

SPECIAL SERVICES

**Eat a balanced diet, exercise and drink lots of water.
Do I really need to take a multivitamin?**

Nutrition is a vital component of good health. There is overwhelming evidence that vitamin deficiencies are associated with disease processes that can affect your overall good health.

Many people such as yourself work hard at improving their health by exercising and eating well, but may still have some vitamin, mineral or antioxidant deficiencies that will affect the function of their immune system. Research at University of Texas showed that 50% of people taking vitamin supplements were still deficient!

At AHC, we offer the state-of-the-art Functional Intracellular Analysis (FIA™) by Spectracell Laboratories that assess the functions of specific nutrients within an individual's white blood cells.



Unlike traditional serum, hair, and urine tests, it provides a complete picture of an individual's functional intracellular nutritional status. These tests can tell you exactly what vitamins, minerals or essential nutrients your body is lacking. We will then work closely with you to prescribe the highest quality grade nutritional supplements to replenish what your body is lacking to achieve optimal function and prevent the development or progression of chronic disease.

In today's world, getting optimal nutrition without supplements is close to impossible. Very often, commonly available foods are grown in depleted mineral soils. Unless you analyze your food you won't know if the nutrients you need are there. "An ounce of prevention is worth a pound of cure!"



MEET THE DOCTOR



Dr. Doris Chow-Bui was born and raised in Houston, Texas. After graduating with honors from W.P. Clements High school in Sugar Land, Texas, she attended University of Houston as an engineer and business major. After mounds of equations, calculations, paper and frustration, she realized her true love is helping others, so she decided to pursue a career in healthcare. From there, she attended Texas Chiropractic College (TCC) in Pasadena, Texas, where she graduated with academic honors and earned her Bachelor of Science in Human Anatomy and Biology and Doctorate in Chiropractic.

She is also certified in Clinical Acupuncture and is currently the professor assistant in the post-graduate 300-hour acupuncture program offered by TCC. She also serves as an adjunct professor at Virginia College's Health & Medical program in Austin. Presently, she is working on her diplomate in Acupuncture (Dipl. Ac) and will start toward her nutrition diplomate (Diplomate American Chiropractic Board of Nutrition-DACBN) shortly afterwards. She has completed year one of her certification by the International Chiropractic Pediatrics Association (ICPA) for care of pediatrics and pregnant women.

Her professional memberships include American Chiropractic Association, Texas Chiropractic Association and International Chiropractic Pediatric Association.

LIMITED TIME OFFER

Present this brochure for New Patient Services
worth up to \$200 for **only \$75!**

Call 512.351.1070 Today!



Alternative Healing Concepts
CHIROPRACTIC ACUPUNCTURE NUTRITION

"Optimal Wellness: Your Goal, Our Mission"

512.351.1070

Gentle Chiropractic Care

- Headaches
- Neck & Low Back pain
- Whiplash
- Muscular Problems

Acupuncture

- Allergies
- Pain Control
- Weight Loss
- Arthritis

Nutritional Counseling

- Sports/ Performance
- Children
- Medication Supplementation
- Chronic Illness

And many more...

1211 Baylor Street, Suite 100
Austin, Texas 78703
(Centrally located on 12th and
Lamar behind Austin Java)

For more information, please visit us at:

www.ahc-wellness.com

CHIROPRACTIC

Doctors of Chiropractic, the largest providers in natural healthcare, are trained for over 4,400 hours in comprehensive science-based curriculum similar to the training of those in medical schools.

What is Chiropractic?

Chiropractic emphasize anatomical, neurological and structural integrity of the body, treating various musculoskeletal conditions like headaches, neck and back pain, shoulder / elbow and wrist pain and



conditions, hip / knee and ankle pain and conditions.

Chiropractors, in addition, may co-manage other conditions with your family doctor or other medical specialists.

Chiropractors use physical medicine

(cryotherapy, heat applications, traction, electrical stimulation, laser therapy, spinal manipulation, rehabilitation and other physical medicine approaches).

Chiropractic is a total and preventive approach to health, focusing on wellness rather than disease. Chiropractors use a natural, drugless, non-surgical approach to health care. They consider all aspects of the patient's life: family history, work, lifestyle, environment, diet, exercise and the patient's physical and emotional stress factors. They place special emphasis on the care of the spine.

More scientific studies illustrate the safety and effectiveness of chiropractic care than any other complimentary and alternative medicine in existence.

ACUPUNCTURE

Acupuncture in an ancient healing art dating back about 2,500 years ago. Ancient theories stemming from a pre-scientific era were based on observations about the natural occurrences and phenomenon of the environment.

At Alternative Healing Concepts (AHC), acupuncture is performed by a trained Doctor of Chiropractic, blending the best of the ancient techniques with



modern "evidence based" acupuncture techniques.

These techniques are based on extensive knowledge of anatomy and the nervous system. Acupuncture is a treatment which can relieve symptoms of some physical and psychological conditions and may

encourage the patient's body to heal and repair itself.

Acupuncture stimulates the nerves in skin and muscle, and can produce a variety of effects. We know that it increases the body's release of natural painkillers - endorphin and serotonin - in the pain pathways of both the spinal cord and the brain. This modifies the way pain signals are received. It also has a beneficial effect on health. Patients often notice an improved sense of well-being after treatment.

Modern research shows that acupuncture can affect most of the body's systems - the nervous system, muscle tone, hormone outputs, circulation, antibody production and allergic responses, as well as the respiratory, digestive, urinary, and reproductive systems.

At AHC, we use a form of "micro acupuncture" a painless technique using very expensive Japanese needles known for painless application. Over 2,000 different conditions ranging from musculoskeletal conditions to sinusitis, headaches, insomnia, obesity, and a host of other conditions are treatable with acupuncture.

NUTRITION

Did you know that your prescription medications may be depleting your body's essential vitamins and nutrients?

If you are currently on medications, you may not be aware that your prescription drugs you are taking are depleting your body's essential vitamins and minerals.



For example, if you are currently on a cholesterol-lowering drug (statins), you may not realize that the drug depletes your body of coenzyme Q10 (CoQ10). A deficiency in CoQ10 actually can cause congestive heart failure and high blood

pressure, the very diseases it

I'm an athlete. How can nutrition help me with my training?

Did you know "couch potatoes" often live longer than athletes? The scientific explanation is that because of athletes' higher activity levels, they have higher unmet nutritional demands. Athletes use up more minerals than the average sedentary person and sweats more in 5 years than a couch potato does in 75 years! Sweating causes not only water loss, but also up to 60 essential minerals which can cause electrolyte imbalance, degenerative disease among other life-threatening risks. Athletes need more amino acids, antioxidants (to fight the free radicals and cell damage), enzymes, Cox-2 inhibitors (to protect against inflammation), and more vitamins because of their increase in physical activity.

Athletes are not the only ones the above applies to. The same goes for anyone that increases activity level and sweats! That could be a carpenter, dance instructor, mechanic, postal worker, etc.