

Dear Patient,

Thank you for your interest in my Natural Healing Program. I have designed it to produce superior improvements in health compared to other holistic treatments that you may have tried or heard about. My goal is to help you achieve long term or permanent improvements in health by restoring your body's ability to heal itself. Ultimately, you should feel vibrant and energetic, have less of a need for medications, and be less likely to develop serious illnesses in the future.

To accomplish these goals, I do not approach health the same way as most conventional or alternative practitioners. What makes my approach different and successful is that I focus on removing the blocks that keep the body from healing itself. I do not focus on specific treatments for specific symptoms or diseases. My belief is that as the body becomes healthier, symptoms and diseases should usually resolve on their own.

To make the most of my program, please read the following carefully:

- If for any reason that you are not able to keep your appointment with me, please be courteous and cancel your appointment by calling my office at 770-922-3023.
- Please fill out the attached questionnaire to help make the visit more efficient. Genuine holistic medicine is about addressing all of your problems including the ones you may consider minor.
- The core of my program is Nutri-Energetics Systems (NES). A brief description is attached. More details are available on my website at [www.drdaveou.com](http://www.drdaveou.com). At your consultation, we'll decide which options are best suited for you.
- My program is not a quick fix for symptoms. With my program, over 95% of my patients report at least some significant improvements in health if it is followed for a minimum of 4 months. Because of this, I ask everyone to commit to the program for at least 4 months before deciding whether to continue or not.
- Follow up visits take place monthly until maximum benefits are reached. For mild-moderate issues, this can take about 8 months. For severe problems, this can take over a year. This is because it takes time to reverse the decades of damage to the body that create health problems to begin with.
- My office accepts most major insurances except Aetna. Without insurance, a 45 minute initial consultation is about \$200 and a 30 minute follow up is about \$110. With insurance, the consultation time is covered with any co-pays, but will not cover the costs of any books or supplements that I recommend. Supplements typically run approximately \$100 per month.
- If you have an HMO, the situation becomes more complex. Although I am a specialist in holistic medicine, HMOs classify me as a primary care doctor. HMOs will not pay for your visit with me if there is another doctor listed on your insurance card. Please call my office well before your visit to learn about your options if you have an HMO.
- My program has not been evaluated by the FDA therefore it is legally considered experimental. The numerous improvements I have seen are based on what my patients have reported to me.
- Additional information can be found at <http://www.drdaveou.com> . It is highly recommended that you review the site.

Yours truly,

Dave Ou, M.D.

# What to expect at your appointment

## During the visit

Initial visits usually take at least 45 minutes. At the first visit, I will need to review all of your symptoms, medical problems, and treatments used so far. I'll also look into your diet and electromagnetic field exposure. Completing the attached questionnaire and bringing it to the visit will speed up the process.

I'll determine if there is a need to use conventional medicine for potentially serious problems. If necessary, I will order labs, X-rays, or refer to other specialists. If I think you're a good candidate for my program, I'll lay out my recommendations.

If we decide on NES, I'll run a NES scan by having you touch a probe with your hand for 30 seconds. Afterwards, I'll discuss the results of the scan and make recommendations on the NES remedies that will be helpful. NES remedies are only available from NES practitioners and I keep them in stock. I'll also provide instructions on how to take them.

If we decide on liver flushing, I'll provide a book of instructions and go over those with you.

## Care of the NES remedies

To care for your remedies, store them in a refrigerator. If you'll be traveling, the remedies will be fine at room temperature.

There is no need to bring your remedies to each appointment as I keep a list of what I have given you.

## Taking the NES remedies

You'll be given precise instructions on the number of drops to take. They should be added to a small glass of water, roughly 3-4 ounces. After taking the remedy, you should wait at least 10 minutes before taking the next one. It is also important to take them in the proper sequence for best results. If you take too much or too little, that won't cause any problems.

## Follow ups

You will be asked to follow up every 3-4 weeks to repeat NES testing. Each round of the program attempts to correct the weakest areas of your body-field. The process is like the unfolding of a map. Repeat testing is needed to determine what part of the map to unfold next.

## Cancellations

If you're unable to keep your follow up, please be courteous and cancel it as soon as possible so that other people can use the slot. If you don't show up for an appointment without canceling, you may be subject to a service fee. If you don't cancel within 24 hours, you may also be subject to a service fee.

