

B.E.S.T. Health Care

The **Bio Energetic Synchronization Technique (B.E.S.T.)** is a technique which is widely used by health care practitioners all over the world who practice mind/body healing, and who recognize that the body is more than the sum of its parts. It's a system of health care that is truly state-of-the-art in **balancing Body/Mind/Memory/Soul energy fields**. When these energy fields are out of balance, symptoms develop and health deteriorates. Many factors affect the body's state of balance. Emotional issues of the past as well as the choices that we have made, or currently make in six essential areas: **what we eat and drink; how we exercise and rest; what we breathe; and what we think** all affect our energy field balance. When these systems are out of balance, they become exhausted. Symptoms such as pain and disease often develop.

Pain has a purpose.

Pain is the body's alarm system, alerting you that there is something wrong. Pain alerts the body to start the healing process. Pain from accidents or injuries – a cut, broken bone, torn cartilage, dislocated joint, or other physical injury – **isn't bad**. This pain helps to **direct healing energy to the area it is needed by your body**.

The fastest way for your body to stop hurting is **to balance the energy fields**. This will allow you to repair and rebuild your damaged, painful condition. Often, an immediate response to the B.E.S.T. procedure is relief from the pain. This will help you feel as good as possible as soon as possible. However, many of the people that are here to have their bodies balanced don't necessarily have pain. Our experience has shown that by keeping your body balanced, it not only can get rid of pain, but more importantly, it will allow your body to function much more efficiently and actually repair and rebuild the damage from nutritional, physical, or mental stress.

Emotions and thoughts play a big role in your health.

Think about something that you really hate or someone that really bothers you. It is actually possible to increase your heart rate, tense up your shoulders, bring on a headache, or make you sick to your stomach by just thinking about it! Or, try this. Think about a bright yellow lemon. See it in your mind's eye. See the yellow skin. Now, picture cutting it with a knife right down the middle. Then squeeze it into a spoon. Now, slowly place the spoon of lemon juice into your mouth on top of your tongue and swallow it! Can you see how what you can think can actually change your bodily function? Did you swallow from the sour juice?

Your thinking (mental stress) can change the way your body functions. That can be either positive or negative depending on your thoughts. What you think about is probably the most important factor in regard to your overall health.

Your body was designed to survive.

It is important to understand that everything the body does is **for the sole purpose of survival right now**. It isn't designed to be sick or healthy. It is designed to survive the conditions of the moment, and it deals with these conditions by responding to the greatest threat to survival first. We call this top priority.

You may feel terrible, but **your body is doing the best it can under the circumstances that you provide for it**. If something isn't done to update the current status of the threat, it may keep responding over and over until that particular system becomes exhausted. That's when you have symptoms like pain or disease.

B.E.S.T. updates physical and emotional memory.

By touching certain pressure points, in the proper sequence, and having you think about specific memory stress, we have found that your body begins to **re-communicate with your brain**. Of course, your brain controls all functions in your body. When they work together, body balance, restoration of health, and feeling good are welcome results.

When the procedure is finished, **your legs should measure even in length; your arms will be strong**. This means that your body is balanced. Clinical experience has shown that by stimulating these specific pressure points as part of the B.E.S.T. procedure, that your body can not only begin to feel better, but can actually begin to repair and rebuild. The rebuilding and repairing are the necessary steps to regaining good, pain-free health. By combining your improved choices in those six essential areas with this updated mind/body balance, a winning combination is certain to follow. By taking this approach, you are taking steps to **learn to maintain this balance in the days, weeks, and months to follow**.

With the B.E.S.T. approach, we believe that there are virtually no conditions that your body cannot overcome or show improvement in. By balancing your body with B.E.S.T. we are attempting to do everything we can to **allow your body to heal, to repair, to rebuild, and to again gain health**

Take it one step at a time.

Changes in the choices that we make in the six essential areas must happen gradually. The nutritional changes can often be the most uncomfortable, and the thinking changes the most difficult. Take your time, and ask for help! For nutritional stress, we recommend natural, whole food supplementation to help you. Nature has the ability to put things together in ways that seem to be the most beneficial to our bodies. Should you have problems with gas, indigestion, or bowels, be sure to mention this. We have more information on making better choices in these six essential areas to make these changes easy and healthy!

B.E.S.T. is a physical yet non-forceful, energy balancing procedure used by the hands to reestablish the full healing potential of the body using its natural healing abilities. B.E.S.T. removes the interference and/or distractions that are demanding the attention of the healing power; thereby causing the imbalance in the autonomic nervous system, and ultimately leading to disease.

Researched at major universities, taught in association with many chiropractic colleges and in professional continuing education seminars, B.E.S.T. is recognized in the health care industry as an effective healing science.

YOUR CHOICES MATTER

The choices you make in six essential areas determine whether you follow a lifestyle that results in permanent good health or one that can lead to distress, illness, depression... an unbalanced system that leads to disease.

The six essential areas, and guidelines to help you make healthful choices are:

1. What you eat. Your diet should consist of approximately 75% fruits and vegetables and 25% everything else. This keeps your body alkaline (it's natural state) instead of acidic, and helps prevent injury and disease.
2. What you drink. Avoid stimulants such as coffee and alcohol. Drink mostly fruit juices and pure water.
3. How you exercise. Get 30 minutes of whole body exercise three times a week. Help your body stay flexible. You'll be surprised at how good it feels and how the tendency to suffer injuries is reduced.
4. How you rest. Good sleep every night is essential to your body's ability to heal and recharge itself. Avoid stimulants and heavy meals before you go to sleep.
5. What you breathe. Clean, smoke-free air is also essential to permanent good health. If you can smell the air you breathe, it is probably not healthy.
6. What you think. Stress can be a killer. It also can cause your muscles to tighten up to the point that injuries and pain become more likely. Find ways to think calming thoughts, at home and at work. It pays big dividends in good health!