



THE RESTORATIVE REPORT

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Feeling Better

Wholeness isn't just the absence of disease but the presence of health and healthy living.

What's your endgame? Do you want to feel better? The answer is yes, of course, but we often say, "in 12 seconds we're going to change that answer" because there's a difference between feeling better and being better.

Feeling better can be simulated with pain medications (which is not traditionally what we do). *Being* better is the higher and longer-lasting goal, but to get better you have to heal better. It's the same end goal, but with healing versus pain management, resolving an underlying issue instead of covering up a deteriorating function. Feeling better may be what you want but how to get you there and keep you there is where we come in.

Aging (especially according to poor lifestyle choices) is the common denominator of why we're not healthier. For something to be a disease, the number of people who have it need to be less than 50% of the population. Aging and its effects are not a disease but something everyone has. It's also something that is treatable for a better quality of living.

Over our last 30 years of success, we've explored different ways to help you feel better by living better. At the end of the day feeling better is only truly accomplished by a body that is working together in health and vitality. Wholeness is not just the absence of negative symptoms – wholeness is a symptom itself, a representation of a healthier and better functioning of the body and all its systems.

No better time than spring to adjust your goals from temporary solutions (which only distract from real and recurring issues) to long term aspirations of healing, wholeness, and overall whole-body well-being.

That's *our* end-goal for our patients – and that's something they can feel good about for a very long time.

Dr. Brad E. Fraum D.C.

"To love life is a natural consequence of good health." - Dr. Brad Fraum, DC

UPCOMING BEYOND STEM CELLS™ SEMINAR DATES

MON APRIL 4TH	6PM
TUES APRIL 12TH	NOON
MON APRIL 18TH	6PM
TUES APRIL 26TH	NOON

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FRAUM NEWS

Dr. Fraum speaking with world-renowned pioneer in integrative medicine & transformation, Deepak Chopra MD, FACP.