## Questions for Dr. Ou

If you have any questions in the meantime, the best way to get in contact with me is through my E-mail at [info@drdaveou.com](mailto:info@drdaveou.com). I'll try to respond within 24 hours including weekends. You may also call my office during office hours. Please do not call the office after hours as the on call doctors are not trained in my modalities.

## What to expect

Remember, healing is a gradual process. Your body has been subject to physical, environmental and mental stresses over a lifetime. It will take time to correct the damage they have caused. With few exceptions, you should begin to notice a change in your symptoms within the first 4 months, if not sooner. The process can be so gradual that you don't notice the improvements. It's best to compare how you feel to the time before starting the program. The symptoms that you want to get rid of first may not be the first ones that change. Sometimes, friends and family will notice improvements if you don't.

It is possible to experience a temporary worsening of symptoms or development of new symptoms such as fatigue, sweating, nausea, rashes, coughing, sinus drainage, and diarrhea. This is normal and part of the process of toxins leaving your body. Directions will be given on what to do in this situation. However, my goal is to keep detoxification experiences to a minimum, if at all.

Progress is not necessarily a smooth road. Bumps along the way can occur. This is because as one weakness is resolved, another can become unmasked. This is often mistaken for a "new problem" or "worsening". Let me know about these changes.

It is also not uncommon to note great improvements one month and little change other months. It is easy to get discouraged with the slower months, but it usually means changes are occurring in the background that won't be obvious until later.

Because your body will begin to normalize, you can develop side effects to your medications as if you were healthy. For example, a healthy person on diabetes medication would develop low blood sugar so a diabetic can develop low blood sugar. Likewise, blood pressure medicine can make the blood pressure low, pain medicines can cause sleepiness, etc. If side effects to medications occur, it may be time to stop those medications. Please notify Dr. Ou if such reactions occur.

## Prescription Medications

Please do not stop your prescription medications without notifying Dr. Ou. Many of them will likely need to be cut back as the program progresses, but only Dr. Ou or your doctor should determine if it is safe enough to do so.

## Supplements

In most cases, most of your supplements should be stopped as they can interfere with the program. Please bring all your supplements to your first appointment to Dr. Ou so he can see if they'll interfere with the program or not.

# Dr. Ou's Philosophy of Natural Healing

Dr. Ou's philosophy on natural healing has evolved over his 20 year experience with holistic medicine. He only uses modalities that meet his stringent criteria. (Note that this page is not required reading, but will help you understand his unique approach)

1. The body is constantly exposed to stressors such as environmental toxins, electromagnetic fields, microorganisms, processed foods, physical trauma, and emotional stress.
2. Normally, the body responds and adapts to all these stressors returning the body to a normal state (healing).
3. Today's environment has many stressors that did not exist 50 or 100 years ago, particularly environmental toxins, electromagnetic fields, processed foods, poor nutrition, and isolation from nature. This is why ancient modalities such as herbs and homeopathy don't work as well as they did in the past.
4. Lack of well-being occurs when multiple stressors over a lifetime overwhelm the body's ability to adapt (loss of ability to heal). The result is malfunctioning of multiple systems of the body such as the inability to absorb nutrients from food, the inability to eliminate waste products, abnormal hormone levels, inflammation, and digestive, neurologic, immune, and endocrine systems dysfunction.
5. To restore well-being, the damage done to the many systems of the body need to be skillfully reversed. Most alternative therapies are only able to manage certain areas, but not others.
6. The damage needs to be reversed in a specific sequence. If the sequence is not followed, optimum healing may not occur. Very few therapies know about this sequence. For example, there are many systems of detoxification, but few of them realize that the body's immune, endocrine, and excretory systems must be strong enough otherwise detoxification will cause more health problems.
7. The results of genuine healing should be a consistent decrease in the need for medications and supplements, an increased sense of well-being on both a physical and mental level, and increased resistance to future illness.
8. According to physics and many systems of traditional healing, a system energy and information underlies the biochemistry of the physical body. This system is called the body-field. Stressors on the physical body simultaneously damage the body. Therefore, for optimum healing, damage to the body-field must be corrected as well. This can be accomplished by few systems of energy medicine and cannot be done by herbs, vitamins, or detoxes.
9. A good program of healing accomplishes all of the above in a high percentage of people even with serious and complex medical issues with few, if any, adverse effects. This should be done with as few supplements and/or interventions as possible.
10. A good program should be holistic meaning that it has positive effects on the mind, body, and spirit.
11. Knowledge from mainstream medicine should be integrated with such programs to monitor or manage severe illnesses. Pharmaceuticals can be used when necessary and phased out safely when they are not.

