

A woman with short blonde hair, wearing a grey tank top and light-colored pants, stands in a grassy field with her arms raised in a 'V' shape. She is smiling and looking upwards. The background is a bright, hazy sunset or sunrise over a field of tall grass. The overall mood is positive and energetic.

DR. JASON MCCAMMON

The
**VIBRANT HEALTH
BREAKTHROUGH**

Eliminate Burnout & Recharge Your
Batteries In 3 Simple Steps!

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INTRODUCTION



Welcome! Thank you for checking out this life changing e-book. This is for you if you are ready to begin a new health journey, where your health is finally a priority.

ARE YOU DEALING WITH ANY OF THESE?

- You have zero “get up and go” and rely on caffeine to get you through the day?
- You are super tired of doctors telling you, “it’s all in your head”?
- You are overwhelmed by the vast sea of pills, potions, and fads promising a solution?
- You are frustrated by yet another medication added to the pile, but not feeling much better? Plus, you must take medications for side-effects of medications?
- You have been learning about natural remedies but have no clue where to start?

If even just one of these describes what you are going through, this e-book will help you. If you have been dragging around your health challenges like a heavy ball and chain, get ready to break free from these limitations. Life is just too short to have to deal with this crap any longer.

GET READY TO FIND A REAL SOLUTION AND UNCOVER YOUR BEST SELF!

There is a proven strategy to overcoming your health challenges. I've done it personally and helped countless clients do this too. You CAN heal and get your vitality back. BUT, you must be willing to make a few changes; to look at this process with a fresh perspective. You must be willing to let go of the failures and be willing to be led by an expert who truly cares about getting you well. The conventional medical approach fails at fixing over 90% of chronic illnesses. I bet you already personally know this all too well. There is a much smarter way. In fact, the methods I will share below are forged from evidence-based research, ancient universal wisdom, and tons of clinical experience. There is no way you can fail unless you quit on yourself. Since I won't quit on you, the ball is now in your court.

HOW DID YOU GET TO THIS PLACE?

From my perspective, recent history has drawn attention to just how precious health is. We are at a societal tipping point where health is the new wealth. You have been going through mega-stress, uncertainty, and pulled in too many directions at once. Either you are going to succumb to this mess and resign to feeling like crap until the end comes. Or you are going to rise above it.

I have coached thousands of people just like you to achieve great health, despite all the negativity and distractions of modern life. As a holistic doctor, with years of experience, the way I see it is you have a million and one things on your plate. Over time, the pursuit of a "happy life" has piled on so many stressors that your body is in survival mode. A state called **Sympathetic Dominance**. This is where your body is on high alert all the time.

This toxic state of being is amplified by caregiving, poor sleep, processed food, food intolerance, too much sugar, alcohol, prescription medications, chemicals in your food, water, air, what you put on your skin, mental health, nutrient deficiencies, lack of exercise... Need I go on? Adding to this recipe for disaster is pushing yourself to meet deadlines at work, cart the kids here, pick up that there, and on and on.

WHAT GOT LOST IN THE SHUFFLE? YOU AND YOUR WELL-BEING!

You have been brainwashed to think being “busy” is a good thing. That the more you do per minute is the more you get out of life. I’ve got the truth for you... **You have been burning the candle at both ends, and in the middle! There’s not much wax left!**

Your body is a super machine. Capable of amazing feats. How can some people have all this toxic mess going on yet still be around in their 60’s to tell us about? It’s because the human body can take A LOT of abuse. But, at some point, the chickens will come home to roost. This looks like cancer, heart attack, and diabetes. Chronic fatigue is often a precursor to these major issues. One thing is guaranteed: your body will fail you without an intervention.

Well, the good news is that you CAN heal. I’ve got tons of client stories to prove it AND there’s a ton of scientific literature on it too. As soon as you reduce the stressors your body begins to heal. You just need intelligent action and the right guide.

I want to help you TODAY start the process of creating a breakthrough for yourself. But you have to be willing to think and act differently. In just a bit I will give you a few simple tips on how to take action toward better health. But first I want you to realize how many hundreds of thousands of times you have been made to believe you are not enough.

The media constantly screams about the pain and injustice in the world which programs your subconscious with fear and anger. Coworkers complain about their problems. Social media shows you a make-believe world where all bodies and faces have to be perfect to be accepted. All this makes it easy to get down on yourself, getting stuck in a loop of negative thoughts.

Many of your current health challenges are due to this negative programming. This often makes you self-sabotage your health with self-medicating lifestyle choices to fill a void and feel better. But this just adds to the pile.

I’m here to tell you that you CAN rebuild and start anew. You CAN create an incredible well-being for yourself. But this will take courage. I can also tell you I was once in your shoes. I have healed from major health issues, so I speak from both a place of empathy and wisdom.

