



Ocean Park Natural Therapies

***Helping You
Solve Your Health Puzzle***



**We offer a wide variety of specialized care to
provide you with effective and
complimentary Health Care!**



We believe that Knowledge can be Empowering!



Dr. Tim Brown, N.D.

Our love of people ensures that we provide a caring atmosphere in which to help you overcome your health challenges and reach new levels of physical and emotional health.



Principles of Naturopathic Medicine

**The principles of
Naturopathic Medicine
unite the profession.
The following
principles are the
foundation upon which
Naturopathic Medical
Practice is built.**





Principles of Naturopathic Medicine



The Healing Power of Nature

Nature acts powerfully through healing mechanisms in the body and mind to maintain and restore health.

Naturopathic Physicians work to restore and support these inherent systems when they have broken down, by using methods, medicines and techniques that are in harmony with natural processes.





Principles of Naturopathic Medicine

First Do No Harm

Naturopathic Physicians prefer non-invasive treatments which minimize the risks of harmful side effects.

They are trained to know which patients they can treat safely and which ones they need to refer to other health care practitioners.





Principles of Naturopathic Medicine



Find the Cause

Every illness has an underlying cause, often in aspects of the lifestyle, diet or habits of the individual.

A Naturopathic Physician is trained to find and remove the underlying cause of a disease.





Principles of Naturopathic Medicine

Treat the Whole Person

Health or disease comes from a complex interaction of physical, emotional, dietary, genetic, environmental, lifestyle and other factors. Naturopathic Physicians treat the whole person, taking these factors into account.





Principles of Naturopathic Medicine

Preventive Medicine

The naturopathic approach to health care can prevent minor illnesses from developing into more serious or chronic degenerative diseases. Patients are taught the principles with which to live a healthy life and, by following these principles, they can prevent major illnesses.

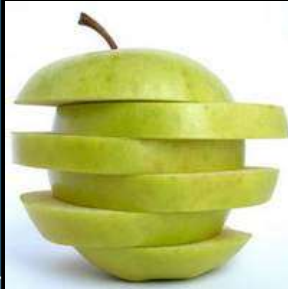




Principles of Naturopathic Medicine

Wellness

Establishing and maintaining optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action. Wellness is inherent in everyone, no matter what dis-ease(s) are being experienced. If wellness is really recognized and experienced by an individual, it will more quickly heal a given disease than direct treatment of the disease alone.





Principles of Naturopathic Medicine

Doctor as Teacher

The original meaning of the word "doctor" is *teacher*. A principle objective of naturopathic medicine is to educate the patient and emphasize self-responsibility for health.

Naturopathic Physicians also recognize and employ the therapeutic potential of the doctor-patient relationship.





Our office is devoted to educating you
about your body!

Showing you how it works and how to heal it, and in so
doing raising your "Health IQ".

The more you understand your body and the
mechanisms that cause injuries, the more committed
you'll become to getting better.





We believe in working with
our Patients as Partners!



To learn from each other in our Journey Together!

To maximize health and solve your
“Health Puzzle”!





Your “Health Puzzle”

“The Health Puzzle” is a simple way of describing factors that interconnect to create good health. If one or more elements is missing or in disorder we will experience symptoms and/or poor functioning. There are 6 pieces, or “Zones”, in the Health Puzzle:



Health Zone



Disease Zone

Disintegration Zone

Toxicity Zone



Structural Zone

Deficiency Zone



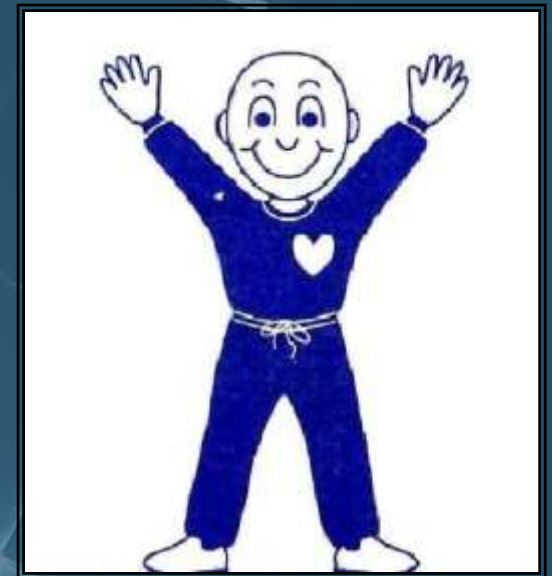


Health Zone

Health Zone:

Health is Harmonious
Interaction of All Levels of
Function.

No treatment is necessary,
but maintaining a healthy
diet and lifestyle is necessary
to remain here.





Disease

Disease Zone:

Pathology – change of cell structure and function – is detectable in the Disease zone. Acute and crisis intervention care is required at this stage.