# Electromagnetic Fields and Your Bedroom

Electromagnetic fields (EMF) are energy fields surrounding anything using or creating electricity. Up until a little over 100 years ago, human beings were never exposed to any EMFs. Now our modern life exposes us to them constantly. Our cells use EMFs to communicate with each other so outside sources can interfere with the communication process and therefore the healing process. Some experts in natural healing believe that electromagnetic fields strongly interfere with the body's ability to heal itself.

It is highly recommended to make your bedroom EMF free so that your body can maximize healing while you sleep. Many people notice a better quality of sleep when EMFs are removed. There should be nothing plugged in around your bed especially the following:

- Televisions – a very strong source
- Computers especially with CRT monitors - another very strong source. LCD monitors that are “TCO '03” compliant are safer.
- Electric clocks – moderately strong – If you must use one, keep them at least 6 feet from your head. Battery powered LCD clocks are safe.
- Telephones both cordless and cellular – both emit microwave radiation which can interfere with the healing process and the function of DNA. If you use a cellular phone, it is best to use a special hands free kit which does not have a speaker in the earpiece such as the Aircom RF3 iFit found at <http://www.lessemf.com/cellphon.html>.
- Cordless phone bases. The 2.2 GHz and 5.8 GHz models constantly radiate microwaves into the surrounding area even when not in use. When in use, they put out up to 10 times more radiation than cell phones. Keep them at least 2 rooms away from the bedroom. The safest kind of cordless phones are the old 900 MHz analog types, which can be found on the Internet.
- Wireless Internet or WiFi – they radiate microwaves into the area.
- Some people report much faster progress as well as feeling calmer if they use a good EMF protection device. Most devices on the market aren't very good. The most cost-effective one I know of is the Energy Egg, but you need to be quite open-minded when you read the description and instructions. I have personally benefited from using it. You can order one from <http://www.energyegg.com>.

# Dr. Ou's Nutrition Advice

Everyone agrees that good nutrition is essential for good health, but it seems that every expert has different ideas on what is best. The following is what I personally follow. When my patients follow the suggestions, many of them feel better, have better energy, lower blood pressure, lower cholesterol, and lower blood sugar. As a rule of thumb, eat fresh, natural, unprocessed foods. My most important recommendations are:

- 1) Avoid sugar and high fructose corn syrup. This is perhaps the most important recommendation I can make. They put stress on the pancreas which has to secrete insulin to keep sugar levels in the blood at a safe level. They also trigger the body to store fat and are associated with higher blood pressure, heart disease, strokes, cancer, and diabetes. Sugar includes desserts, sweet tea, and *juices*. Corn syrup is the main sweetener in sodas.
- 2) Avoid white flour. The body converts white flour into sugar and is therefore as harmful as sugar. White flour includes pasta, breads, biscuits, etc.
- 3) Avoid artificial sweeteners including saccharin, Nutrasweet, Splenda, and diet sodas. Some studies suggest that they can be toxic and are associated with weight gain, heart disease, and destruction of good gut bacteria. Xylitol is a safer sweetener and can be found in health food stores.
- 4) Avoid transfatty acids. This is a fat created by food manufacturers to help keep food from spoiling. They are linked to cancer, heart disease, strokes, and poor cholesterol levels. It is found in many packaged foods including margarine, chips, cookies, and other snacks. Always look at the ingredients and if you see "hydrogenated" or "partially hydrogenated" oils, put it back. Beware of "no trans fats" labels. Because of a loophole in the law, a food can be labeled as having no trans fats even though it does.
- 5) Use only cold-pressed, unrefined oils for cooking. Over 90% of vegetable oils such as corn, canola, and sunflower oils are not cold pressed. That means most of them are exposed to heat which damage the essential fatty acids in the oil. Essential fatty acids are required by every cell to absorb oxygen. Heat damaged and trans-fatty acids keep your cells from getting enough oxygen and other nutrients. Also be aware that most foods cooked in vegetable oils, which include almost any food at a restaurant or packaged in a box, contain heat damaged fatty acids. Most people are surprised to learn that arterial plaques around the heart are mostly made of heat damaged vegetable oils and trans fats, not saturated fat. For cooking purposes, I like to use unrefined coconut oil. Cold-pressed, unrefined olive oil is good, too.
- 6) Eat unlimited nonstarchy vegetables. As a rule of thumb, 50% or more of the food you eat should be vegetables. Ideally, they should be close to 80% of your diet. The rest of your food can be beans, unprocessed grains, such as basmati rice and oats, and nuts that don't go rancid easily such as almonds and walnuts.

