



THE RESTORATIVE REPORT

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Enjoy The Journey On Your Way To The End Goal of Optimal Health and Well Being

Have you heard the one that goes: "No doctor cures anything...except a ham?" Even though funny, it's true. What we do understand though is what the body needs. Sometimes it can be a lifestyle change making different choices about what you're eating and how you're living along with Restorative Health changes.

That may sound like the broken record you already hear in the world of fitness and health, but it's about more than that – ***it's about visualizing "diet and exercise" the same way that most of the world traditionally views and utilizes pharmaceuticals.*** Medicine alters function and usually pacifies illness and limitations, covering up what is bound to only get worse. We work to **counteract** the effects of poor diet and lack of exercise and having a more restorative effect on the body than popping pills for temporary relief.

When you use diet and exercise medicinally, they have beneficial effects, not only in healing, but avoiding ailments and illnesses we're **creating** through poor habits. Auto immune diseases like inflammatory bowel disease are triggered primarily by atrocities of western diet.

Lastly, diet and exercise go hand in hand. You can't out-train a bad diet. You can't make up for in the gym what you do (or don't do) in the kitchen. If you keep eating pizza, you're not going to increase your metabolic rate to where it needs to be to make the functionality changes your body needs to make to be "running on healthy."

It isn't easy to toe this line, but we help through programs that map out lifestyle change and bury fad diets or exercise practices that lead to binge/purge cycles. It's important to have a restoration partner alongside you for this process because this journey continues. It's an ongoing way of living and something we can customize with you as you experience total life change.

Dr. Brad E. Fraum D.C.

UPCOMING BEYOND STEM CELLS™ SEMINAR DATES

MON JUNE 6TH	6PM
TUES JUNE 14TH	NOON
MON JUNE 20TH	6PM
TUES JUNE 28TH	NOON

SCAN THIS QR CODE WITH YOUR
PHONE TO BOOK YOUR
APPOINTMENT TODAY



PATIENT CORNER

Meet our patient Jim who just 9 weeks after receiving his restorative therapy successfully hiked Machu Picchu in Peru (and pain free!).