



ARIZONA
CHIROPRACTIC
NEUROLOGY
CENTER

*The Premier Integrative Applied Neurology
and Therapeutic Laser Center of Arizona*

"Where there is health there is hope, we provide both"

Welcome to Arizona Chiropractic Neurology Center!

Our office strives to continually further our education and support all facets of healing. Whether you were referred by a doctor's office, a satisfied patient of ours, or found us on the internet, you will be treated as family. We will not stop until we have provided you with the answers you are seeking.

When you arrive for your initial visit, many patients aren't 100% sure of what to expect. This welcome packet is designed to help educate, and clear up any misconceptions that you may have.

As new patients, many people have been through other practitioners and tried many other modalities to treat or address their condition, often with limited success.

Our approach in this office is to not only work on the local area of complaint if the pain is a complaint but to stabilize ALL other areas of the brain and body to address your system as a whole and as an individual.

We strive to optimize your neurological function, optimize your lab work, decrease inflammation, improve ROM and flexibility, and provide education on solid nutrition and healthy life choices through Functional Neurology, Functional Medicine, Chiropractic, Low-Level Laser Therapy, Nutrition, and Exercise.

We have found by addressing all components of health, our patients find quicker and longer-lasting results.



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Most people do not realize that their neurology requires 4 main things to thrive.

1. Oxygen: The body cannot thrive without proper oxygenation (anemia, autonomic, obstructive pulmonary disease, injuries, and poor rib biomechanics contribute to this). We require everyone to stop smoking immediately if they are to begin care in our office.

2. Glucose: The body has an optimal window for appropriate glucose metabolism and can be swayed very easily with poor diet, inflammation, skipping meals, binge eating, stress, and autoimmune diseases.

3. Activation: Environmental stimulation of the nervous system through touch, movement, vision, hearing, and others helps to shape our brains from the day we are born. Activation comes in many forms- chiropractic manipulation, exercise, yoga, stretching, physical therapy, acupuncture, massage, learning new things, and neurological rehabilitation.

4. Anti-Inflammation: The body must be rid of inflammation. Otherwise, it is as if your neurons are trying to navigate through a fog at all times. Inflammation disrupts all processes in the body from altering glucose metabolism, disrupting sleep patterns, promoting chronic pain syndromes, creating brain fog and fatigue, anxiety, and depression, and even goes as far as developing autoimmune diseases that affect the thyroid, nerves, brain, skin, organs and other bodily tissues.



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Conditions we work with:

Orthopedic issues of the neck, back, shoulder, hip, feet, and hands; neurological issues like headache/migraine, atypical facial pain, balance issues, vestibular disorders, tingling/numbness/weakness in the hands or legs, post-concussion syndrome, chronic fatigue; autoimmune conditions (thyroid, multiple sclerosis); developmental disorders, like ADHD, learning disabilities and autism; and neurodegenerative diseases like Parkinson's, Alzheimer's, dementia and many others.

Because the nervous system is the master system that regulates all other systems, our brain-based approach can provide solutions where other healing methods may not.



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What does it mean when we say “The problem is in your brain”?

Every one of our patients receives a neurological exam. In this neurological exam, we are attempting to identify the contributing factors and ultimately the CAUSE of your current health concerns. During the exam usually have "positive findings" which means we have found areas in your brain, body, or history that appear to be weak, overactive, or malfunctioning. The majority of the time we are talking about a "Functional Weakness" within your brain or nervous system. Functional deficits typically respond well to the types of therapies we provide in our office.

An example would be to have a weak biceps muscle on one side. The muscle itself is normal, and the neurological connection is normal; however, it's weaker than the other side.

How do you make this weak bicep strong again? You do bicep exercises or a multi-joint movement (like a row or pull-up) to strengthen that muscle or "network" of muscles.

How do you make your brain strong? You do specific brain exercises for a specific area or network of neurons. In the neurological exam, we identify these weaknesses in the brain and body and explain to you how these are related to your symptomatology.



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Testing conducted on the initial visit may include the following:

- **Heart Rate Variability:** This measures the difference between the sympathetic (fight or flight) vs parasympathetic (resting - digesting) nervous system.
- **Computerized Dynamic Posturography:** Balance helps determine how well you know where you are in space using your eyes (oculomotor system), inner ear (vestibular system), and muscles and joints (proprioception). If there are weaknesses in any of these issues, we will identify them in our testing.
- **Videonystagmography:** Looking at the eyes gives us a window into your brain function. Eye movements help determine weaknesses in the visual system, and can account for a major part of dysfunction in many conditions.

