



# *Well Aligned*

A stylized graphic of a DNA double helix, rendered in blue and green, positioned to the right of the main title.

THE  
**EDISON**SYSTEM  
INTELLIGENT WELLNESS

## Well-Aligned

### Science-Based Wellness

Well-Aligned merges advanced functional wellness care with your practice. We use proven, advanced diagnostics along with leading-edge protocols to expand the number of patients and types of cases you can see.

The Well-Aligned program harnesses the power of leading experts in DNA, nutrition, supplementation, lab technology, and biomarker analysis to create a one-of-a-kind system that can plug right into any type of clinic.

Well-Aligned is turnkey. It's an automatic, automated process where we provide all of the training, protocols, procedures, practice management, and on-going support for doctors and staff.

## The Wellness Programs

### DNA TESTING

People are incredibly concerned about genetics for cancer, heart disease, depression, and conditions that can shorten their lives. Thankfully, by being aware of your polygenic risk factor and unique genotype, you can adapt your lifestyle to turn on good genes and turn off bad ones.

Vitalleo DNA testing allows patients to utilize their genetics to decide to understand disease risks, what bodily systems require additional support, and what are the best diet, supplement, and exercise practices for their specific needs. Additionally, the test results point to the urgent need for chiropractic care.

A true DNA evaluation is called the "2nd X-ray." It gives you a thorough analysis of someone's unique needs in order to create a blue-printed lifestyle care plan. Knowing someone's genetics is a cornerstone to interpreting all of the other tests, allowing you to make all recommendations specific to the individual.

### INFLAMMATION – CRP TESTING

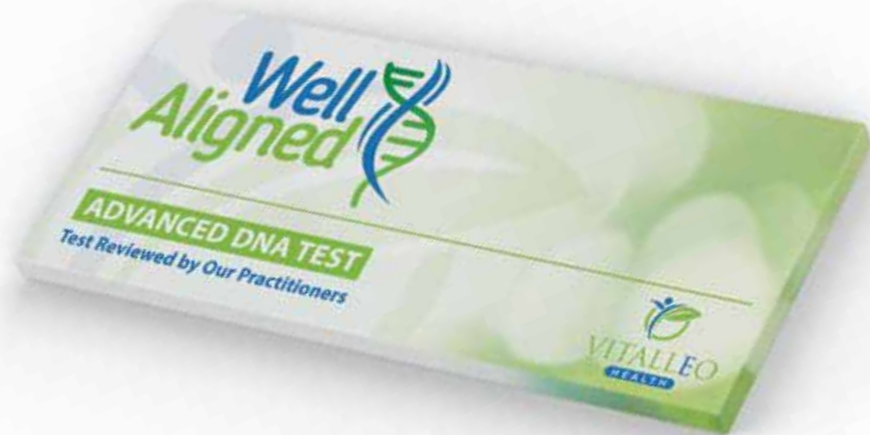
CRP in the blood is a marker of inflammation that can cause a wide variety of diseases like cancer and heart disease and be responsible for the infection, pain, and injury. Prolonged inflammation is at the root of virtually all illness, including the rising prevalence of the auto-immune disease. If high CRP is detected, there are both dietary and supplemental protocols to correct the score. This is both valuable for overall well-being now and as a critical measure of prevention for the future.

### VITAMIN D TESTING

Vitamin D deficiency is an epidemic in our society. This is no minor issue as Vitamin D regulates gene expression in over 900 vital organs and functions and is part of the prevention of the most common areas of disease and suffering.

Insufficient Vitamin D levels can lead to issues with the immune, cardiovascular, respiratory, and central nervous systems. Low D has been found to raise the risk of depression, osteoporosis, heart disease, auto-immune disease, infection, hypertension, and several forms of cancer.

A large amount of evidence indicates low Vitamin D levels are a risk factor for heart attacks, congestive heart failure, peripheral arterial disease, strokes, high blood pressure, and cardiovascular-related conditions including diabetes.<sup>7-9</sup> An analysis of NHANES III 1988 - 1994 found that low Vitamin D levels correlated with cardiovascular disease (CVD).<sup>10</sup> The Health Professionals Follow-Up Study,



a prospective nested case-control study of 18,225 US men, followed between 1993 and 1999, established a relationship between low Vitamin D and an elevated risk of myocardial infarction (heart attack) compared with men who have sufficient 25-hydroxy Vitamin D [25(OH)D].<sup>11</sup>

In the blood, measurements can be taken for 25-hydroxyvitamin D or 1,25-dihydroxy Vitamin D. 25-hydroxy Vitamin D is the primary form in the blood. It is an inactive precursor to 1,25-dihydroxy Vitamin D, the active form. 25-hydroxy Vitamin D has a long half-life and higher levels in the blood, so Vitamin D testing usually measures this form of Vitamin D.

## **FOOD AND INHALANT SENSITIVITY** *(208 foods/48 inhalants)*

Food and airborne toxin reactivity is a delayed immune response by the Immunoglobulin G (IgG) antibody, the most abundant circulating antibody in our immune system. Studies suggest that an IgG immune response may contribute to headaches, joint and muscle pain, eczema, gut malabsorption, and other severe health conditions.

Eating foods you're sensitive to or breathing in air particles from sources like mold, pet dander, and individual plants, grasses, and trees regularly cause chronic inflammation and place a continual burden on the immune system. Detecting the foods and inhalants that create IgG reactions and taking action to address them will help you get to the root cause of current and future health problems.

## **Our Other Programs**

### **THE CARDIAC PROGRAM**

Heart disease has been the leading killer of men and women for decades. Cardiac testing, therefore, should not merely be a cholesterol evaluation, but look at any biomarkers that determine the presence of any risk factors contributing to a higher risk of heart disease.

