

Prelude to the Ultimate Healing System
by
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Introduction

During my 16 years of hands on clinical experience, the 5 Key Principles outlined in this publication must be addressed every time with every client I've served. In fact, the five key principles that will be outlined first are stressed on pretty much every visit.

It is not because the principles are hard to grasp, it's because they're so simple on one hand and very new on the other. They give you the reader, an in-depth understanding of your health better than you have ever understood it before.

So WELCOME to a most enjoyable journey together as you pursue and achieve optimum health.

Principle One:

Process > Event

So many people these days try to approach their personal health restoration in the same manner and mindset that one approaches changing the oil in their car or hanging a new screen door on the back porch. It's an event. So should my health restoration be the same experience?

The reality is that health restoration needs to be looked at the same way you would restore a vintage automobile or constructing a modern mansion. It takes time, effort, hard work and patience to produce the type of successful results you're looking for. So many things in modern living seem to fall under the umbrella of quick-fix, we have quick access to information around the globe with the simple, yet amazing handheld devices called smart phones.

In many areas of our life we do receive "instant gratification" for minimal and very little output on our part. I can assure you with a high degree of confidence based on 24,000 hours of clinical hands on experience with clients from around the country that the following statement I am about to make will empower you to approach this from a whole new angle and because of that new approach finally, for the first time for many of you readers, position you to experience true lasting vibrant health.

**..... Its takes 3 to 6 months to become stable and
1 to 3 years to achieve optimum health.....**

There is truly no way around this timeframe. Of course many clients experience positive impact and change within the first 5 to 7 days, this is very normal when you start reducing stress in the body. Please remember however that stress reduction or more specifically, the improvement of symptoms does not equate to optimum health. It means you're doing the right thing and the body no longer has to give you messages that are uncomfortable. Each of us have heard the story of the individual who had zero symptoms yet drop dead from a heart attack. Clearly this person wasn't healthy because they lack the physical symptom of stress.

So please remember always that principle one is a foundational and unwavering principle that nobody gets around. The good news is, some people find that they are completely symptom-free in less than 3 to 6 months.

Principle Two:
Why We Experience Disease

Almost without fail, each client that I've had the privilege of working with over the years has posed the following question, "Why can't I get rid of these allergies?" Here is my viewpoint and mindset regarding allergies.

Allergies is a name given to a set of physical symptoms that people experience on a consistent basis, some people experience them constantly while others notice a seasonal manifestation.

Bottom line is this, every single illness that man has ever experienced has several things in common, first the symptom history, Second, the name of modern medicine has given that symptom history, thirdly no explanation as to what caused it other than you either have a drug deficiency or you need an invasive procedure. This approach makes no sense with chronic care because it suggests you need to be harmed in order to be healed. Does that really make any sense?

So for those of you who really want the truth, this simple yet powerful principle will give you a breakthrough in understanding why you become burdened with physical symptoms of any kind and here it is.

..... **the absence of something the body wishes was present
or the presence of something the body wishes
was absent**

It is common knowledge that modern medicine during every moment of every day saves lives in the area of emergency medical procedures and care. It does not however maintain a very successful track record with chronic illness. Chronic is defined as any condition you experience for 10 days or longer. Modern medicine and approach to chronic care also agrees with this principle however their approach is much, much different. If they suspect you are missing something, it must be in the form of a pharmaceutical drug or if they suspect something is present and needs to be removed, they have a scalpel for that.

Modern medicine has two tools regardless of what clinic you go to in the country, what procedures or test they perform, how much time it takes to perform these test for how much money you spend on them. At the end of the day, drugs and the scalpels are the only tools they have.

When we consult your body in a noninvasive way to determine what course of action should be taken we then start doing things with your body rather than to it. This approach always, always, always, did I mention always gets the best results long-term.

So with the "Ultimate Healing System," one of the 18 proven steps to achieve optimum health centers around restoring what is missing from a nutritional, dietary and lifestyle standpoint and removing stressors that are blocking the bodies ability to maintain normal healthy function.

Principle Three:
Bodies Blueprint

Science has taught us that each and every one of us has a blueprint. There are different aspects of this blueprint but it is really a blueprint nonetheless. When properly evaluated this blueprint will bring on display the necessary information we need so that we do things with your body not to it.

The key to tapping into this blueprint, in a noninvasive way, is through a neurological exam that can be performed in less than 15 minutes. Although simple and somewhat strange, its accuracy at helping us solve the answers to principle number four are absolutely fascinating.

Principle Four:

Where/What/How

Principle three and the use of this noninvasive exam, positions us to answer the three most important questions you can ever have regarding your health. Here is something to think about, if you do not have the answers to these three questions, are you approaching your health with a viable solution?