After the doctor reviews your medical history, conducts the neurologic examination, and analyzes any advanced diagnostic testing as explained above, an individualized treatment plan will be formulated and discussed during a report of findings. Specificity is key since everyone's brain is different!



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We've also included a recommended food list and a sample "report of findings" sheet.

We describe the benefits of many of the devices we use, like low-level laser therapy.

The recommended food list is a general overview of what an immune-neutral diet looks like to decrease inflammation. Before starting any diet, review with your medical physician if this would benefit you and any modifications that should be made.

With the complex cases, we see at ACNC, and with up to 2 hours of examination procedures on the initial visit, some patients may experience fatigue or symptom exacerbation during or after their visit. Please hydrate well and plan on getting plenty of rest after your initial visit.

Low-level laser therapy is something that you will receive at our office during most, possibly all of your appointments. All of our lasers are made by Erchonia Corporation. Erchonia is the most researched and safest laser on the market and is one of the many reasons we have committed to using this company. Below you will find some of the major ways that low-level laser therapy can benefit you!



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Posture - Movement • Balance - Stability

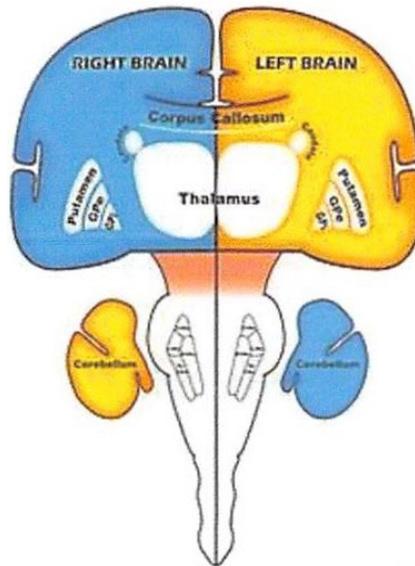
Depends on how the brain answers 2 questions...

Where am I In my environment?

Where Is the environment In relation to me?



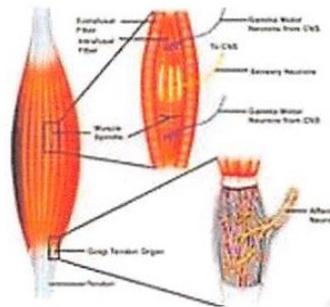
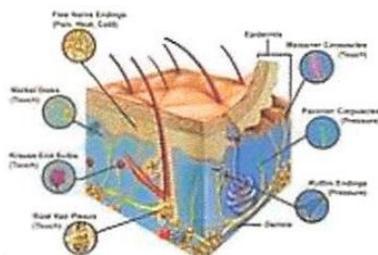
Visual System



Auditory/
Vestibular System

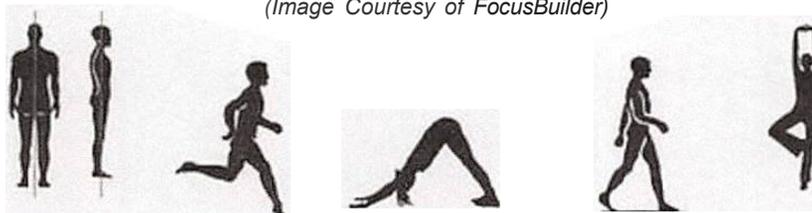


Auditory/
Vestibular System



Somatosensory System

(Image Courtesy of FocusBuilder)



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ACNC RECOMMENDED FOODS LIST

Note: Known food allergies and/or sensitivities take precedence over this list. your immune system may react and tag even “healthy” foods and create an inflammatory response.

If there are foods on your allergy/sensitivity list, avoid them even if they are suggested on this master list.

Always consider a low-glycemic diet. Carbohydrates and simple sugars are overconsumed in this country.

Add a lot of good fats, proteins, and non-starchy vegetables as your primary food sources.

Always consult with your physician about diet changes.

Ask your doctor about coffee use...

Eat in moderation

Remember to move! Studies show exercise can help offset poor diet habits and brain degeneration. also don't forget to enjoy your food and eating time.

Being in a happy, relaxed, “resting-digesting” state helps us assimilate food and get the most benefit from our dietary sources.



