



w e ' r e w i t h y o u f o r l i f e

**Optimal
Wellness
Center**

Optimal Wellness

Our Mission

Optimal Wellness Center is concerned with the health and well being of the whole person. In a caring environment we will listen and be attentive to our patients. We emphasize the importance of preventing illness through natural, holistic care. We teach our patients to listen to their bodies enabling them to take responsibility for their health and well being.

Embracing Total Body Modification

By Dr. Keith Jordan

The Power That Made The Body Can HEAL The Body

When you cut your hand, do you tell it to heal? Do you initiate the clotting action so that a scab can form and stop the bleeding? When you come into contact with an allergen or virus, do you consciously initiate the immune response?

Chances are, you responded “no” to these questions. That’s because these functions are performed automatically within your body without the conscious mind ever being aware of it. The body’s nervous system, headquartered in the brain, is a network of sensory fibers or “bio-computers” that constantly monitors voluntary and involuntary functions, senses problems and makes appropriate changes to keep the body in balance. These sensory fibers carry messages to and from the brain where these messages are processed like a computer and the brain, in turn, tells the body what to do.

This is the way it is supposed to work—in a perfect world. However, the world is full of toxins that affect our bio-computers. These toxins take many forms. They can be actual physical toxins in the form of processed foods, pollution, or medications, for example. Toxins can be energetic in form produced by cell phones, microwaves, TVs, and computers that emit strong electromagnetic fields that disrupt the human body.

Toxins can also take the form of emotions. Throughout our lives, emotional memories are imprinted in cell memory within the nervous system, and that has a direct effect on who we are and how we react to situations. If there is a history of physical or emotional trauma recorded in cell memory, this becomes a potent emotional toxin.

Our clinical findings have shown that under sufficient stress, caused by such toxins, the brain cells controlling the stressed organ or body part essentially depolarize. This is like blowing a fuse on an electric circuit. The



Who is Dr. Jordan

First of all, Dr. Jordan is just a person like all of you and therefore likes to be called Keith, or Dr. Keith if you really would like to be formal. Dr. Keith is a husband, a father, a son, a brother, and a friend. He is a person who feels it is his gift and calling to help people heal themselves from perceived symptoms of disease whether they are spiritual, emotional,

biochemical, nutritional, or physical in nature. He has a great love of God and respect for all paths that lead to this divine source of love. He believes everything in life has a purpose, every event is divinely planned whether we can perceive it or not, and that every person has a special purpose that they are working towards fulfilling. He believes that all healing starts from within, and that this process of healing is an ongoing process continually happening whether we are working on it or not. He truly believes that love heals all, and that the true purpose of all people is to love themselves and others without expectation of outcome or reciprocation.

Dr. Keith is a native of Cleveland, with a doctoral degree from the National College of Chiropractic in Chicago. He worked in several multi-disciplinary practices along side medical doctors and gained an appreciation for both the strong points and shortcomings of traditional medicine. In 1996 he founded Optimal Health Chiropractic Clinic, a true comprehensive, holistic care clinic. Five years ago he was awakened from a dream/vision with tears in his eyes of the next clinic, a center for healing now known as Optimal Wellness Center. He shares this story with you so that you realize we are all part of this dream, and this dream could not, and would not have been possible without us all being the part of God we needed to be. He thanks you eternally for all your past, present, and future support of OUR dream.

result is that the brain (computer) loses effective control over the afflicted organ or body part, leaving it running at a lower level. These “blown fuses” can manifest themselves in a variety of conditions such as allergies, arthritis, high blood pressure, headaches, chronic pain, inflammation, menstrual difficulties, as well as other symptoms.

Plugging Into Total Body Modification

Medicating or treating the ill body part will not fully restore its normal functioning. The circuit must be reset. This is where a progressive health technique called Total Body Modification (TBM) becomes an important tool in maintaining wellness.

While traditional chiropractic is used to correct body structure (bones, ligaments and muscles), TBM corrects the functional physiology (how the body works),

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Does your body need to be REPROGRAMMED?

List below, are just a few conditions that may benefit greatly from the self-healing powers of Total Body Modification.

See your Optimal Wellness Center professional for a TBM consultation.

- ALLERGIES
- ARTHRITIS
- CHRONIC PAIN
- DEPRESSION
- DIGESTIVE DIFFICULTIES
- HEADACHES
- HIGH BLOOD PRESSURE
- INFLAMMATION
- MENSTRUAL DIFFICULTIES



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which may in turn influence structure, both of which are essential to optimal health. This method is based on the kinesiology philosophy and techniques practiced by chiropractic masters centuries ago. TBM embraces the masters' belief that the power that made the body can heal the body.

A Program To Reprogram

To locate the problem, your Optimal Wellness professional uses tried and tested reflex points and muscle testing. If an intact fuse is contacted and a muscle is tested, the muscle will remain strong. If a blown fuse is contacted and a previously intact muscle is tested, it will go weak, signaling a problem with that system or emotion component.

Having located the problem, we will then stimulate a certain area or areas of the spine in a specific manner in an attempt to stimulate the neurons in the brain to repolarize, or fix the fuse. This allows your brain to regain control of your body and guide it back to health.

While receiving TBM care, you will also change your diet to the Sugar Metabolism Diet to reset your sugar metabolism. To further detoxify, balance and "reprogram" your body, specific nutritional supplements will also be recommended.

This process of reprogramming is effective in eliminating most ailments, not by treating the process itself, but by restoring your body to a state of balance and allowing it to, in fact, heal itself.

Balance Is The Key

The reason this method can be so successful is that innately the body is always striving to remain in balance. Once balance is restored the only way to lose it again is if you stop listening to the signals your body is trying to send. For instance, you might:

- revert back to eating processed foods, instead of predominately whole foods
- consume dehydrating caffeinated drinks rather than a proper amount of water to keep your body hydrated
- fail to follow a proper exercise program to reduce stress.

These are just a few ways you might ignore your body's signals and regress to an ill state.

Interestingly enough, we have found that once our patients have been "reprogrammed" through TBM, most do not want to go back to their old facilitated patterns that made them sick in the first place. This holds true for emotional reprogramming as well. People realize how it feels to be well again—a feeling many have not known for a long time, or at all.

Programmed For Optimal Health

Total Body Modification is a means by which you can reprogram your body to run the right way. Emotional stress and environmental toxins will always be around. How you process them makes the difference between optimal health and ill health. TBM keeps the body's computer running at optimal levels so that you can process data correctly and efficiently with minimal negative impact on your physical, emotional, and spiritual well-being.