appetite control. It was “illegal” to talk openly about the possibility of healing without drugs. So, folks that were having success through the use of herbs were very quiet about it. Because the suppression of this type of healing was much more extreme at that time, the knowledge about these time proven healers was only passed on through word of mouth and personal teachings. I was fortunate enough to live near some fine folks that shared their personal successes through the use of herbs with me at that time. Still, having grown up in the medical instrumentation industry, I clung to the belief that the extent of the benefit of natural health modalities was only as a possible help to what the medical doctors would do. For more than 18 years I thought of the herbal supplement industry as a nice way to help some folks, those that would listen, get some nutrients they may need and perhaps help with their health in some small way.

The fact that over processing and chemical poisoning of our soils was adulterating our food supply was first introduced by Dr. Wiley in 1906 when he created what was known as “the pure food and drug act of 1906.” His concern has only become more relevant today with the ongoing attack of the world’s health through the adulteration of our food supply. This is being done by the pharmaceutical industry and people that do not know better through the widespread use of Glyphosate based products like Roundup as well as pesticides and chemical fertilizers. So, why wouldn’t some encapsulated plant part from a plant grown in good soils be helpful? After all, Hippocrates, the man the doctors swear an oath to and rarely follow these days, said “let food be your medicine”, right? Besides, more than half of all drugs are extracted from herbs anyway.

Well, when I met Elaine in 1986, I was introduced not only to my future wife, but also to a springboard out of the box built with walls of suppression and narrow thinking. She had several very serious emotional and physical conditions that, by that time, had been treated with the medical communities’ techniques for years. I also had some challenges in my life at that time and lapsed in my path toward herbal and natural approaches since my move to New Hampshire in 1984.

My path toward continuing in the health business would not be swayed by my apathy and procrastination! Elaine told me that she knew this guy that does the herb thing! The natural health community was still being chastised heavily by the jealous drug cartel then but, successful techniques have away of winning out in the end. The public refuses to let go when they find something that works! So, off we went to the herb guy.

Elaine’s herb guy introduced us to a woman that used to be a physician and quit the business! These days, I hear quit a bit about frustrated doctors looking to pursue health care rather than disease management but then it was virtually unheard of. And, to top it off, she did this strange thing called muscle testing!

Amazingly enough, after about two years of work, Elaine became well. Please be aware that my definition of well is not just feeling better. It is not successfully suppressing symptoms. That can be done quickly. True health is the absence of sickness without the use of any medications or condition specific treatments, natural or chemical. This was accomplished.

About three years later, while working as a quality control manager for a company that produced equipment to remove Brain tumors, I was asked by the owners son-in-law if I may be able to help the owner. It seems that he suffered from the same condition my wife was healed from with the use of herbs. He was, to quote his wife, “getting the best money can buy” and was dying. Well, I went to his home and, much to the chagrin of his wife, put him on an herbal program. All the supplements came back to me three weeks later. When I asked his son-in-law why his father-in-law stopped using them, he told me that he did not know and suggested that I call the owner. The owner indicated that he felt, for the first time since he had his condition, that he was improving. However, because of pressure from his wife, he stopped supporting his ability to heal and passed away. One can only speculate what might have happened had he continued supporting his system.

So there we had two people with the same condition. One went to the doctors and died. One went natural and lived. What louder message did I need?

During the time that my wife was being treated, I was introduced to yet another multi-level marketing company that was the supplier of most of what my wife was taking. More rah rah meetings and sales pitches I thought. Nothing could be further from the truth. This company was Nature’s Sunshine Products, Inc. They have been around since 1972 and believe strongly in the proper use of herbs and natural healing through their use. This opened up a whole new level for me and ultimately, for the people that put faith in my abilities. No hype and minimum purchase or sales requirements. Just education and seemingly unlimited contacts through which one could learn as much as one wanted about true healing. And besides, I got a break on the cost!

It was then that I was introduced to a healing modality that had its birth in the late 1950's at the hands of Dr. George Goodheart, D.C. Dr. Goodheart, D.C. was a chiropractor that went on to study the Chinese arts of healing after his chiropractic training. He learned that, while helping the nervous system to communicate better with the Brain and correcting structural issues through chiropractic, he had a burning desire to develop a modality that would help the body and could be used by anyone that was willing to learn. He learned that there are two communications systems in the body; the nervous system and the meridian system. The communications imbalances along the meridians can be addressed through acupuncture. When his patients received chiropractic and acupuncture treatments concurrently, they were getting better results than through chiropractic alone. This excited him. Still, not everyone has the desire to learn chiropractic and acupuncture and he wanted to help everyone. His research continued.

The existence of lymphatic buildups within the meridian vessels compromise the ability for energy movement along those pathways. This is much like a dam blocking the flow of water along a river. Some water goes over the dam and some is let through, but the water flow is reduced. These blockages in turn reduce the ability of the Brain to know what is going on within the body and therefore, reduces the ability to facilitate a healing. When a person is a victim of these blockages, massage can be a valuable tool to break up these “dams”. In this way, the healing of ones body becomes more efficient. This realization added to Dr. Goodheart’s toolkit of knowledge.