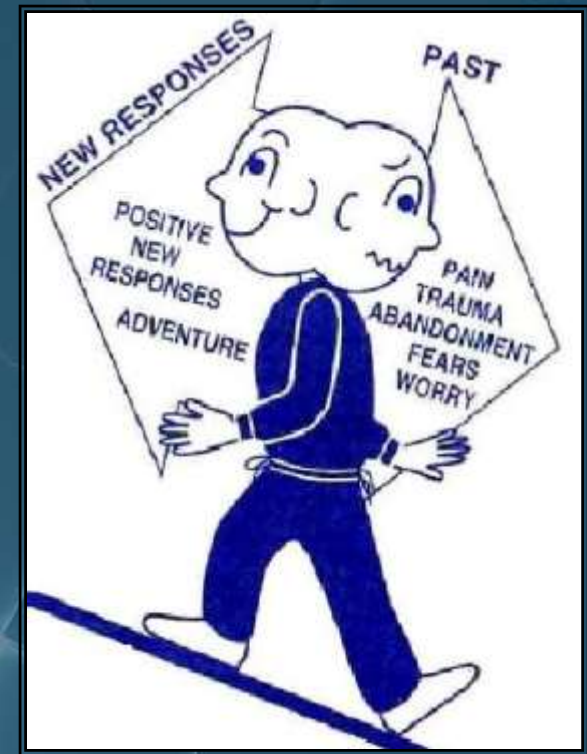


Dis-Integration

Dis-Integration Zone:

Presence of spiritual, psychological, emotional or physical conflicts that interfere with harmonious interaction among body systems/programs.

Once the obstacles to healing are removed and then interference patterns/programs are replaced with positive integrated patterns - healing can restore function.





Toxicity

Toxicity Zone:

The accumulation of toxins, drugs, chemicals, heavy metals, and environmental pollutants in your body interferes with healthy function.

These toxins can be removed using treatments and remedies that facilitate drainage and elimination.

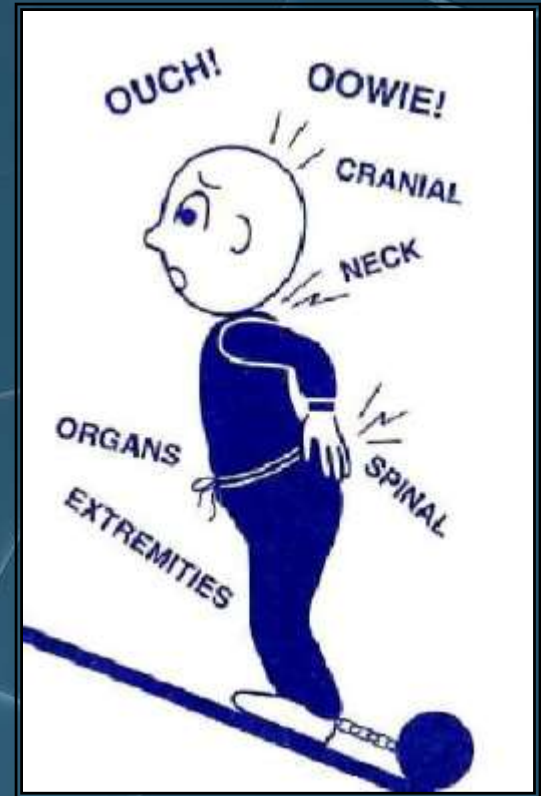


Structure

Structural Interference Zone:

Disruption of normal cranial, spinal, soft tissues and extremity function that in turn interferes with energy flow and circulation.

Structural integration can be restored using techniques like acupuncture, prolotherapy, massage, and joint and soft tissue manipulation.



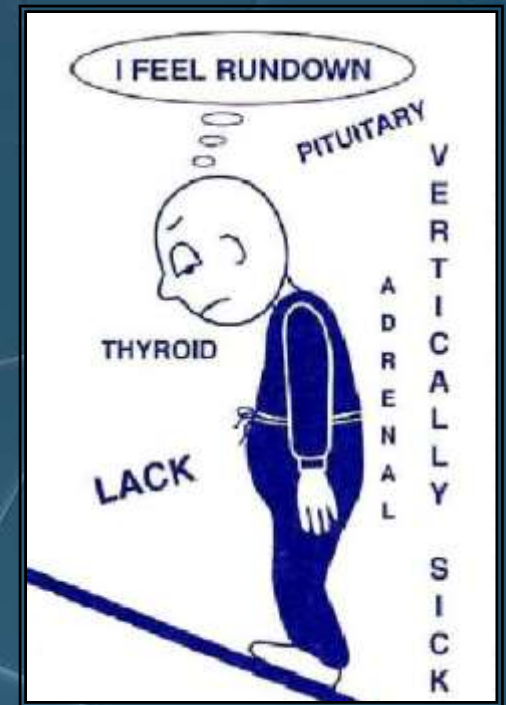


Deficiency

Deficiency Zone:

Like a car without enough gas, oil, or transmission fluid, your body simply won't run efficiently without necessary nutrients.

These include: water, proteins, carbohydrates, fats, vitamins, minerals, fibers, and enzymes. A healthy, balanced, optimal diet is essential to reverse and prevent deficiencies. However, underlying digestive problems must also be identified and corrected to ensure proper assimilation of whole foods.