This e-book will give you a few simple, yet powerful, ways to help you begin to take back your health.

That said, make no mistake - *this is just the beginning*. This e-book is the tip of the iceberg. Reclaiming your complete health is going to take accountability, expert guidance, and straightforward action steps. A true breakthrough which carries you the rest of your life will take regular guidance.

What I hear time and time again from my clients is, "I wish I had known about this years ago!" They are so relieved to finally get to the root cause of their health challenges after years, and thousands spent, on medications, doctors, potions, promises, and fads. They are so glad to be done with the frustrating trial and error.

When it comes to your health, the most valuable commodity of all time, be careful about doing it alone or you risk getting more of the same. At the end of this e-book I will tell you how I can help you at a deeper level or you can [click here](#) to fast track to feeling better right now and book a Naturopathic Exam.

Now it's time to take intelligent action. So let's get to it!

BREAKTHROUGH TIP #1

JUST BREATHE



Breathing is one of the few things you 100% control. You can't control the weather, if someone swerves into your car in traffic, or if your boss suddenly moves up the due date on a project you are way behind on. But you can breathe at the time and tempo you choose, and it can be done anywhere you go.

I always start here with my clients as breathing is at the core of our being. With all the amazing health benefits, it's a shame conventional medicine does not teach this ancient medicinal tool. It literally dictates your health status.

Did you know shallow breathing depletes body-oxygen levels, increases the stress response, and lowers immunity?

Did you know breathing is the fastest way to detox the body?

Did you know breathing is the fastest way to calm the mind?

A good breath work routine is life changing.

Our breathing cycle is also the first to get compromised as we push ourselves to balance life's demands. When dealing with pressure, loss, illness, anxiety, and depression our breathing tends to get shallow.

Deep, relaxed breathing completely changes both your biochemistry and how the stress centers in your brain respond to your environment. After all, it's been said that **it's not necessarily what happens to you but how you either react or respond**. The right breath training will be sending completely different signals to your body.

THE HOW

Start by laying down on a comfortable surface in a quiet and calm space. A bed, firm couch, or padded floor works well. Lay there a few moments with eyes closed and relax. Next, bend your knees, bringing them closer to your backside, feet flat on the surface. Arms are straight at your sides. Then, gently - with emphasis on GENTLY - pull your shoulders down out of your ears. Tack the shoulders here.

With your shoulders down, away from your ears, draw in a deep breath through your nose, keeping your mouth closed. Breathe as deeply as you can, just as long as those shoulders stay down. Then exhale out of the mouth. Do not force the air out - let it release naturally. Practice this a couple times.

Now let's make that breath better.

In order to reap the full benefits from breathing properly, you must learn to breathe both with your belly (called diaphragmatic breathing) and your chest wall... you know, the big cage protecting your heart and lungs. Some are taught to only belly breathe. While this is a good start, we actually want to breathe with our ENTIRE thorax or torso. Okay, this time as you breathe in, fill your belly first (it should gently push upward) then expand the chest wall. When done well, your entire torso from belly to chest should expand. Do the best you can to also expand your chest wall laterally; think of expanding into your armpits when you inhale.

Pro tip: visualize a small, empty balloon deep inside the center of your body. As you inhale, see this balloon filling up with air. As the balloon expands, it pushes out against your belly and chest wall, in all directions, until it cannot expand anymore.

When breathing out, be sure to allow ALL the air to escape. This means allowing that virtual balloon to shrink back down until it's small and empty. Often clients expand their chest wall but do not let it shrink back down to prepare for the next breath. Work on creating massive, full expansion of the chest wall but allow it to shrink back down just as much.

Okay, do 10 deep breaths - in through the nose, out through the mouth - right now. I'll wait...

What did you feel like during the breathing? What do you feel after the 10 reps?

You should feel more relaxed. By breathing slowly and deeply, you told your brain you are "okay", and there is no threat about to hurt you. You also dumped huge amounts of oxygen into the body, especially into the liver and brain, plus expelled gallons of carbon dioxide. And, you expelled tons of toxins your body was battling.

Let's take it a step further.

For the next set of 10, I want you to count - *in your head* - the tempo or speed of the breath cycle. Inhale for a full four seconds, hold the breath for four seconds, then slowly release for four seconds. Practice this 4-4-4 until you can do the correct tempo and get the entire torso to expand as you inhale and shrink back down as you exhale.

For very stressful times, especially if dealing with a bout of anxiety, try the tempo of 4-7-8.

You now have the most powerful weapon in your arsenal. Use it! Do 10 deep breaths, three times per day. Give this a week and see how this changes your well-being.

