

Dr. Brian VanWagenen, DC DBCBN



Dr. Brian VanWagenen D.C DCBCN is a Clinical Kinesiologist and a Board Certified Clinical Nutritionist. He is certified in acupuncture, reflexology & applied kinesiology. Dr. Brian is a leading expert and world renowned in the medical community. He has been in practice for almost 17 years and now has a private practice in

Roseville California. Dr. Brian was born and raised in Fresno, California. He attended Brigham Young University and then finished his undergrad studies at Fresno State University, before going to Texas Chiropractic College.

Dr. Brian's first exposure to Applied Kinesiology was at Texas Chiropractic College. He suffered from fatigue, digestive problems, and migraine headaches. He was constantly getting adjusted but nothing was fixing him. After visiting Dr. John Bandy who practiced Applied Kinesiology in Austin, Dr. Brian quickly experience relief from his migraines and his energy returned. He continued to study with Dr. Bandy for several years which has allowed him to become the doctor he is today.

Dr. Brian chose to devote his life to natural healing because of the exhilaration of watching the body heal itself. He truly believes the body has great power to heal almost anything if the stumbling blocks are properly removed. He is grateful he chose natural healing because he has enormous passion doing this work, day in and day out. He enjoys working with patients who are committed to the healing process and becoming truly healthy. He also loves to educate and inspire patients to strive for and achieve optimal health. He believes with all his heart in the principle of alternative healing, *the power within our bodies has unlimited capacity to improve and heal.*

One Size Does Not Fit All!

A diet or nutrient program that works for one person may do nothing for a second and could make a third person worse. In others words, three people on exactly the same program can have three very different outcomes.

Our **Personal Best Program** is a synthesis of nutrition-based physical examinations, the research of metabolic typing, hormone balance restoration, the wisdom of ancestral diets, and a diet program created specifically for your body type. Pioneers in these fields have all contributed pieces of the puzzle to our user-friendly and highly successful program. We've taken the guesswork and frustration out of continually trying to find the "magic bullet" and created a system that works for you. The results of this program include:

- **Prevent and reverse degenerative disease**
- **Strengthen your immune system**
- **Achieve and maintain your ideal weight**
- **Optimize physical energy and mental clarity**
- **Overcome mood swings and depression**
- **Enhance athletic performance and endurance**

Wellbeing Chiropractic

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ReExperience *Life*



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Techniques & Tools

Dr. Brian focuses on getting to the cause rather than treating symptoms. He uses personalized care and a comprehensive approach to your health care in order to improve your quality of life without drugs. Dr. Brian utilized the latest advancements in Nutrition, Applied Kinesiology and Chiropractic to put you on the path to wellness and improved overall health. Below are a list of techniques used:

- **Diversified Adjusting of the Spine and Extremities**
- **Cervical Disc Techniques**
- **Lumbar Disc Technique**
- **Applied Kinesiology**
- **Low Force Instrument Adjusting**
- **Myofascial Release**
- **Gluten and food Allergy sensitivity testing**
- **Hair Analysis**
- **Hormone panel and Laboratory saliva analysis**
- **Neuro-emotional technique**
- **Neuro-Muscular Re-education**
- **Nutrition Response Testing**
- **Nutritional Counseling**
- **Orthotics**
- **Saliva testing**
- **S.O.T. Blocking**
- **Scar Tissue Release**
- **Stool Analysis**
- **Total Body Modification (TBM)**
- **Visceral Manipulation**

Please contact us if you have any questions about the techniques used by Dr. Brian.

What is Applied Kinesiology?

Applied Kinesiology is a diagnostic method that incorporates many related health fields such as chiropractic, meridian therapy, naturopathy and nutrition. It is extremely effective in discovering areas that are weak, overloaded or stressed, including the spine, joints, organs and even emotions. The muscles that are determined to be weak can give a clear picture of why there is pain and dysfunction in the body. If you understand what it means to have stress affect you physically, or to have aches and pains cause you emotional distress, then you understand the importance of getting to the root cause of your problem. By fixing the muscles, the body communicates better and is better able to heal its self.

- **It Allows the body to express its needs.**
- **It prioritizes care for a patient.**
- **It Gives the doctor an organized system of investigation for diagnosis and logical system of therapeutics.**
- **It Points out the need for the patient to take responsibility and gives the doctor a method of evaluating progress.**

What is Nutrition Response Testing™?

In Nutrition Response Testing there are two parts: the analysis and the personalized health improvement program. Simply put, first we do an analysis, and then we design a natural health improvement program to help you handle what we find in our analysis of your body and condition.

The analysis is done through testing the body's own neurological reflexes and acupuncture points. **Each Nutrition Response Testing reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body.** This provides a system of monitoring your body at each visit that has proven to be extremely accurate clinically and helps us identify exactly what the body needs and how well we are meeting that need.

A personalized health improvement program is used to correct the underlying deficiencies or imbalances in the body. This is done through a highly customized nutritional supplement schedule. By following the program your body is able to restore normal function and improve your health naturally.

