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www.aocrowell.com *Please take a look at website*

After taking lots (15+ per day) of vitamins for several years, I made the decision to not take them for awhile. The following are some of my experiences while not taking them, and is my reason for continuing to take vitamins now.

After not taking vitamins for 5 weeks, I observed that I had a Canker Sore (which indicates that a virus is coming out as well as a Lysine deficiency). The last time I had a Canker Sore was 6 years prior.

The next morning, I observed Athletes Foot (which indicates a Yeast/Candida imbalance and Probiotics lacking in the gut) and its movement toward Plantar Fasciitis. It had been 7 years since my last bout with this weakness.

After observing these deficiencies, I remembered that I was only having one bowel movement a day, when my norm (while taking vitamins) was 2-4 a day. That was quite a difference! . . . and much more waste being retained within me.

It appeared to me that in the 5 weeks NOT taking vitamins, my health was returning to its lower level that it was before I began taking vitamins, which is the primary reason I started taking them in the first place.

Obviously, I returned to taking vitamins that day. That evening the Canker Sore was gone. The next morning I notice the athlete feet symptoms were not there and 3 days later my regularity was back to normal.

I ask you?

In which of the following scenarios do you think I will live both longer and better?:

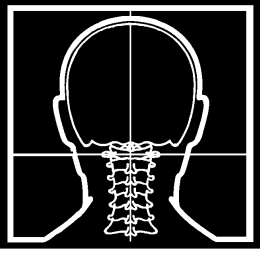
1. Living with a suppressed immune system, stimulating a virus, having a constant yeast imbalance and fewer bowel movements (which itself encourages more of the same);

OR

2. Living with a stronger immune system, no yeast imbalance, and regular/frequent bowel movements?

The choice is yours . . . but for me, I choose option #2!

Dr. Mitch



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What I recommend and why

I recommend Chiropractic care at least once per month, preferably using the Laser and at least one complete Nutritional Evaluation per year.

Why the Nutritional Evaluation at least once per year?

For me this process:

1. Stabilized my digestion, thus helping the atlas to stay in place.
2. Fixed me so I no longer have negative reactions to milk products
3. Strengthened my psoas muscle
4. Mysteriously, I no longer have thinning of my hair

Why the Laser?

1. The above 4 items were accomplished using laser at the same time so I cannot calculate or evaluate the above results solely based on nutrition

Why Chiropractic care?

1. Most states, Canada, England, New Zealand have done Workers Compensation studies and have concluded that Chiropractic for example low back pain:
 - a. Chiropractic returned people to work in one third the amount of time versus medical treatment
 - b. Did the above for one third the cost of medical treatment
 - c. With 300% patient appreciation and many referrals

Is Chiropractic safe?

1. My malpractice insurance is around \$1400 per year making Chiropractic the safest and least invasive preventative healthcare

What is Applied Kinesiology?

1. The art of muscle testing to evaluate imbalances mostly related to organ functions

What is Biofeedback?

1. Using a computer to evaluate imbalances mostly related to organ functions

How does Applied Kinesiology compare to Biofeedback?

1. They are similar in their overall results
2. They are different in the way they analyze in that one uses muscle testing and other uses electronic signals

The topics above are mostly alternative healthcare methods. Biofeedback, Laser, Nutritional Evaluations and Applied Kinesiology are not Chiropractic.

Why I take so many vitamins and will continue taking as many as the Nutritional Evaluations determine for my entire life?

The Applied Kinesiologists and Biofeedback doctors that I regularly see and have been seeing since the 1980's. Their evaluations don't recommend many supplements. This changed in 2004 when Dr. Brimhall did a Nutritional Evaluation on me. His evaluation indicated that I needed to take 17 vitamins multiple times per day. My mind asked, "Am I that broken?" However, I took all the vitamins and a year later he evaluated me again and I needed 17 vitamins? What, did we not fix anything?

A logical question to ask is what would it say if Brimhall evaluated me for 17 years and every year I still needed 17 vitamins? Everyone would agree that things are not getting fixed.

I AM GOING TO ATTEMPT IN WHAT FOLLOWS TO CHANGE YOUR THINKING ON THIS. YES, I THINK IT IS OK TO TAKE 17 VITAMINS FOR MANY YEARS.

The classical Applied Kinesiologists and Biofeedback doctors that I have seen since the 1980's did everything they could to eliminate my milk allergies, but failed. Many of them have their own allergies and just think they will always have them. Before meeting Brimhall, if I had just a sip of milk I would have diarrhea. After 4 years of taking 17 vitamins, my son and I went bowling and he ordered nachos. When it was served it had sour cream all over it and my son said, "Dad I don't like sour cream". I decided instead of throwing it away I would eat it. Nothing happened with my digestive tract. A week later while at a restaurant I drank a good bit of one of my kids ice cream shake and had no side affects.

Did taking 17 vitamins and using Laser for 4 years cure my lactose intolerance?

I think yes.

What did I notice after starting this 17 vitamins and Laser regiment?

1. The second year I noticed that I was having 3-4 bowel movements a day versus just one. This tells me my body is processing and de-toxing better.
2. My problematic weak psoas muscle was rarely weak anymore. This weakness can cause my atlas to go out of place, headaches, low back pain, shoulder problems, mid back pain and neck pain.
3. I inherited from my father a very slight thinning area on the back of my head that is no longer thin.

This is why I recommend Chiropractic care at least once per month, preferably using the Laser and at least one complete Nutritional Evaluation per year.

How much of what I have to offer do you want?

Extremity adjustment holding
Vitamins decrease spasm/tender

- Atlas structure, short leg, immune
- Structural, weakness, inbalance
- Nutrition: Stabilize atlas, digestion
- Nutrient: preventative, chemical, Ph
- Allergy de-sensitivity
- Energy, adrenals, Mitochondria
- Cranial bones and nerves
- Cold laser
- Electromagnetic
- Teeth: hiding infections & TMJ
- Emotions: Feelings, phobia, groups
- Myofacial
- Hormone: minor & complete
- Eyes
- Brain balancing ----- remove
 Eye lights distractions
 Colored glasses
 Tuning fork
- Heavy metal minor evaluation
- Heavy metal clearing
- Magnet therapy: spine, organ, brain
- Electrotherapy
- Traction manual
- Prioritize: systems, vitamins, etc.
- Footbaths
- Orthotics
- Biofeedback computer, Zyto

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“If your car breaks down and it cost \$900 – we write the check - but will not spend a fraction of this on our health.”

“It’s not realistic to take you to the 18 or so Chiropractors that I see for different evaluations. And none of them do what I do.”