1. **Where is the Stress in the Body?** By answering this question with the use of your body's blueprint as our guide, we can determine if this stress is in the Liver, Thyroid, Adrenals, or any other specific system or organ in the body. We must know the answer to this question because the evaluation process builds one step on to the next.
2. **What Could be Causing the Stress?** We know clinically when we find an area of the body that is experiencing stress, we must then check for known stressors that are working against the body's ability to perform its normal healthy functions. I'm going to give you the five most common here, so you can begin to remove your own health challenges by arming yourself with the truth. Here are the top-five stressors that every client who has ever visited with me has one or more of at the time of the initial evaluation.

- * Food Sensitivities
- * Immune System Challenges
- * Chemical Poisons
- * Heavy Metal Environmental Pollutants
- * Topical Scar Tissue

We know clinically that these five clinical based stressors can be identified and are most often at the heart of people's ill health and standing in the way of their health restoration.

3. How to Clear the Stress. When we talk about clearing the stress, this is where you now begin to join in to the process of rebuilding your health. The work begins on your part regarding compliance, becoming very well educated, following the program to the best of your ability so that you maximize your results as fast as possible. This may mean dietary changes, the taking of clinically based and proven wellness products that may be herbal, whole food concentrates or nutraceutical in origin.

The focus is really to develop a program of care that is specific and unique to your needs. This eliminates the cookie cutter approach or the one-size-fits-all mentality that permeates through the modern medical community. Each individual follows their own specific program of care.

Principle Five

Order - Thing - Amount - Time

This brings us to principle five which is to understand that your bodies blueprint properly evaluated will give us the answer to where the stress is, what could be causing that stress, and what we need to do in order to clear that stress. Since it's based on your bodies blueprint, we

are certain to help you add back what could be missing as well as help the body naturally eliminate what should not be present so you begin the true process of rebuilding your health.

(Hope you noticed that this last full sentence embodies all five principles.)

So now that we know the Liver could be the right order to start with, we can determine what thing or nutritional approach, dietary modification, etc. is needed. We can also simply determine the amount of supplementation daily and get an idea of how much time it will take to see not just symptom improvement, but the body's ability to restore, rebuild and repair.

This is a journey that I help over 4000 people annually embrace and experience tremendous success with. I look forward to you being one of those in the near future.

Bonus Material

As additional material to this free introduction to the "Ultimate Healing System", I thought it would be wise to capture my thoughts on some additional areas, you as a future client, need to be fully aware of.

First of all, I think it's important to point out that there are two primary uses of nutrition in a clinical setting.

1. Fireman
2. Carpenter

What I mean by the term fireman is that many times when someone is evaluated and we determine that they need a systemic detoxification program, we will be using protocols that act in the human body the same way a fireman 's perceived on site of the fire. The fireman is there to put out the fire, to remove the stress, to bring back stability as fast as possible. Certain nutritional protocols provide this same effect in the human body. The problem is many people self medicate, which is a major, major, major, did I say major, mistake.

Please save your self time, money, frustration and the potential harm and stop self-medicating! Self medicating, at best, may help improve systems but will not address the cause. Seek a competent adviser with years of credibility and success behind them. How do you know when you need a carpenter or a fireman, this is the guides responsibility to share with you.

And as you can imagine, carpenters bring raw materials to the body so we can restore, rebuild and repair.

4 Pieces to the Wellness Puzzle

The next bonus material is provided so that you get the best results possible as you pursue optimum health, you may find that after reading my book you'll want to then find a person to work with. You may be so positioned to join me here in Cheyenne, WY. at my clinic to get off to the best start possible. We hope that is the case and we would welcome the opportunity. However, for many, traveling to Wyoming may simply not be an option. In the resources section of

my book you will find a practitioner referral phone number. All you have to do is call that number, give them your city and zip, and they can find somebody as close to you as possible that has the advanced skills and technical expertise that you will need to embrace this process properly.

Part of the four pieces you need to be prepared to provide are:

1. Case History
2. System Survey
3. HRV Test - Optional
4. Neurological Exam - Optional

One of the most exciting aspects to this approach is all procedures are non-invasive. Every office has its own procedures and approaches that they like to use in order to successfully evaluate your condition and determine a course of action that makes the most sense for you. Having said that, in the nutritional therapy realm, there's really only a handful of evaluation tools that seemed to produce consistent results over time and are extremely cost-effective and noninvasive. Seek practitioners using heart rate variability test and kinesiology which is muscle testing. These two terms you should become familiar with because when you work with a practitioner utilizing them, chances are you're utilizing a practitioner who has the ability to guide you properly.

4 Most Common Questions

The four most common questions we ask clients are designed to reveal to us in a very short period time the maximum amount of stress in their bodies could be under. Anytime you're dealing with helping people resolve chronic illness concerns, there has to be a foundation to guide us in this process. I like to refer to it as “**Structured Flexibility**”.

This approach will always allow us to provide a structured approach to evaluating your concerns and at the same time, provide us with flexibility to create an approach that is specific to you.