TO SOLVE YOUR HEALTH PUZZLE!

We Use Assessment Tools and
Treatment Methods that are Fitted to
Your Individual Needs



Solving Your Health Puzzle: The Steps

In order to identify and correct a puzzle there are specific steps to follow.



Consultation &
History Taking

+



Examinations -
Assessments

+



Report of Findings

+



Treatment Program

=



Health!



Step 1

Consultation & History Taking

A consultation is necessary in order to get an overview of the problems that have occurred or accumulated in the body and treatments or solutions that have been tried.

This gives an overall assessment of probable areas that will need to be assessed in order to determine proper order of treatment. Medical tests and reports are considered as part of the process.



Step 2

Examinations - Assessments

Examinations are scheduled in order to identify and measure actual problems that are showing up in your system.

These measurements are useful to target specific treatment strategies and identify areas for improvement.



Step 3

Report of Findings

A report of findings is given to give an overview of functions that are working well and areas that need to be corrected.

A targeted treatment plan is outlined to begin addressing key areas of dysfunction.

Recommendations are made with an eye on being effective and building healthy functioning in the shortest possible time.



Step 4

Treatment Program

A core and targeted treatment program is carried out to make necessary corrections and build proper function in each of the key areas of dysfunction. As steps are taken to eliminate each key area, reassessments are done and you are given feedback and understanding of what your body is doing and what it needs to keep moving towards healthy and optimal functioning.

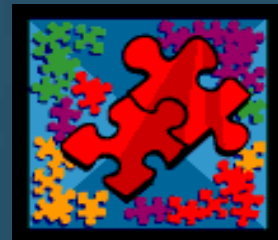
Ongoing discussions and feedback help us work out changes and refinements in your program so we can assist you in regaining the kind of integrated brain and body function that you desire.

TREATMENTS WE OFFER

**A wide range of complementary health services
is available to patients at Ocean Park Natural
Therapies:**

- * Structural Reintegration**
- * Prolotherapy**
- * Frequency Specific & Enhanced
Microcurrent**
- * Nutritional Evaluation & Dietary
Counseling**
- * Blood Typing and Bloodwork**
- * NLP & Time Line Therapy-Counseling**
- * Intravenous (IV) Therapies**
- * Neural Therapy**
- * Detoxification Testing and Protocols**
- * Allergy Desensitization Testing**

*Each of these modalities is fitted to your individual
needs based on consultation, physical examination
and autonomic testing.*





Structural Re-Integration

Structural imbalances of the spine or extremities are usually the underlying causes of muscle and joint pain.

They can leave the body susceptible to further irritation and injury.

Structural imbalances are also correlated with interruptions in energetic and circulatory flow.

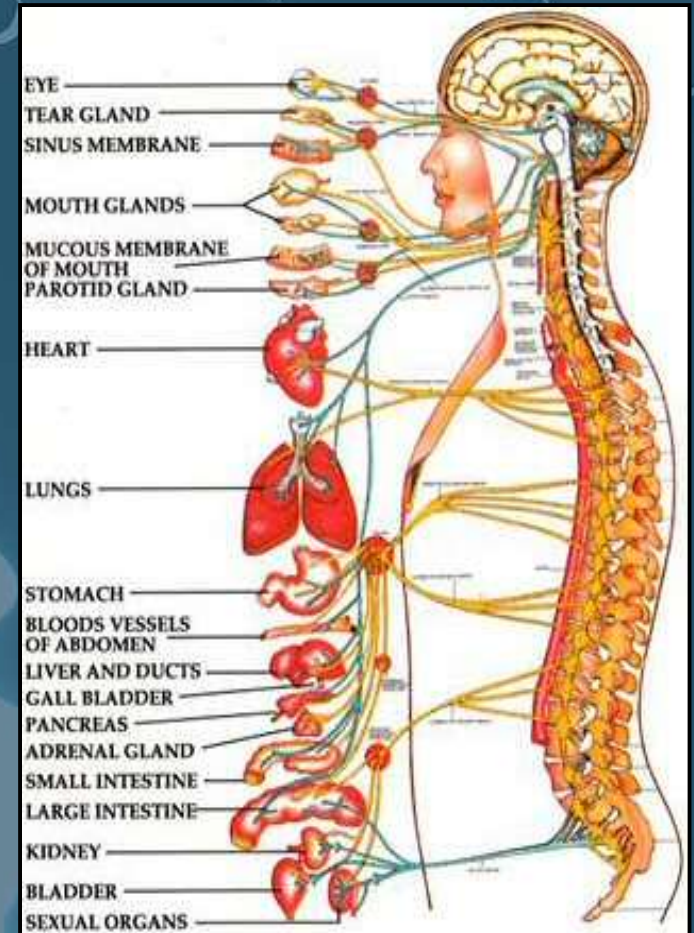




Structural Re-Integration

The nerves that come from your spine supply every tissue in your body including muscles, bones, joints, and organs. You can see how the health of your spine can affect the overall health of all the tissues in your body.

