

Welcome to my practice! My name is Dr. Carol Shwery and I've been a Chiropractor since 1981, Certified Clinical Nutritionist since 2001 and practiced Functional Medicine for multiple decades. I want to thank you for choosing me to support you on your path toward healing and I welcome the opportunity to become your partner in your quest for optimal health.

My 40 years of practice and research allow me to evaluate your health challenges from the Triad of Health perspective: structure, biochemical and mental /emotional. This holistic view of health is important with health problems ranging from back pain to arthritis, fatigue, hormone issues, autoimmune disorders, G.I. problems and so many others.

My mission is to help people reset their body and feel their best at any age. I achieve this through an extensive assessment and analysis of your current health and health history, individual goals and lifestyle. Whether you are a Functional Medicine patient, a Chiropractic patient or both, the process is the same. I design a personalized, patient centered program that empowers us to work together to find and treat the root cause/s of your health challenges, not just treat isolated symptoms. I am excited to learn more about you through this process, and then together we will begin your treatment program, providing you with natural health solutions with powerful results. The goal is for you to achieve your health and live a pain-free life full of energy and vitality.

To bring balance and vitality, I will use various modalities including whole foods (your first and best medicine), exercise, supplements, lifestyle change, stress reduction, meditation techniques, sleep education, experience joy and community. These are the Eight foundations of Health which all work in concert to bring your body back into balance.

I look forward to working with you to help you achieve optimal health and I promise that my knowledge and expertise will continue to expand so I can continue to provide excellent personalized care for you, your family and friends and give you a novel and superior alternative health care experience.

Yours in health,

Dr. Carol

CHIROPRACTIC & APPLIED KINESIOLOGY

Powerful, Yet Gentle Techniques

I have been a Doctor of Chiropractic for the last 37 years and practice gentle chiropractic with a specialty in Applied Kinesiology. There are many techniques within the field of chiropractic, with a variety of styles and orientations. I choose to practice with gentle methods because this style has felt the best to my own body as well as my patients. The principle and practice of Applied Kinesiology explained below is the most comprehensive chiropractic method available. As you read further you will see how special the combination of Chiropractic Applied Kinesiology and Functional Medicine dovetail together seamlessly.

Applied Kinesiology



Applied Kinesiology (AK) is a form of diagnosis that uses testing of muscles as a primary feedback mechanism to determine body functions. AK is used to both find the exact functional diagnosis, and uncover the best therapy for your unique needs. The focus of AK is to treat the factors regulating health, called the Triad of Health, in order to restore balance.

Muscle testing is only part of an AK-focused functional healthcare approach. Specialty exams drawn from both conventional and functional medicine, such as physical exams, dietary history, and laboratory exams (blood, saliva, urine, stool analysis, etc) are used to form a more complete picture of your health. AK provides an accurate diagnosis of the way your body functions, a clear understanding of the interplay between all parts of the body systems, and exact knowledge of how to restore optimal body function.

The Applied Kinesiologist finds the disturbance in the body, determines how to fix it, determines if the correction was successful, and most importantly whether the correction has lasted. If the correction is not stable, further examination is done to find the reason so it can be eliminated and ultimately support the patient's healing.

Applied Kinesiology draws together the core elements of many complimentary therapies, it provides an interdisciplinary approach to healthcare. The father of AK, Dr. George Goodheart Jr. DC, DIBAK, has said, "The opportunity to use the body as an instrument of analysis is unparalleled in modern therapy."

Therapies utilized can include specific gentle joint manipulation or mobilization, various myofascial therapies, cranial techniques, meridian therapy, clinical nutrition, supplements, dietary and lifestyle management, various reflex procedure, and emotional release techniques.

The Triad of Health



Applied Kinesiology describes three basic causes of health problems: structural, biochemical, and mental-emotional-spiritual. The Triad of Health concept is that true health is a balance of these three aspects. All health problems are involved with one or all sides of the triangle. Applied Kinesiology enables the doctor to evaluate the Triad's functional balance, and direct therapy to the imbalanced side or sides. The doctor who is aware of the Triad of Health and evaluates every patient for all three sides increases her ability to find the basic underlying cause of a patient's problem. Physical pain can be caused by one or all three sides of the triangle.

Structural - Trauma in day to day life produce physical imbalances can cause muscular and neurological damage affecting the body's ability to function.

Biochemical - Everyone experiences stress in life. Prolonged stress causes biochemical changes that alter function in all aspects of the body like hormones, fatigue, sleep, digestion, blood sugar. Toxicity in our food, air and water intensify the problems.

Mental/Emotional/ Spiritual - Lack of inner peace, an inability to face difficult circumstances, and a lack of spiritual beliefs can lead to imbalances and ill health.

FUNCTIONAL MEDICINE

You Need a Functional Medicine Practitioner!

Are you tired of talking about your symptoms, but no one is finding their causes? Do you want a doctor who really listens to you and knows the difference between simply suppressing or masking symptoms with band-aid solutions, and actually getting to the underlying root cause of your health issues? Someone who treats you with great care, concern, joy, laughter, and experience using holistic and natural approaches for health, wellness and prevention? Are you looking for a place where the patient and doctor are partners and collaborators? You could be looking for me, Dr. Carol Shwery, a Functional Medicine practitioner.

Getting to the Root



Focusing on underlying causes instead of just symptoms is the hallmark of Functional Medicine. It is patient-centered and addresses the entire person using a holistic, natural approach. It promotes health as a positive vitality, beyond just the absence of disease.

By really listening to learn as much as possible about the patient's story, the practitioner and the patient collaborate together in the discovery process, then the practitioner tailors treatments that address the individual's unique needs.

Functional medicine integrates modern western science and the latest laboratory diagnostic techniques with evidence-based wisdom of worldwide traditional natural health care systems. The practitioner then creates personalized programs utilizing therapeutic lifestyle changes, nutrition, therapeutic diets, movement exercises, botanical medicines, supplements, detoxification programs, and stress reduction techniques.

Health is Personal

Like your fingerprint, there's no one else quite like you. There is no one cookie cutter approach for all people. The most effective health solution for you is one personalized to you and for you.

The Root causes and solutions are different for each person. Recognizing this, Functional Medicine supports the unique expression of health and vitality for each individual.



The Web of Interconnection



In looking for the root causes of health problems, Functional Medicine practitioners consider the complex web of interactions of physiological factors, history, and lifestyle that contribute to health and illness. Each person is unique, and is evaluated both by internal factors like mind, body and spirit, and by the interaction with the external environment, social factors and genetic factors that affect each person's function and health.

To create real change, you need someone to put the pieces of your health puzzle together, find the true causes of your issues and then make your personalized specific action plan in a way that works for you and help you live it.

My mission is to help you get through the maze of deciding what to do and how to do it so that you reach your goals, together.