So here are the four most common questions,

1. **BM's** - are you having good bowel movements on a daily basis? Most people in this country are suffering from some level of chronic constipation. The modern diet although convenient, is not very healthy. As a child, I did not grow up with a fast food restaurant on every corner as it is commonplace today. If you're not having two to three good bowel movements every day or you're struggling with bowel movements or worst yet, skipping days in between bowel movements. This is an indication that you're heading for real problems as outlined in chapter 8 of my book.
2. **Energy** - on a scale of 1 to 10, 10 being excellent and one being severely low, how would you rate your energy overall? We ask this question because it is the number one indicator of the quality of fuel input or lack there of which affects the quality of energy output. If you're confused at all about the notion of taking supplements yet keeping the same old diet and you'll be okay, well let me assure you this just isn't the case. Dietary modifications are experienced by a minimum of 80 to 90% of the people I see on a daily basis. So, quality of fuel in equals the quality of energy output.
3. **Sleep Patterns** - on a scale of 1 to 10, 10 being excellent and one being severely low, how would you rate your overall sleep pattern? Many people I consult with will tell me that they have a 3 when it comes to energy but a 7 when it comes to sleep. So I think you can see the problem, the person may be sleeping well but their body is not restoring. Over 90% of

the people I see come to the clinic with some form of energy/sleep pattern problems that they want to see handled.

4. Digestion - do you experience gas, bloating, nausea or heartburn on a regular basis? It has been my experience clinically that over 90% of all illness cases that we have handled for the past 16 years have some form of digestive dysfunction and it must be addressed. Most often people feel amazing after just a few days of the right digestive support coupled with avoiding foods that have overwhelmed their body. When I say overwhelmed, what I mean is they're eating foods on a daily basis and basically wearing out their bodies ability to digest them properly.

Responsibilities of a Successful Client

For certain it's important to understand that your health is not your practitioners responsibility. Your health is your responsibility, the practitioners responsibility is to develop the program specific to meet your needs. It's your responsibility to follow that program to the best of your ability, work hard and be patient, so that you get the results you're looking for.

Remember, you have spent decades in most cases doing the wrong thing with your health so it's your responsibility to reverse that flow. The practitioner shows you how to do that. One of the standard pieces of communication I use in my office regularly is **You do not get to complain about results you're not getting with work you're not doing!**

Absolutely you want results, it's your health, time and money that you're investing. You should expect and honestly demand a certain level of tangible improvements in reasonable time. My experience clinically is that if you work hard for a minimum of 4 to 6 weeks, you will see noticeable and tangible improvements.

So we've identified clinically six key responsibilities to becoming a successful client. They are as follows:

1. Compliance - we spend a lot of time educating people so they understand what compliance really means. Many people mistakenly think that if they take supplements they are in compliance but that is just one piece to the complex puzzle. Compliance also consists of following the proper dietary modifications, developing new Health disciplines regarding their lifestyle and stress. Really it's about understanding that this is a lifestyle, and process not an event. I think we touched on this earlier.
2. Questions answered - I encourage my clients to stay in close touch with me in between visits. What I mean by this is, people have been conditioned to only contact a clinic when they feel bad. That has never been the role of a successful doctor in your life. The word doctor by definition means to teach. We spend more time in providing education and access to quality education then we do in clinical examination. Our clients contact us regularly between visits to pose questions and gain further clarity in their health programs.
3. Food logs - that's right, you get to write down everything you eat. Breakfast, lunch, beverages and snacks. One of my earliest mentors made the following comment, **"most people I see are digging their graves one bite at a time"**. So we help you identify with food logs which bites you're taking could be digging your grave. During the first two or three weeks we do not focus on what you're eating so much as we focus on what you're not eating. If I can get you to add back nutrient dense foods, this will automatically start weeding out the bad ones.
4. Education - as I've already mentioned, education is one of the things we invest the majority of our time together on. In my office, I actually have a couple of classes that are mandatory if you wish to be my client. That's correct, you read it right, mandatory. I offer two free

classes that allow us to get to know one another prior to starting a program. Look for practitioners that are very active in educating their community whether it be live seminars, Facebook or other digital mediums that allow you free access to their wellness philosophy.

5. Changes - each visit builds on the last. Every time I meet with a client I'm looking for things that they've noticed have changed. Not always are we referring to less headaches, better energy or that digestion has improved immensely. I'm also looking for a potentially new symptoms. This can indicate that your body is dealing with different layers of stress and the new symptoms are simply the body's way of expressing this new level or layer.
6. Stability - because we're using a noninvasive exam process that allows us to tap into your body's blueprint. We can determine through compliance with these six key areas how stable you really are, how often you should be seen and are we staying with the current program or does it need to be modified.

I realize that after reading these few pages you may have more questions than answers. That is fine because I know now your questions will be really good ones. Hopefully the preceding pages have taken some of the confusion out of using my book or a practitioner like me to guide you in your health restoration journey.

I know that you will find what you're looking for in my book as it truly has something for everyone. Thank you for taking your time to review this material and

May you enjoy great health, naturally!

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