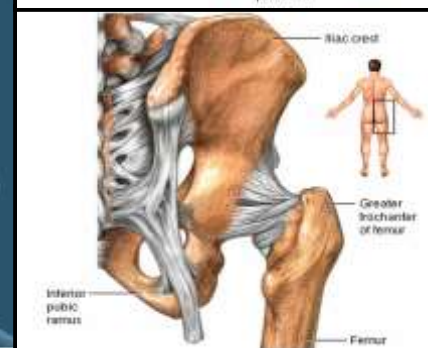
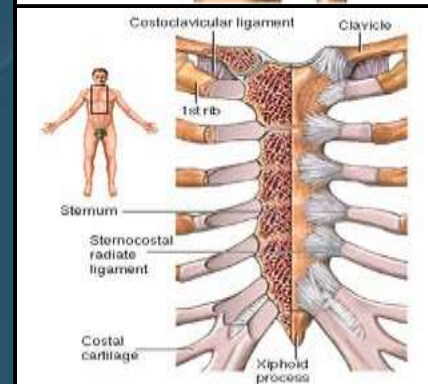
Utilizing treatments such as Acupuncture, Prolotherapy, Massage, and Joint and soft tissue manipulation the restoration of proper joint and nervous system physiology can be achieved.



Prolotherapy

PROLOTHERAPY is the
REHABILITATION of weakened
tendons/ligaments.

Injection of a mild irritant at the site
of pain and injury, to stimulate
healing of the specific area and to
stimulate REGENERATION of Healthy
New Cells.





Prolotherapy

Prolotherapy is an extremely effective treatment for neck, back, and joint pain due to weak or damaged ligaments. After Injury, weak ligaments cause surrounding muscles to react causing restricted range of motion and chronic pain.



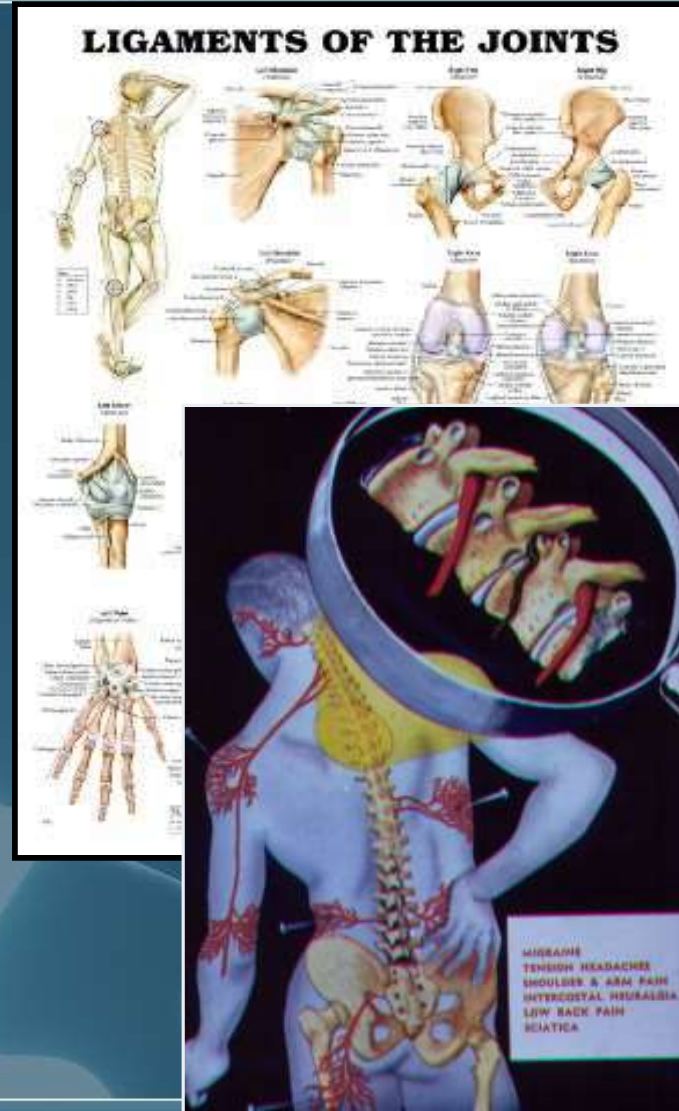


Prolotherapy

Unfortunately- Injured ligaments heal poorly and problems may persist for years if not treated properly.

There are often multiple injury sites left from old injuries.