The following are also very helpful.

1. Use sea salt instead of table salt. Table salt is chemically processed and bleached. Sea salt contains many minerals which are needed for the body. I believe that much of the "dangers" of salt are because trace minerals have been removed from table salt.
2. Avoid cow's milk and cheese – Hormones, chemicals, and the processing of dairy products can cause health problems in many people. Products from goats and sheep appear to be safer.
3. Cut back on meat – Red meat and pork should generally be avoided. Cutting back on fish, chicken, or turkey to less than 20% of your diet is also helpful.
4. Multivitamins – Taking vitamins is not as important as the rest of the suggestions listed, but if you do take them, you should know that most of them, especially tablets and capsules aren't absorbed well by the body. I personally use Vibe by Eniva. It is a liquid multivitamin that is designed to be absorbed by the body. It can be ordered online from [www.enivamembers.com/drou](http://www.enivamembers.com/drou). I would not take them everyday to avoid your body becoming dependent on them. I would suggest taking them for 2 weeks then taking a 3 week break before taking them again.
5. Drink plenty of clean water - The standard recommendation is about 8 glasses or half a gallon per day. I personally use Multi-Pure water filters ([www.multipureco.com](http://www.multipureco.com); distributor ID 418481), rated by Consumer's Digest as one of the best filters on the market. I also use M-water, a water additive that increases your drinking water's ability to hydrate.

# Better Health through Inner Peace and Love

A very important part of health which very few doctors deal with is the relationship between the mind and the body. Scientists know that stress is related to numerous health issues such as heart disease, high blood pressure, strokes, a weakened immune system, poor sleep, poor digestion, depression, anxiety, pain, and so on and so forth. From the perspective of mind-body medicine, stress uses the energy that could be used for healing and uses it to damage the body instead.

Giving the importance of reducing stress, the next question is what to do about it. There are thousands of methods, which experts have recommended such as deep breathing, meditation, yoga, positive thinking, exercise, etc. I have explored many of these techniques and have been less than satisfied. The reason is that these techniques don't address the cause of stress: stress-causing thoughts in the mind.

More specifically, it is the judgment that whatever is going on in your life shouldn't be that way. It could be judgment about situations, other people, or yourself. On the road, you might think that certain drivers shouldn't drive the way they do. At work, you might think your co-workers shouldn't act the way they do. Equally as damaging are the judgments about yourself. You might think you shouldn't behave or think in certain ways. You'll notice that the common theme of stress are "shoulds" and "should nots". We make up rules about the way life should be. If someone breaks these mental rules, which is almost guaranteed to happen, it gives your mind the excuse to blame other people and/or yourself for your problems. According to mind-body medicine, resentment, criticism, and guilt are damaging to the body.

If you step back, you'll see that stress is really resisting life as it is. In other words, life becomes a constant battle with one problem after the other. You become a helpless victim of life.

I believe that the true nature of all people is peaceful and loving. However, the constant thoughts of judgment and resisting life suppress that part of yourself. If you were able to reach your true Self, then you would naturally become loving and forgiving which makes life more peaceful and joyful. How then do you deal with these thoughts in order to reach your natural peaceful state?

One very useful tool is Emotional Freedom Techniques (EFT) ([www.emofree.com](http://www.emofree.com)). EFT uses simple acupressure and I've seen amazing changes in stress and anxiety using it. It is possible to learn it on your own, but many people get better results with a professional. Locally, I can recommend Terry

Thompson Horn, a therapist in Covington. Her number is (770)-385-0940.

A second resource would be reading "Come To Your Senses" by Stanley Block, M.D. He has successfully used his system with thousands of people over many decades. His book is one of the very few which address stress by going to its roots. He teaches you how to look at your mental rules and resulting judgmental thoughts and to decrease their effects on you.

Another excellent resource is "Loving What Is" by Byron Katie. She has a website at [www.thework.com](http://www.thework.com) which has video clips demonstrating her work.