Truth be told, every single client needed my help to reset their breathing pattern. Most have had a hijacked breathing cycle for years which means they needed special therapies to get things working sooner than later. A Naturopathic Exam will help me figure out your breathing pattern and get you feeling better sooner.

[Click here](#) to book.

BREAKTHROUGH TIP #2

BE GRATEFUL

**C**ortisol versus DHEA.

Cortisol is an important hormone. It's made mostly in the adrenal gland. It helps us make energy when food is scarce. In excess, it tells the body "uh oh, we may be facing a threat; get ready." Cortisol triggers many effects which prepare us for survival. We need some cortisol but the problem is you are stuck in high-alert mode all day, thus you may be flooded with cortisol.

On the other hand, being stuck in do or die mode for many years, you have likely burned out your adrenals and make too little cortisol. I went through this and it was terrible.

Too much cortisol or too little cortisol can have similar symptoms. These feel like: feeling like you want to faint when standing up, ravenous hunger, and headaches. Plus, aches and pains from increased inflammation, poor sleep, loss of libido, fat storage around the hips and waist, and no “get up and go” energy.

Since you have been in **Sympathetic Dominance** for so long, your adrenal glands are deep fried like coconut shrimp! You definitely have adrenal fatigue, and your cortisol levels are out of whack if you feel like crap despite sleep, medications, taking naps, and trying random supplements.

DHEA on the other hand, also mostly made in the adrenal glands, helps our body make hormones which mitigate or balance the effects of cortisol. It is suppressed during chronic stress mode. Your body decides what to convert DHEA into based on what’s going on. In the absence of a high stress response, DHEA can be made into estrogen and testosterone which can increase energy and well-being. It can also be made into a neurosteroid which can help throw off depression, boost libido, and increase feelings of happiness. And, DHEA is anti-inflammatory which can ease pain and stiffness.

Let me guess, you want to achieve the proper balance of cortisol and DHEA, right? I knew you were smart.

Then let’s practice gratitude, shall we!

You see, your brain is designed to keep you safe. It’s wired to remind you of threats against your safety. These perceived threats put you in a state of fear or anxiety. When you are trying to juggle work, spouse, kids, caregiving, etc., your brain is designed to remind you of all these fears. This anxiety or fear state looks like this: fear of failing, fear of getting injured, fear of letting someone down, and fear of not being enough. This ramps up cortisol and depresses DHEA. What if there is a way we could work toward stopping this chain reaction?

There is! Gratitude.

When you practice gratitude, you make your brain stop thinking about all the threats against your safety. Why, because the brain can only do one executive task at a time.

This manually overrides your brain and makes it focus on some good stuff. Good stuff might be...

- A kind gesture someone did for you the day before.
- It might be a child accomplishing something that made you proud.
- It might be the raise you just got at work.
- It might be as simple as you have a roof over your head, food in the fridge, and clothes on your back.

It could also be the other side of the coin... Maybe you were let go from work which was hard at first. But then you realized your work environment was toxic and this forced you to find a better way to make a living. This is how gratitude works. Find the bright side.

When we give real, authentic gratitude for life's moments, great and small, our brain gets happy. When our brain gets happy, the adrenals pump out DHEA and less cortisol. The balancing of these hormones helps you feel less stressed out. A bit more at ease. It helps clear your mind so you can think. It helps clear some of the brain fog so you can appreciate the subtle moments in life.

START A GRATITUDE PRACTICE. WHAT BETTER TIME THAN NOW?

I made a habit of doing mine every single morning before starting my day. It changed my life. Why - because I started the day on the right foot. Sure, some repetitive thoughts may be whipping around. But they are shut down when I go into my gratitude practice.

THE HOW

Start with finding a comfortable place to sit or lay. Then add a smile. I know it sounds weird at first, but a smile tells our brain - *just like deep breathing* - we are "okay" and something good is happening. A frown or scowl does the opposite. So, smile! Then think of all the good things that happened recently, the lessons learned, the blessings in your life, the silver linings that are always there but you might not be looking for them.

Be specific, not generic. Replace generalizations like “I’m grateful for my health,” with “I’m grateful for less back pain today” or “I’m grateful I am able bodied and can go on a run today.”

Practice gratitude even when the going gets tough. In fact, you need gratitude most when life throws a punch at you! You need to remind the brain you are and will be okay, which is the truth. You ARE tough and resilient. You can make it through just about anything, but the threat center of your brain may not believe that. So, calm it down and redirect it by smiling throughout your daily gratitude practice.

I’ve seen huge shifts in my clients’ health and well-being after they adopted a gratitude practice. It’s all about reframing your daily focus on the positive things you have and experience. Trust me, they are there. Find them and give thanks.