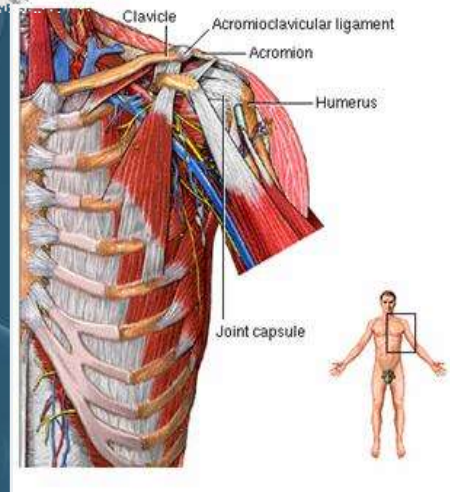
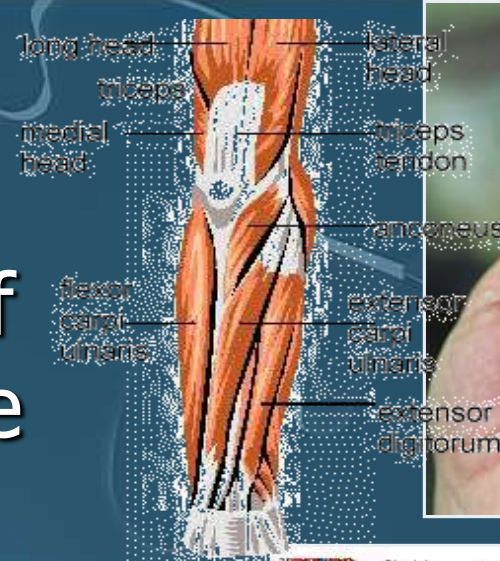
Chronic sprains and strains.





Prolotherapy

By injecting a proliferated solution (usually a mixture of dextrose and procaine) at the site of the ligament attachments, stimulation of repair and elimination of pain are possible.





Frequency Specific Microcurrent

Every cell in the body has an electrical charge. Frequency Specific Microcurrent uses the resonance effects of specific frequencies of micro amperage current to stimulate healing. It has been shown to increase cellular activity by increasing the production of ATP by up to 500% in the cells of the body.





Frequency Specific Microcurrent

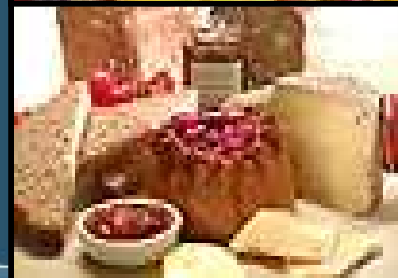
This provides the chemical energy for repairing and regenerating the tissues and organs and can result in faster healing and pain reduction.





Nutritional Evaluation & Dietary Counseling

In addition to fatigue and obesity, nutritional deficiency and poor diet can be causes of numerous conditions ranging from allergies to hypertension or even diabetes. However, what may be healthy for one person may make another person sick. Identifying nutritional deficiencies and adopting a dietary and supplementation regime that is suited to your needs will provide the body with the necessary nutrients to prevent or even cure disease.

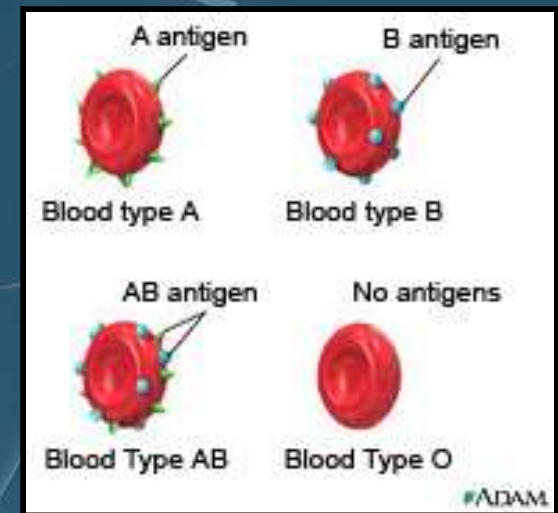




Blood Typing

Blood type is an important factor that contributes to biochemical individuality.

By identifying a patient's specific blood type, choices for diet, nutrition, and lifestyle modifications can be determined helping you restore your body's physiological processes to optimal function.





Allergy Desensitization Testing

Allergies result from an excessive immune reaction to substances that are normally considered harmless – such as pollens, fruit, wheat, milk proteins, animals, etc.

With some simple and gentle procedures, the immune system can be retrained to deal with the allergens without the severe reactions.





Intravenous (IV) Therapy

Intravenously administered nutrients can have significantly quicker and greater effects on improving overall wellness than those taken orally.

By infusing nutrients directly into the bloodstream, absorption problems can be bypassed and the body can quickly utilize the full amount of the nutrients administered.





Acupuncture

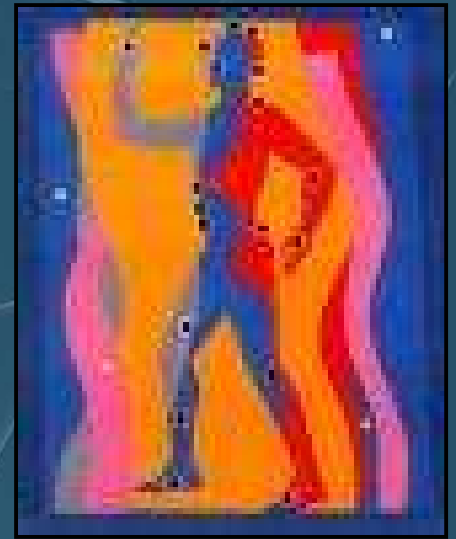
Acupuncture has been used for thousands of years to effectively treat disease and restore optimal health. The body's natural healing energy – know as “Qi” – comes from nerve energies which flow along specific pathways called “meridians”.





