We get asked all the time “When do you think insurance is going to cover this?” The honest answer is probably no time soon. As far as the biological approach is concerned, insurance will challenge one of the main purposes of biological medicine: being so individualized. In biological medicine, for instance, three clients all with the same diagnosis will have different therapy protocols, nutritional plans and different supplementation regimens. Clients will follow their individualized plans and make headway at their own paces. There are so many variables to consider: age, diagnosis or other medical or lifestyle reasons that cause complications as well as the individual's compliance and strictness to a natural approach. There are some generalities for sure, however, it is after assuring drainage pathways are functioning and detox has begun that the intricacies for the individual become important.

In the current model of modern healthcare, each diagnosis has a certain pre-determined protocol of therapy and pharmaceuticals that are acceptable for insurance reimbursement. These are quite rigid guidelines. This model does not consider the many intricacies of the human body—the very things that make us each as unique as our fingerprints. In biological medicine the individual is what is considered of highest importance and the diagnosis is secondary.

Our goal is to offer a solution for true affordable healthcare. This takes a different approach to healthcare. As we take responsibility for the quality of the food we eat, the water we drink, the quality of life we live and make sure to accommodate for the stressors our bodies are under, we are only then actually preventing many of the modern ailments that plague so many people today. Headaches, constipation, allergies, rashes, anxiety, insomnia, fatigue and lowered immunity are just a few of the ailments that will improve throughout the process. When the body regains its natural ability to detoxify on a regular basis, the lymphatic system, kidneys, and the bowels function optimally, and the body eventually reaches homeostasis. When it comes to the nutritional needs, each person is unique, however there are some common guidelines we can all follow to avoid building acid and toxicity in the body. This is the basic concept of milieu (internal environment) regulation therapy, the foundation of biological medicine.

Dr. Rau, from the Paracelsus Clinic in Switzerland, has based an entire form of medicine for the last 30+ years on the correcting the internal environment. Over the past decade at True Wellness, we have seen amazing results applying this science to our clients. True Wellness has enabled a way to bring affordable healthcare with the technology of European Biological Medicine through the True Advantage membership. This all-inclusive membership offers the use of specific equipment selected to accomplish these goals:

1st: facilitates the drainage of the lymphatic system
2nd: helps the body gently detoxify
3rd: balances the meridian system
4th: balances the emotional state

- **The Soloflex Vibration Platform** stimulates proper vascular circulation and lymphatic movement, while also reducing cellulite and overall body pain.
- **The Inversion Table** restores proper posture and body alignment while gently decompressing the spine, pelvis and hips. The inversion table also stimulates lymphatic flow.
- **The Infrared Sauna and the Himalayan Salt Chamber** provide gentle cellular detoxification, relaxation, and relief from a host of health stressors.
- **The Omnium Magnetic Field Generator** balances biological energy thus, reducing stress.
- **The Ajna Light** brain entrainment device stimulates the Pineal gland, helping one easily reach deep meditation and relaxation, reducing anxiety and thus assisting in emotional balancing.

True Wellness of PA, a European Biological Medicine clinic, was established in 2005. This dedicated team of professionals, led by Ian and Kelly Kennedy, has taken healthcare to new heights by introducing a “True Advantage” membership program specifically designed to address posture, blood flow, stress reduction, lymphatic flow enhancement, exercise, detoxification and emotional balance.

This innovative strategy continues to set True Wellness apart from other conventional appointment-based medical practices. Co-founder Ian Kennedy explains: “We still offer clients one-on-one appointments to support and guide those who may be dealing with current health issues. The foundation of European Biological Medicine is the most powerful modality I have witnessed to regaining one’s health holistically. There are just too many people who feel that this type of alternative healthcare is financially out of reach. This is something that has stopped them from reaping the benefits of preventive therapy. Now, we have the ability to support healthy proactive people in maintaining their health and wellness through effective natural therapies focused on keeping them out of the doctor’s office, at a reasonable monthly cost. These are not pieces of typical exercise equipment that can be found in your local gym. All the apparatus offered in the True Advantage membership have been carefully selected for their effectiveness and clinical application in restoring and enhancing health.”

“To my knowledge there is no program offered like this in the United States – giving people a membership based opportunity to take “Advantage” of devices specifically directed at enhancing health and wellness. I am sure this approach will, over time, become the norm. We are so honored to offer this innovative vibration, energy, and light based healthcare membership strategy to the public.”

Co-founder Kelly Kennedy.
Once water, air, and nutrition are aligned with the biological perspective and our bodies have gained natural healing abilities, there is no need for the overburden on our national health care system. We have learned how to take care of our bodies, and our bodies can now take care of us. Then, barring any true emergency and/or traumas, we shouldn’t be so dependent on modern medicine. We don’t need large premiums with small deductibles. When we take care of ourselves and we are only left to manage large deductibles, using our insurance for emergencies only, we can then enjoy smaller premiums. We can invest the monetary difference in our health by taking preventative action. The foundation of our health is strengthened by taking responsibility for the quality of care we give our body, skin and dental care: what we put in and on our body. It is imperative to be the best advocate of our own health. It is only when our health is at its best that we can perform to our fullest and can be empowered to take care of those we love.

THE TRUE ADVANTAGE AT TRUE WELLNESS

True Wellness offers a wide range of holistic and biological therapies and techniques that support the whole person in both mind and body.

Biological medicine is a comprehensive, holistic medical approach that integrates several important healing traditions into its approach. We consider the entire being, not simply the diagnosis or symptoms. Our focus strives to restore optimal health by eliminating burdens to the body.

Membership includes:
Unlimited use of the following with membership (per session, per month, per 6 months, or annually):

- 3 in 1 Infrared Sauna
- Himalayan Salt Chamber
- Soloflex Vibration Platform
- Inversion Table
- Magnetic Field Resonance
- Ajna Light

Discounts on:
- Ion Cleanse Foot Baths
- Lymphatic Enhancement Technology

Cyclical Schedule of:
- Heart Rate Variability Assessment Test
- Rapid Release Technology Body Work Session

As all other Clients of True Wellness, True Advantage Members will also enjoy:
- Cell Phone Sanitation
- Full Spectrum Lighting, with healing properties, installed throughout the facility

For your tour of True Wellness and information on the True Advantage membership please contact us at 267-308-0777.

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