

We don't want someone to tell us to stop doing what we love to do or need to do to function like a normal, healthy human being every day.

Whether we want to walk, run, bicycle, hike, paddle, ski or perform everyday tasks that we need to do, stopping those activities is not an option that we want to entertain.

That's why I practice Applied Kinesiology. I focus on what it takes to get to normal healthy function so that our bodies can recover and heal properly.

For example, when we experience pain when we use our arms, legs or any other part of our body, often the issue is that muscles are not firing correctly and we are creating imbalances around our joints that lead to pain. Sure, we can take pain relievers that mask the problem and ignore the underlining disfunction, but that does not solve the problem of what is going on.

Getting people healthy

The biggest problem that I have is that I get people well.

People that get well quickly forget why they got well and don't remember that I had anything to do with their getting well. I try to make getting well simple and don't make a big deal about it. I explain what I do and what it takes to get healthy. I don't try to do treatments that take days, weeks, months, years to help someone. I try to help each and every person get well as quickly as possible, as completely as possible and as permanently as possible.

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You've heard the old joke:

**Doc, it hurts
when I do this!**

Well, don't do that.



I hate that joke.

All too often when we go to a doctor, physician or therapist, what we get is symptom relief health care and not care that actually helps us heal and recover properly.

Think about it for a second. If someone is repeatedly hitting their thumb with a hammer, would we give that person stronger and stronger pain medications or would we help them stop hitting their thumb over and over again so that it can recover and heal ???



Which would you rather have ???

Great Health Care ???

or

Great Health ???

When your health is doing poorly, you can get back to good health when we understand what is causing disfunction in your body and making the necessary adjustments to help your body heal itself.

My commitment to everyone I see is give the kind of health care that is focused on the source of the problem and not just on the symptoms.

So, how long does it take to get better ???

Some people get better right away and others take more time. It all depends on the nature of the cause of ill health, how long it's been going on, what treatments are needed and how much responsibility a person is willing to take on to help themselves.

What kind health issues do I treat ???

The difference in my approach to helping people with their health issues is that I treat the individual and not the problem. Treating problems creates the mindset of symptom relief. Treating the person focuses on good health. When all parts of our body are performing optimally, we naturally are healthy and feel good.

Many of the health issues that I've seen respond to this kind of healthcare approach are neck pain, back pain, headaches, arm and shoulder pain, knee pain, ankle pain, hip pain, endocrine problems, digestive issues, allergies, immune symptoms, skin problems, jaw pain, asthma, reproductive health etc etc etc.

I'm able to do this because I have a slow, time intensive approach to healthcare. I don't rush people through my practice. I spend a lot of time with each person.