

Compliance in Biological Medicine

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The biggest factor for a client successfully employing European Biological Medicine is compliance. Compliance makes all the difference in a client feeling and seeing real results in their overall health. Compliance may seem obvious when investing in our health, yet many can be reluctant

to change. Choosing therapies based on what we are willing to do; instead of what we need to do is a recipe for failure. Individuals that get the most benefit from European Biological Medicine and see their health improve, are the people who are most committed to executing therapies both here in the clinic and at home.

Compliance is something that is solely dependent on the client. We can educate and suggest health and lifestyle changes to our clients on many different topics. From food and nutrition, home health, dental dangers, emotional health to scars on the body, our clinic is well versed in making positive changes to each client's life. Yet, if these changes or therapies are avoided and changes are not made, how can we expect their health to improve? As a society we have been lulled into a mindset of thinking that health is

the absence of symptoms and that suppressing them equates to health. Well, you can take pain medication for arthritic joint pain and the pain may subside yet the degeneration and damage to the joint continues. Contemporary medicine focuses on the illness or disease, where Biological Medicine is focused on the individual and supporting their ability to heal.

A teacher of mine once told me, "For things to get better you have to get better and for things to change you have to change." In class Dr. Rau was asked "When is it too late to use Biological Medicine?" He replied "It's never too late to turn around and go in a different direction." Going in a different direction, however, can be difficult for some. The contemporary medical community has propagated fears around the idea that if we don't do as we are told or follow standard medical recommendations the consequences could be dire. Over the years we have witnessed that for most people their level of compliance is directly proportional to their level of desperation. People don't change unless they have to. My brother smoked cigarettes for over 25 years. The day he was diagnosed with cancer was the day he quit and never smoked again. He had tried many times to quit unsuccessfully until that day. When the pain of staying the same is greater than the pain of making a change, we change. It is sad that it often

takes a high level of desperation before we make this shift.

The number one killer in America is heart disease, followed by cancer. The third leading cause of death in America is medical care. The National Vital Statistics reports deaths from Heart Disease at 710,760, Cancer at 553,091 and Medical Care at 225,400.

It breaks down like this: Medication Errors 7,400, Unnecessary Surgery 12,000, and other preventable errors in hospital 20,000, hospital born infections 80,000 and adverse drug effects at 106,000 for a total of 225,400 deaths. So, if heart disease or cancer does not kill you, going through conventional medical treatments most likely will. If death tolls like that were accruing in any other industry it would shut down instantly. Can you imagine if over two hundred thousand people died in plane crashes a year? None of us would fly.

European Biological Medicine is the remedy for the diseases and illnesses of our modern society. This holistic approach of supporting the person in regaining and maintaining good health goes well beyond replacing medications with natural supplements. Biological Medicine alleviates the burdens and toxic loads that accumulate over time and frees the individual from chasing and suppressing symptoms. Over time, a client's compliance is replaced with self-confidence and competence in maintaining good health and wellness through the understanding and support of Biological Medicine.

So who gets the most out of the Biological approach? The person who is willing to shift in another direction and seek a different result. It is for the person who wishes to make changes before illness or disease takes hold. The Biological approach is for those who seek and are willing to take guidance and support to facilitate a deeper and complete healing.

The National Vital Statistics reports deaths from:

HEART DISEASE
710,760

CANCER
553,091

MEDICAL CARE
225,400

Restore Maintain Enhance

Services
 Detox & Drainage
 Allergy Elimination Protocol
 Emotional Detoxification
 Nutritional Response Testing
 Dietary Consults
 Detox Foot Baths by Ion Cleanse
 Lymphatic Enhancement Technology
 Magnetic Field Resonance
 Yoga
 Contact Regulation Thermography
 Hair Mineral Analysis
 Heart Rate Variability

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.

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