Acupuncture

When the flow of energy to an organ is blocked, the system is disrupted and pain and illness result. Acupuncture works to restore health by stimulating specific points on the meridians in order to free up the flow of energy and re-establish balance.





BioResonance

BioResonance is the process of “laundering” your body’s own energy to restore normal functions. Harmonic resonance is the natural and healing energy, that matches and enhances your own.

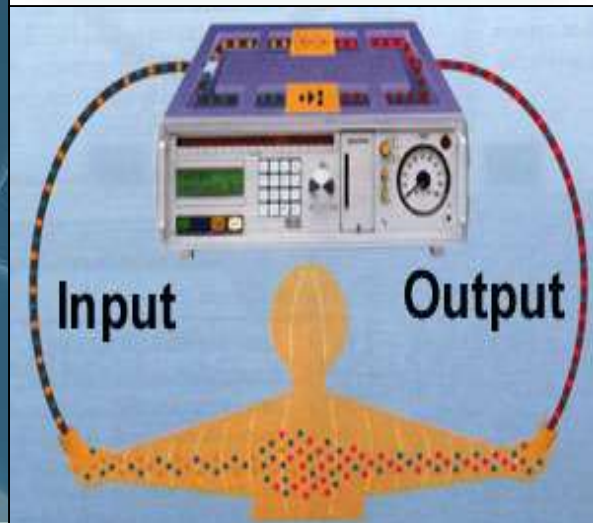
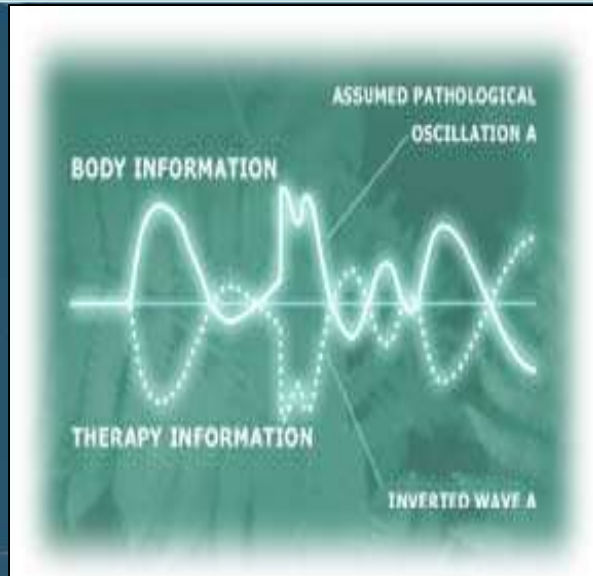
Dysharmonic resonances are interfering or aberrant energies being given off from viruses, toxins, or other interferences that your body has “picked up” from living.





BioResonance

Using Bioresonance the dysharmonic signals can be picked up from your body, blood, urine, saliva and “inverted” to neutralize them. By weakening or clearing these signals and then restoring healthy signals to the disturbed areas the body can reset or restore its healthy functions.