Incorporating all this knowledge as well as studying the effects of these three natural modalities toward the healing process was exciting. However, not everyone is inclined to learn massage, acupuncture and chiropractic. The quest continued. Dr. Goodheart, D.C. shared his findings with Dr. John Thie who went to the same school of chiropractic. Dr. Thie pushed the envelope further by publishing Dr. Goodheart’s work in a book which he titled Touch For Health. This book was first published in the early 1960's. A very bold move considering the political environment at the time regarding natural health modalities. This set of tools has been built upon since to include not only physical healing techniques that anyone can benefit from, but emotional healing as well. The incorporation of what is known today as Touch For Health Kinesiology has become a vehicle whereby anyone that is interested can learn how to help themselves and others in such a way, and to such a degree, that was never before available in this country. Dr. Goodheart, D.C. had a goal of developing a modality that incorporates

the benefits of chiropractic, acupuncture, massage and beyond, with respect to working with the body and its' innate healing ability. This is what he accomplished!

While I learned the Touch For Health techniques, became an instructor for the Touch For Health Kinesiology Association, and a lifetime member, I was not satisfied that the tools, as valuable as they are, provided a complete solution. Balancing the body, as it is often referred to in the oriental arts, is absolutely necessary if you want true health. However, for true healing to occur, two very important functions must be supported. Hippocrates said there are only two reasons a person can't get well. Number one is the body's inability to properly dispose of the waste. Number two is the inability to get the nutrients to the cells. This is where the herbal industry comes into the picture. By taking the proper nutrients into the body and digesting them efficiently, you are allowing the body to reach and maintain its ability to be well.

How does one know where to get these nutrients? Which supplements, if any, should a person be taking? Do you pay attention to the myriad information that is everywhere today? If you do, you may find yourself taking so much stuff that you do not have room for food! What is to be done?

There is no cookie cutter approach to health. Everyone, even with the same symptoms, has unique needs. How does one find out what those needs are? One very valuable tool that I use to cut through all this confusion, the same tool that was used years ago by that physician that treated my wife, is Muscle Testing! Through the use of this incredibly effective assessment tool, I can determine what your supplement needs are. This determination is done to address your current concerns as well as ultimately finding what would be good for you to support your individual weaknesses and susceptibilities. I use this tool to provide you with the smallest and most targeted supplement program possible.

Still, as complete and amazing as all this is, there is a missing piece. Most people have inherited susceptibilities and familial patterns toward certain conditions. There are several ways to determine what these are. One could look at family history but that can take generations. One could continue to address conditions as they come up but isn't prevention better? How do you determine your unique weaknesses without waiting until they get you? This piece of the health puzzle is found in Iridology.

Iridology is a one hundred percent accurate assessment tool that dates back to the ancient Egyptians. Using this tool, I can let you know what your hereditary weaknesses are as well as document your path back to full health. While getting into the history of Iridology is beyond the scope of this document, I teach an introductory class in Iridology for those that would care to discover for themselves the value of this tool. As a certified Iridologist through the International Iridology Congress, I incorporate the latest in microscopic equipment for a full and accurate assessment of your irides. The net result is a full report on the current health status of your entire body and brain as well as an awareness of what you may be susceptible to in the future.

A full body balance re-establishing full communication ability along both the nervous and meridian systems, as well as finding what your nutritional support needs are, is invaluable if you want good health. Each session typically becomes farther apart as you get closer to being well, starting generally six to eight weeks apart and ultimately twice a year in the interest of maintaining good health.

Please read on to see a list of concerns that we have addressed over the years using these techniques that have no potential for harm.

Some of the conditions and diseases that people have used our services for over the years follow. In every case the clients came in after being diagnosed and treated by the medical establishment. That is not to say that you necessarily need to go to a doctor before seeing us. Using the tools described here are great to prevent sickness in the first place.

This list is by no means complete. I have come to learn that anything that happens to the body naturally can be helped naturally.

Mend Broken Bones	Allergies	Irritable Bowel Issues	Psoriasis
Eczema	Digestive Issues	Crohn's Disease	Pneumonia
Gallstones	Fibroids	ADD/ADHD	Toxemia
Fatty Liver	Cervical Cancer	Depression	Carpel Tunnel
Cystic Fibrosis	Muscular Dystrophy	Kidney Stones	Fibromyalgia
Diabetes	Hepatitis	Urinary Infections	Enlarged Heart
Stress	Various Cancers	Sarcoidosis	Arthritis
Ear Infections	Blood Pressure	Cholesterol Issues	Circulation Issues

This complete package incorporating the benefits of Touch For Health Kinesiology, Iridology and herbal consultation is provided by Balanced Health, LLC. To schedule an appointment if you would like to join the more than 15,000 people that have seen the benefits of working with the body instead of against it or in place of it, call (603) 881-5681 to book an appointment. You will be glad you did.