

## Services

### **John Erdmann Specializes in Applied Kinesiology and Practices Natural Chiropractic Care**

Patients can elect for just simple good old chiropractic style correction. Applied Kinesiology is based on a comprehensive, synergistic approach to healing; whereas, chiropractic in it's' simplicity is about just increasing your potential from where ever you are currently coming from. Adjustments are simpler and stand alone. Because the adjustment is quicker and not conjunctive with other therapies it is more affordable and takes less time. I don't presume to know how an individual needs to heal best, but will present the options and let them choose what style and method.

### **Applied Kinesiology**

A very comprehensive exam including: Detailed history, Symptom Survey Computerized assessment, Urinalysis (testing with chem strip, Koningsburg (chloride excretion), vitamin c, calcium, and oxidative stress), ACG, Zinc talley, Oral PH, Neurological exam, Posture assessment, muscle evaluation, Meridian evaluation, Feet and extremity examination, Complete nutritional assessment, and standard physical exam. The goal is to treat the person with the symptom and not the symptom. In so doing, the body will correct itself. Like filling the car gas tank up, the low gas light goes off. A good doctor evaluates carefully, corrects the problem, and then re-evaluates to look for long and permanent correction. Applied Kinesiology concerns itself with the over 350 muscles of the body that are responsible for movement and posture. Through watching you walk and observing your posture, I can capture the dozen or more imbalances and have several entry points as a chiropractor, traditional meridian therapy, even emotions and organ chemistry. We supply the therapy and observe for postural balancing and walking corrections. The results are often dynamic and fast.

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Applied Kinesiology changes lives. Help strengthen AK. Share this video with associates and colleagues, so that they can learn about the many the benefits of joining the ICAK-U.S.A and the advantages of being a member of the ICAK-U.S.A. Thank you for in advance for spreading the news and sharing!

Posted by [International College of Applied Kinesiology-U.S.A. \(ICAK-U.S.A.\)](#) on Tuesday, August 12, 2014

### **Chiropractic**

Gentle spinal and extremity manipulation. Also: arthro-stim, activator, Low force techniques such

as: B.E.S.T, Meridian balancing, Logan and more. Animal adjusting onsite or special arrangement. Dr. John teaches chiropractic adjusting to other licensed chiropractors and uses "high force" or "low force" depending on what the body is calling for. Another great reason for detailed examination and applying Applied Kinesiology. An adjustment is never forced, because correct adjusting is more about understanding and having the precise angle and line-of-drive. Done in this manner, even "high force" manipulation is gentle and always more effective.



## **Acoustic Cardio Graph-Nutrition Designed for the Heart**

The ACG or the Acoustic Cardio Graph is one of the tools I use to evaluate the efficiency of your heart and cardio vascular system First discovered by Royal Lee in the 1930's the ACG is a great diagnostic tool for evaluating nutritional efficacy and improvement. Often, Increased function and performance can be evaluated over the different heart Valves (areas) to determine if antioxidant, vitamin, or herbal support in fact improves cardiovascular function or read-out. This machine is a great tool to have in order to monitor your progression and what's not improving despite the usual abatement of symptoms under our care.

## **Nutritional and Herbal Therapy**

Based on natural medicine principles. Nutritional therapy is designed to strengthen and heal the body's organ systems in Today's toxic over worked world. Utilizing Whole food concentrates, Organics, Herbal and Homeopathic medicine. We are certified in clinical nutrition and will customize high quality bio-available nutrition programs not just give poor quality multivitamins that fall into categories. While we use professional vitamins, minerals and herbs in synthetic and whole food forms from many different companies we strongly suggest only whole food concentrates for any long term support, self diagnosing or general wellness programs (not multiple vitamins). I respect where people are coming from and while I always will give you my full and BEST recommendation, I believe in helping where you may be at. Because I have a lot of experience with single avenues like only chiropractic or only nutrition having a huge impact on health I will get on board with the care you choose 100%.



## **Emotional Stress Relief**

Neuro-emotional technique is a highly specialized quick and effective tool for help people to take away the negative charge that can persist with trauma and any emotion. In Neuro Emotional Technique or NET for short, we believe that becoming neutral around an event leads to the most productive and empowering position one can be in. I have seen a life time of Emotional distress relieved for some in just a matter of a few visits. NET is also a great compliment to any ongoing therapy, as the most difficult thing is to find the true triggers to your destructive habits, which a good therapist will pull out of you.

Utilizing Neuro Emotional Technique, a quick and masterly successful approach to eliminating barriers to success, I will design a program just for you or a group of people with the same goal. We will meet one- on- one, with larger groups- workshops and teleconference calls. I will send you daily inspirational success emails and help create balance in your life



## **Massage Therapy**

Trigger point, sports and full body relaxation massage. We also offer a special long term massage plan making monthly massages affordable. As low as \$45 for a full hour. Call for our massage staff availability.

