



The Integrative Natural Health Exam Includes:

Client History, Symptom/Complaint Review, Chinese Pulse Reading, Chinese Tongue Observation, HARA (Abdominal Organ) Energy Study, Iridology Analysis, Kinesiology for natural remedy testing, Constitutional Evaluation, Natural Treatment Plan Recommendations and Client Teaching.

The Purpose of the exam is to help you better understand your body and what areas need the most support to return balance to your system. This exam is perfect for those with both acute and chronic issues as well as for preventative care. Each client leaves with a customized care plan, including supplement and nutritional recommendations, as well as lifestyle changes to help improve and strengthen one's health. For individuals seeking preventative care or support for life events such as pregnancy, surgery, and athletic competitions, your plan will be catered to your specific goals and needs.

Observations used in the exam:

Iridology: The study of the iris of the eye and how it relates to the overall health of the body internally. Iridology is excellent for preventative care.

Traditional Chinese Medicine observations of the tongue, skin, nails, and pulses: Traditional Chinese medicine is an ancient form of medicine that uses physical observation to determine specific weakness in the body. The practitioner will observe the skin on your face and arms, your nails, your tongue, and will feel the 6 pulses that connect to the 12 main meridian pathways in your body

Hara Analysis: The practitioner will palpate your abdomen to feel areas of blockage or over-activity in the energy plexus of the 12 major meridians.

pH Saliva Test: The practitioner will test your saliva to determine if your system is acidic or alkaline.

Muscle Response Testing (Kinesiology) – Every person is different, this method of testing is used to determine what foods and supplements strengthen or weaken your system to help determine the most effective natural treatment plan specifically for your body's needs.

Recommendations may include:

Heavy Metal & Mineral Hair analysis: Process by which we cut a small amount of hair and send it to a lab to measure tissue mineral levels and potential heavy metal toxicity.

Detoxification Protocols: Process of removing toxins from the body through nutritional changes or supplements to cleanse the blood, liver, kidneys, or colon. Detoxification services that may be recommended include: P.E.M.F., Ionic Detox Foot Bath, Ear Candling, Sauna, and/or Colon Hydrotherapy. Detoxification clears the elimination pathways of the body and allows for better digestion and absorption of nutrients from food.

Manual Therapy: This includes modalities such as massage, acupressure, acupuncture, reflexology, Shiatsu.

Supplement Therapy: The use of supplements to support the immune system and healthy cellular function to speed the healing process.

Exercise: Movement to support circulation, increased metabolism, stress reduction, and immune function. This may include any type of exercise such as walking, yoga, running, Qi Gong, Tai Chi, and more.

Nutritional Coaching: Support in determining what foods are best for you to be consuming at this time based on your health goals and your body's response. Meal plans can be designed specifically for you.

Energy and Emotional Healing: This may include Reiki, meditation, past life regression therapy, hypnosis, and/or counseling.

Types of Healing Supplements Recommended at Thrive:

Essential Oils and Aromatherapy – The use of extracts from herbs, bark, fruit, flowers and seeds on the body externally and internally for healing purposes.

Herbal Medicine - The use of herbs to heal the body. Herbs can be ingested in many forms including dried for tea, in liquid tincture and/or pill form.

Homeopathy – Developed in Germany over 200 years ago, Homeopathic Medicine utilizes the theory of “like cures like” to determine remedies for certain symptoms and ailments. Homeopathic remedies heal the body on an energetic level so they are completely non-invasive and have no drug interactions making them ideal for clients who are taking medications or who have restrictions on taking herbs and vitamins.

Vitamins and Minerals – Our vitamin and mineral product lines are high quality to ensure that your body will be able to absorb what it needs. The source of the vitamins, added ingredients, the potency and the absorbability all play a role in making a high quality supplement to ensure efficacy.