A few caveats about the path towards inner peace. Do not be alarmed when you start to monitor your thoughts. If you do this correctly, you'll notice that your mind is constantly making negative judgments all day long. This is the natural state of a mind not at peace. Anytime, you are not at peace, there is a judgment based on a should or should not behind it. A very common error is to try to suppress, avoid, or change negative judgments. That only makes them worse. They can never go away completely, but by using EFT, or Dr. Block's or Katie's methods, you can learn to look at those thoughts and not have them affect you. Many people also make the mistake of judging themselves for being judgmental. Guilt just continues the cycle of negative judgment. You want to be able to look at your negative judgments objectively without judgment. Another common mistake is to think that if you don't have judgments, then you don't correct problems. You still correct problems, but you take care of them from a place of peace instead of from a place of anger and distress. If you are still having great difficulty with stress, seeing a good therapist can be a necessary step. Many people also report that Nutri-Energetics (NES) is very helpful.

As you work to decrease the effects of negative judgments, your true loving Self begins to emerge. You realize that external events and people are not the cause of your distress. This is the essence of true forgiveness. Life becomes happier and things going wrong won't bother you as much. You learn to love people just the way they are and you learn that you are perfect just the way you are. More energy is available for healing resulting in better health. The suffering from illness can be decreased even to the point of needing less medication.

Instead of life being an endless series of problems, it becomes a classroom to learn about yourself and how to become more loving. All people can reach this state and it begins with the choice to look at your mind as a way of life.



9) How is your energy level?

Do you wish you had more energy to do things?

Do you use caffeine/coffee or other stimulants for energy?

10) Do you sleep well without the use of sleep aids?

How much sleep do you get a night?

Do you have trouble falling asleep? If so, how long does it take?

How many times do you wake up during the night? How long does it take to return to sleep?

11) How often do you have bowel movement without the use of fiber or laxatives?

12)

How much do you eat of the following foods:	None	Weekly	Few times a week	Daily
Meat: Meat, fish, poultry, eggs	_____	_____	_____	_____
Dairy: milk, yogurt, cheese	_____	_____	_____	_____
Vegetables	_____	_____	_____	_____
Sodas / soft drinks / sweet tea /sports drinks	_____	_____	_____	_____
Sweets: desserts, cookies, ice cream	_____	_____	_____	_____
Artificial sweeteners: diet drinks, Nutrasweet, Splenda	_____	_____	_____	_____
White flour: bread, pasta	_____	_____	_____	_____
Starches: potatoes, rice, oatmeal	_____	_____	_____	_____
Fruits and fruit juice	_____	_____	_____	_____
Packaged foods from a bag or box	_____	_____	_____	_____

Describe what you would eat in a typical breakfast, lunch, dinner, snack

12) What type of water do you drink? Tap / filtered / bottled / distilled / other?

13) What cooking oil do you use?

14) How many times a week do you eat out?

15) How many courses of antibiotics have you taken in the past?

Have you taken any prolonged courses (over 2 weeks)?

16) How many metal fillings do you have in your teeth now?

How many have you had in the past?

Have you had any removed?

17) Do you have a TV in your bedroom?

18) Do you have electric appliances near your bed: clock, radio, phone (corded, cordless, or cell) , wireless Internet?

19) Do you use a cell phone? How often?

20) Do you use an electric blanket?

21) Do you use magnets for health reasons?

22) Any history of shingles?

23) How much stress is there in your life?: mild, moderate, severe

24) What exercise do you do?

25) Anything else to add?

# Symptom Inventory

<u>Do you have trouble with the following?</u>	Yes	No	If yes, describe
Fatigue / Poor energy	_____	_____	_____
Depression	_____	_____	_____
Anxiety	_____	_____	_____
Sleep	_____	_____	_____
Memory and Concentration	_____	_____	_____
Headaches	_____	_____	_____
Dizziness	_____	_____	_____
Allergies / sinuses	_____	_____	_____
Vision	_____	_____	_____
Hearing	_____	_____	_____
Breathing	_____	_____	_____
Palpitations	_____	_____	_____
Heart	_____	_____	_____
Hypertension	_____	_____	_____
Acid reflux / heartburn	_____	_____	_____
Abdominal pain, bloating, gas	_____	_____	_____
Diarrhea	_____	_____	_____
Constipation (anything less than daily)	_____	_____	_____
Periods, cramps (women only)	_____	_____	_____
Sugar cravings?	_____	_____	_____
Weight	_____	_____	_____
Diabetes	_____	_____	_____
Pain	_____	_____	_____
Arthritis	_____	_____	_____
Numbness	_____	_____	_____
Rashes	_____	_____	_____

Swelling / edema	_____	_____	_____
Urination	_____	_____	_____
Cold hands/feet	_____	_____	_____
Other	_____	_____	_____