The tests in the program include: cholesterol/triglycerides/LDL/HDL, but also evaluate other cardiac markers including hemoglobin A1c (HbA1c), high-sensitivity C-reactive protein (hsCRP), cortisol, and Vitamin D. These factors have been shown to prevent a greater risk of heart attack than only high cholesterol.

The program offers a tailor-made diet and supplements recommendations to improve unhealthy lipid levels and address any imbalances found in these cardiac risk factors.

### **THE GUT HEALTH PROGRAM**

Gut health issues have reached critical, epidemic levels and are a major underlying cause of many modern illnesses. Even a minor alteration of an individual's gut microbiota can alter the function of the immune defense system. In fact, for any auto-immune condition, testing and treating the gut is the first place to start.

Our comprehensive program looks at both urine and stool for indicators of gut problems as well as identifying inflammatory foods, inhalants, and environmental toxins that are causing or aggravating the problem. The critical components of the protocol include creating a healthy gut ecology that is not conducive to bacteria, yeast, or fungal overgrowth and aid in healing intestinal permeability (Leaky gut).

### **ADRENALS, STRESS, AND SLEEP**

Sleep disorders are epidemic in our society and linked to adrenal issues and other negative side-effects of stress. To get a clinical view of the problem and how to improve it, it is vital to test cortisol, melatonin, and DHEA.

Both low and high levels of the stress hormone cortisol are indicative of chronic sleep and stress challenges. They can lead to cardiac disorders, metabolic syndrome, weight gain, and elevated CRP. Salivary cortisol measurement is considered superior to serum cortisol in evaluating adrenal function.

Diminished DHEA levels constitute a significant up-stream cause of low testosterone and estrogen imbalance. Evaluating melatonin, cortisol, and DHEA together will allow you to detect and begin to correct many modern-day problems.

### **THYROID**

The most pervasive stressors of today's lifestyle have led to the incredibly common presence of thyroid health problems. Factors that inhibit proper production of thyroid hormones like stress, infection, medications, fluoride, toxins, and gut issues along with deficiencies in several essential vitamins and minerals need to be addressed. By evaluating TSH, FT4, FT3, and TPO levels and evaluating the lifestyle components that negatively impact function, you are given a roadmap to overcoming most forms of thyroid illness.

## MEN'S HORMONAL HEALTH

Common factors of stress, toxicity, and poor diet can cause today's men to experience not only disruptions in testosterone but also in adrenal gland function. This results in imbalanced cortisol levels, low serum DHEA(-S), and overall hormonal imbalance.

These factors are associated with increased risk for all-cause mortality, heart disease, a lack of energy, lowered libido, cognitive decline, reduced fitness capacity, fat gain, decreased muscle strength, and poor mood. Through testing estrogen, testosterone, and DHEA, we've developed protocols and lifestyle plans to help men recover and function at their best.

## WOMEN'S HEALTH

Women struggling with symptoms related to hormone and other associated issues are pandemic. On the other hand, substantial benefits have been achieved through testing and targeted wellness care.

**Common symptoms of women's hormonal problems:**

- Thinning hair
- Generally feeling off and with low energy
- Cravings (salty, sweet, carbs, chocolate)
- Breast Tenderness
- Acne
- GI Bloating
- Constipation/Diarrhea
- Fluid Retention Edema/Weight Gain
- Back and Body Pain (also uterine pain)
- Sleep Disturbances
- Mood changes arising from hormone fluctuation, which alters brain chemicals (neurotransmitters)

**In addition to overall wellness evaluation, we look at two tiers of testing for women.**

- *1st Tier Testing: Progesterone, Estrogen, DHEA, Testosterone and Thyroid levels*
- *2nd Tier Testing: Cortisol x4 and Melatonin*

## ENVIRONMENTAL TOXINS

Xenobiotics or volatile organic compounds (VOCs) are present in our homes, cars, businesses, malls, our outside air, foods, fabrics, water, and virtually everywhere you go. The body has a limit as to how much it can filter and eliminate. Once someone has achieved or exceeded their toxic burden, disease and symptoms are common and likely to ensue. Excess toxins will be picked up through our test and create awareness that there is an imminent danger, and there is a need to address the issue and follow detoxification protocols. The tests look for common xenobiotics; benzene, styrene, toluene, TMB, xylene, phthalate, & parabens.

## OMEGA-3 STATUS

The role of omega-3 fatty acids in reducing cardiovascular disease is well established. Additionally, they are essential for the proper management of inflammation, the health and well-being of our central nervous system, the appropriate function of the respiratory system, and maintaining the strength of the immune system. Perhaps no other nutrient is better studied than omega-3 when it comes to the prevention and treatment of mental and physical health.

The nutritional challenge of this age is the over-consumption of omega-6 fats in contrast to omega-3. Omega-6 fats are inflammatory, and inflammation is foundational to most every severe and chronic illness. Therefore, testing your omega-3 status is considered one of the most primary measures of both current and future health and well-being.

## PAIN SPECIFIC CARE

*Caring for the sufferers of chronic pain and inflammatory disease without the use of opioids and other dangerous drugs and procedures.*

Imagine being the leader in the community in the vast area of conditions like:

- Fibromyalgia
- Neuropathy
- Chronic pain
- Traumatic injury
- Post-surgery
- Inflammatory conditions (Inflammation is at the root of all disease)

People suffering from these conditions are growing in numbers every day. They require help from trained Well-Aligned practitioners, but do not realize you are a solution. We provide marketing, procedures, and financial protocols for these debilitating conditions. Testing for markers of inflammation and critical nutrient deficiencies along with providing care using Chiropractic, specific dietary guidelines, supplementation, specialized creams and supports, and therapy will make you a world-leader for one of today's most advancing problems.

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