Bioresonance

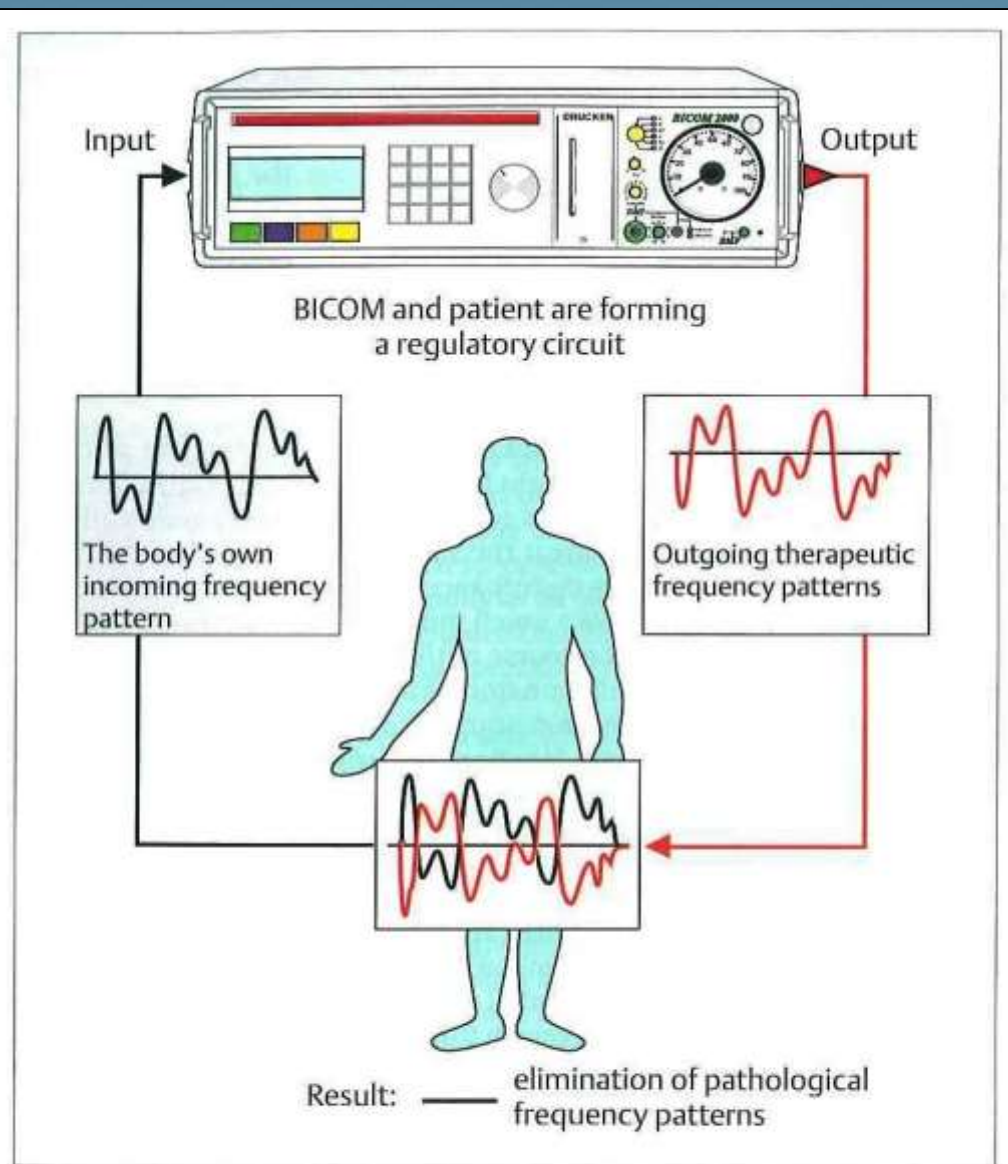


Fig. 1.2 Schematic representation of the bioresonance therapy. The patient's own frequencies are transmitted to the therapy device via cables where they are electronically modulated (i. e. inverted) and are returned to the patient as therapeutic frequency patterns.

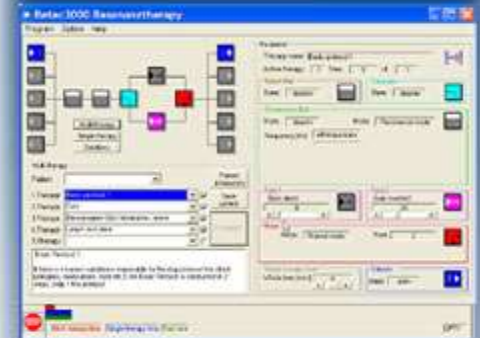
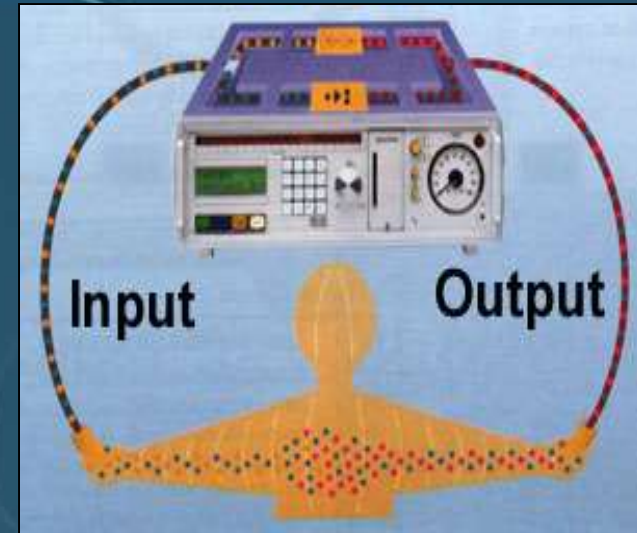


BioResonance

BioResonance treatments
Can be tailored to match your
specific resonance signals to
neutralize problems and boost
natural functions.

The number of boosts required
depends on the extent of the
disorder.

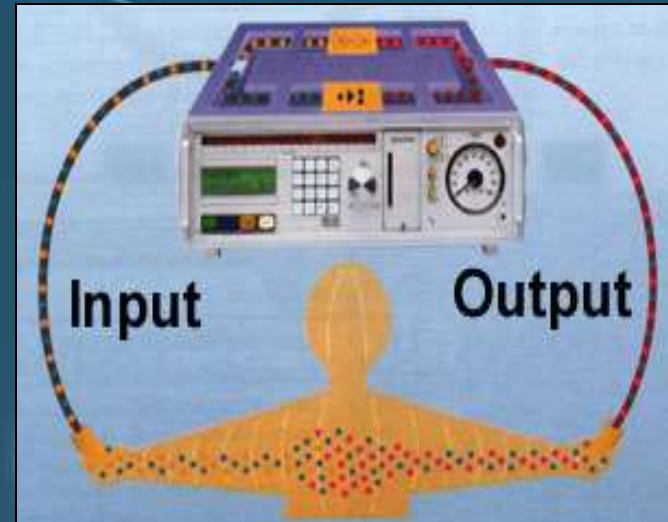
Your body takes over from there!