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FOODS TO EAT

(Consume high amounts of the following):

- **WATER!** Although there are conflicting reports on the amount of water necessary, stick to the rule of thumb of 64 ounces per day and more if you are exercising. Unsweetened teas of any color are a worthy substitute for water. Watch water additives for flavoring/electrolytes as they often contain artificial sweeteners or other unhealthy ingredients
- **ORGANIC VEGETABLES:** Anise, artichoke, asparagus, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, olives, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini
- **FERMENTED FOODS:** Kimchi, kombucha, pickled ginger, sauerkraut, unsweetened coconut yogurt
- **ORGANIC LOW GLYCEMIC FRUITS:** Apples, apricots, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums
- **COCONUT PRODUCTS:** Coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt, MCT Oil
- **HEALTHY FATS:** avocado oil, olive oil, coconut oil, grapeseed oil, flaxseed, and lard from organic/grass-fed/grass-finished sources



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FOODS TO EAT

Continued

- MEAT AND POULTRY:** Beef, bison, chicken, wild fish (not farm raised or shell), lamb turkey. Make sure sources are organic, grass-fed/finished, free range, and hormone/antibiotic free. It is recommended to consume at least 2.3 grams of omega-3 fatty acids per day. It is best to obtain this through IFOS 5 certified fish oil supplements vs. fish that may be high in metals like mercury. Common fish sources high in these toxins are tuna, swordfish, and Mackerel. Use these fish sparingly.
- NUTS AND SEEDS:** Almonds, peanuts, pumpkin seeds, sunflower seeds, sesame seeds, walnuts, pistachios
- HERBS AND SPICES:** Basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme
- OTHER SUPERFOODS:** Mushrooms (lions mane, shiitake, Agaricus family, reishi, porcini, cordyceps), eggs, apple cider vinegar, aloe juice, soy lecithin, organic dark chocolate, bone broth (suggested for coming off fasting)
- OTHER GOOD FAT/COOKING OIL SOURCES:** Organic grass-fed butter, lard, ghee, and avocado oil (this is the most recommended cooking oil, especially for its high-temperature smoke point). Olive, coconut, and grapeseed are also good oil sources but do not cook at as high of a temperature



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FOODS TO EAT

Continued

- SOY PRODUCTS: Fermented, non-GMO.
- SWEETENERS: Agave, honey, stevia, maple syrup, monk fruit (all organic)
- HIGH-GLYCEMIC FRUITS: Bananas, canned fruits, dried fruits, mangos, pineapples, raisins, watermelon (avoid if diabetic or post-concussion)
- GRAINS: Corn, quinoa, rice, oats
- BEANS AND LEGUMES: Black beans, lentils, peanuts, pinto beans, soybeans
Nightshade Foods: eggplant, paprika, peppers, potatoes



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FOODS TO AVOID

- Sugars: corn syrup, fructose, high fructose corn syrup, molasses, sucrose
- Grains: amaranth, barley, buckwheat, bulgur, couscous, Kamut, millet, rye, spelt, wheat
- Gluten-Containing Compounds: BBQ sauce, binders, bouillon, brewer's yeast, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein
- Dairy products: Regular butter, cheeses, cow's milk, creams, frozen desserts, goat's milk, margarine, sheep's milk, whey, and yogurt (except coconut). The most immune-neutral milk sources are donkeys and camels. Just avoid dairy if possible!
- Soy: non-fermented soy (miso, soy milk, soy protein, soy sauce, tempeh, tofu)



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FOODS TO AVOID

Continued

- Glutamate products: Anything that is “diet”, “0 calorie”, low fat, etc that uses artificial sweeteners avoid at all costs.

Aspartame or any other low-calorie artificial sweetener can damage the gut microbiome, barrier systems, neurons, and much more.

The same applies to Monosodium Glutamate (MSG) or any of its 30+ hidden names. Magnesium supplementation will help protect against these products.

Ask your doctor about Magnesium L-Threonate. If you don't understand or recognize a word that is on a label, it may be a good idea to avoid it!



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NUTRITION GUIDELINES

There is no “one size fits all” diet. A good balance of good fats/oils, protein sources, and vegetables is a great way to live a long and healthy life.

A few good references for diet and lifestyle ideas are Mark Hyman’s Pegan Diet, the Mediterranean diet, and the paleo diet.

Ask your doctor about intermittent fasting techniques.

Remember:

Don’t forget to move! Studies show exercise can help offset poor diet habits and brain degeneration. also don’t forget to enjoy your food and eating time.

Being in a happy, relaxed, “resting-digesting” state helps us assimilate food and get the most benefit from our dietary sources.



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What a laser does!

Here are just a few benefits of Low-Level Laser Therapy

1. Decreases pain and inflammation
2. Decreases free radical activity
3. Increases blood flow
4. Increases mitochondrial function (increases energy production) by up to 50%
5. Speeds up the healing time of all tissues
6. Upregulates brain-derived neurotrophic factor (BDNF) that the brain uses to create new pathways
7. Protects cells and tissues from damage in the event of an injury promoting better outcomes
8. Promotes regeneration cells and protects cells from the aging process



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