

NEWS

FROM ENERGY HEALING SYSTEMS, INC.

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NEW CLIENTS SAVE 50% OR MORE

Energy Healing Systems is offering new clients a special deal of 50% off on their first visit. Take advantage of this great opportunity and start your healing journey after the stress and fun of the holidays has ended.

HEALTH CORNER

How would you describe 'health'? Welcome to 'Health Corner', where we will be talking quite simply about 'health'. How would you describe 'health'? Many people would say that health is simply the absence of symptoms. That might be an acceptable view, if we lived in a perfect world of ecological balance. But, this is not the case. When we look at the total health of a human being, we must take into account the many environmental stressors we all

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FREE "WOMEN'S HEALTH ISSUES" SEMINARS RESUME IN JANUARY

Dr. Link will present FREE seminars on "Women's Health Issues" on the third Saturday of each month from 9-10:30am. The next seminars are Saturdays, **January 21st, February 18th and March 17, 2012**. Space is limited, please pre-register at 217-531-2711 or visit energyhealingsystems.com.

These seminars will focus on women's health issues such as menopause, osteoporosis, high blood pressure, weight gain/ loss,

and other relevant topics. Also discussed will be Nutrition Response Testing, a comprehensive, non-invasive system that finds the underlying cause of physical problems and treats them, leading to better health and well-being.

"This is the perfect opportunity to learn what the cutting edge tech-



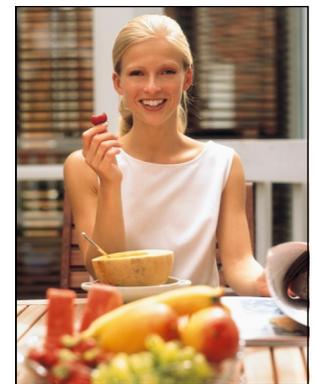
nology is in the area of energy healing and true health," said Link, the owner of Milford Chiropractic Clinic

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THE UNIQUENESS OF NUTRITIONAL RESPONSE TESTING

To start off the new year I would like to talk about one of the most important characteristics of Nutrition Response Testing that makes it superior to other more traditional forms of health care and management. Although this may seem repetitive to some of my readers I have found in my practice that it needs to be repeated many times to my patients in order for them to finally understand and own the concept. This characteristic is only one of many that make Nutrition Response not only unique but superior to other health care models. The idea that needs to be understood is that **Nutrition Response Testing relies upon the innate intelligence of the body which is being tested to direct and guide the practitioner in his treatment**

of that patient. Every cell in the body has within its genetic coding a design to maintain and direct the activities of the cell and also the body so as to promote the life of the body. When one gets a cut the body directs the damaged area to heal itself. When one gets a cold the body attempts to heal itself by removing the offending organism by increasing its excretory functions and thus the runny nose and congested sinuses. This is a natural process that is designed to clear the body of that which is causing the problem and should be facilitated and not suppressed. Rather than focusing on the symptoms and trying to relieve them the individual should facilitate the process of removing the agent or agents which are causing the body to up-regulate



its excretory functions. If the body is successful in a short period of time the body will successfully remove these offensive agents and return to a healthy state. This whole process requires an understanding about what is going on so that we can work with the body to facilitate healing and not focus on alleviating the symptoms which is primarily the focus of most of the traditional forms of health care practices.

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Health continued

encounter daily in this modern world. Thus, the absence of symptoms may or may not indicate a state of good health.

I would submit to you that a true determination of health is not the absence of symptoms, but rather the ability of the body to optimally handle the stressors placed upon it, thereby responding adequately to these changes. This will result in a dynamic, proactive organism capable of meeting the demands placed upon it with precision. The healthy body is self-regulating, keeping itself in a healthy state.

In reality, life is full of stress and the body will respond to it as a matter of course. Stressors like chemicals, immune challenges, inadequate diet, emotional variances, and even spiritual issues can and will affect our health in some way. The question is whether the body is able to meet these challenges by regulating properly or collapsing under them.

This is what is so exciting about a procedure I now use in my practice called Nutritional Response Testing (NRT). This testing takes into consideration all of the stressors present in the environment today and relies on the natural, innate ability of the body to heal itself, and thus abate naturally any aberrant symptoms ... read more of this article go to <http://energyhealingsystems.com/articles/health-corner-1> ■



A NOTE FROM THE DR.'S DESK

Life is a journey, not a destination. Let us help you take the journey back to health and help to stop running in circles chasing symptoms.

To your good health.

Sincerely, *Dr. Jon Link*

For more information call Dr. Link at 217-531-2711 or visit our site

www.energyhealingsystems.com ■

SEMINARS ... CONTINUED

and Energy Healing Systems, Inc. of Urbana, IL.

Those who attend will learn about how to treat women's health issues with alternative methods other than medicine. There will be a live testing demonstration and participants can receive a check themselves if

they wish. There will be time for questions and answers and a healthy snack.

"I tried everything my physicians recommended to ease my menopause problems and nothing worked. I met with Dr. Link and simply added supplements to my diet and changed

my eating patterns and I found relief in less than a month," said Cheryl Parker, patient at Energy Healing Systems, Inc.

For more information contact: Dr. Jon R. Link's Urbana office at 217-531-2711 ■

UNIQUENESS ... CONTINUED

Nutrition Response Testing is able to "tap into" the innate intelligence of the body in order to find out from the body 1) exactly what needs supported, 2) what is causing it to require support, and then 3) what is needed in order to correct it. This characteristic makes it possible to develop support protocols which are specific for each individual. In short, it creates a unique program that is individualized for that person and that person only. And when we talk about nutritional supplementation using Nutrition Response Testing we are able to identify the smallest number of supplements necessary to handle the case at that particular point in time. I am amazed at what some of my patients are taking when they come in to see me. They have heard about this product for this, and this product for that etc. The more they read the more they take thinking that they are actually helping themselves. This is great for the supplement industry but is it actually necessary? According to

the traditional think it is, but if one can rely upon the innate intelligence of the body to tell us what it needs and it identifies two, three or four products (sometimes more) to support it at a time, and if these few products effectively handle what needs to be handled at that time, doesn't it follow that this method of treatment is superior to our educated intelligence directing us to take a bag full of supplements which may even have adverse effects over the long run?

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I often have patients ask me about this or that product for his/her condition. I certainly don't mind the question. I always answer them by saying let us test you and see if your body tests for it or not. If it tests for them then it may be helpful but if it doesn't test for them then why take it? I

would rather not sell a product to an individual if they didn't test for it. If they do test for it and are on a small program then I usually recommend it. If they are on a fairly large program then I ask them if they want it or not. If so fine, if not fine. It is their health and their decision at that point. If I, through my testing, am able to determine that it is important at the time tested then I will advise them so. But the choice is theirs either way provided their program addresses the minimum requirements to move them in a positive direction toward health. It is that simple. To sum up this article Nutrition Response Testing relies upon the innate intelligence of the individual being tested to determine what in the body actually requires support and then the support needed in order to move it toward a healthier state. This is the best that is available in the conservative management of health and is essential in supplementing traditional health care practice as a minimum. Until next month, to your good health. ■