BioResonance

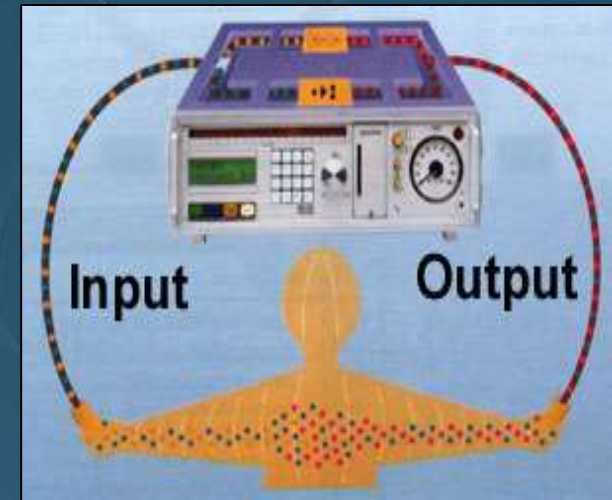
BioResonance treatments
Are especially important in the
treatment of allergies –
Pollens, foods, chemicals, or
environmental
which can be neutralized and/or
eradicated in very few
treatments.





BioResonance

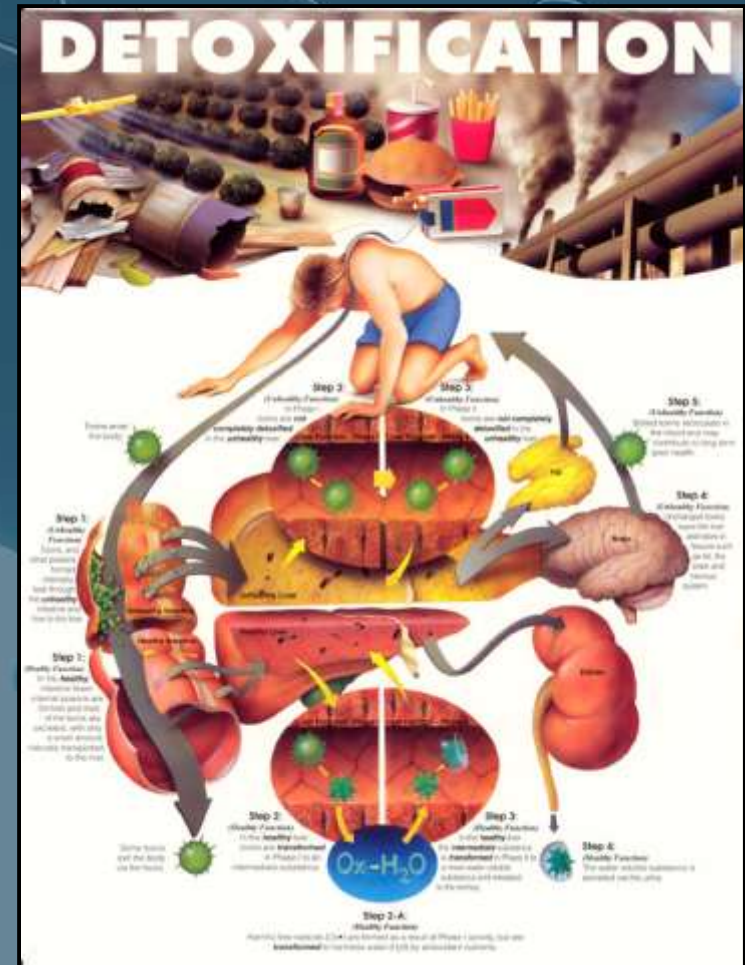
BioResonance treatments are best combined with muscle response testing to determine specific energy requirements to be balanced.



The more specific the more accurate the response.

Detoxification Testing & Protocols

Just like our houses need to have the waste disposal system working at their peak condition, the cells in our body require proper detoxification and drainage of these toxic substances. Our naturopathic clinic has various detoxification protocols that allow for safe and effective removal of the toxins from the cells and the body.





NLP & Timeline Therapy/Counseling

In our busy lifestyle it is often very easy to focus on the outside world, and not our inner workings.

Like a computer, we need to defrag often and integrate our programs to remain effective in our functioning.

NLP methods are often a critical part of an effective health integration program.



A hand is shown placing a light blue puzzle piece into a larger, partially completed puzzle. The puzzle is composed of white and light blue pieces, and the hand is holding a blue piece. The background is a dark blue gradient with some abstract, glowing blue lines.

Helping You Solve Your Health Puzzle

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