BREAKTHROUGH TIP #3

JUST PLAY



Do you remember that feeling as a kid when you were gliding down the street on your bike, wind blowing your hair back? The joy of getting to where you wanted to be on the tip of your tongue. What about the feeling of playing tag on the playground? Being chased as you dashed around the play equipment. After being tagged you zigged and zagged to tag someone just a tad slower than you. Did you spend summers in the neighbor's pool having a blast with friends? I know it feels like a lifetime ago.

This is called play. You forgot how to do this but it's not your fault.

You probably never gave it a second thought once you hit high school. Maybe you "played" a little in college, but you were certainly too busy raising a family, working, and taking on the hustle and bustle of life after college.

The powers that be condition us to think play is for kids. We are brain-washed into thinking we can only be a serious adult if we work, work, work.

I've got news for you. All work and no play makes Jane a dull girl. It makes Jane burned out, exhausted, lacking vigor and purpose, and generally feeling like crap.

WHY?

Play is often physical. This ramps up detoxification, purging out crud. It increases oxygenation of the brain which lifts brain fog. It boosts endorphins which reduce pain and depression.

Play puts a smile on your face... hmmm... where did we learn about those benefits... ? Smiling makes you happy. Hello more DHEA!

Play ramps up the creative side of your brain, making the boring analytical side (also the perceived threat side) take a break.

Play boosts the immune system and reduces the dreaded cortisol spike.

It can also involve a critical component of well-being which is social interaction. Sure, some people in your life can take a long walk off a short pier as far as you are concerned. But we still need to connect with people who you care about and who care about you. Play is a great way to do this.

Feeling cared for raises oxytocin, our natural opiate. You read that right... your body makes its own opiates! Oxytocin is the love hormone. Love dulls pain and boosts happiness. Want some? Then let's figure this play thing out.

A COUPLE GROUND RULES ABOUT PLAY:

It does not need to cost much or anything at all, it does not have to be strenuous, and it should not involve drugs like alcohol. And don't give a single thought to what anyone thinks about your version of play. And THE most important rule is that it MUST be something you enjoy! If it doesn't lift your spirits, it won't work.

THE HOW

Spend 10 minutes brainstorming some ideas. Here are three categories to help trigger some options.

- **Where:** What are some environments that make you feel good? Nature, urban areas, wide open spaces, inside, outside, quiet, or loud? Pick a few and write them down.
- **How intense:** Do you enjoy movement or being stationary? Play can be as chill as chess, artsy like painting watercolors, or as crazy as ultimate frisbee. I would suggest your play has some physical activity for maximum benefit.
- **Who:** Do you love to be around people (and they must be good peeps... not jerks) or do you thrive alone? Pro tip: *study your ear lobe in the mirror*. If your earlobe is tightly attached to your head, with no flesh hanging down, you might need to play with people. On the other hand, if your ear lobe drops down, clearly detached from your face, you might do great by yourself when it comes to play. But try both if you are not sure.

To help develop your play list, choose at least one type from each of the above categories.

For example, here's mine: I love being in nature, I need both movement and taking it easy, and I thrive being alone at times. My ideal play is hiking. Hikes are in nature, I can go as fast or be still as needed, and while I don't mind having someone come with me, I'm just as happy by myself.

Also notice all the "I's" in that last sentence. It's all about YOU. So be selfish... A little anyway and do what makes YOU feel good.

The main goal here is to do something YOU really like. Not your kids, not your spouse, and certainly not what some social media influencer thinks you should do. Something that makes your cares melt away and puts a big smile on your face.

Is it pickleball, camping, hiking, biking, swimming, checkers, ping-pong (NOT beer pong!), cross-words, board games, game night at the Johnson's, rolling in the leaves with your kids or your dog... What does play look like for you?

GO FIND OUT!

Just like young kids, playing every day is ideal. But it's completely fine to start with a couple times per week. Be sure to schedule it, just like you would any important thing in your life. And keep your appointment... Never cancel on you. *You are important and your well-being matters.* You may have to try a bunch of things to see what you really like.

Remember, this is not what you *learned* to like - this is what you **REALLY** like, deep down inside. For example, you may love to ride a bike but haven't done it in so long it scares you. Well, you should focus on a safe way to start biking again by consulting with a local bike shop and consider joining a biking group for tips.

Practicing these three health tips can help start a significant shift in your wellbeing. But remember, you must take ownership of your current state of health. It might not have been your fault getting to this point but it darn sure is solely your responsibility in fixing it.

I'm [HERE](#) if you can't do this alone.

BONNIE: FROM ANXIETY AND BURNOUT TO ALMOST RETIRED AND TONS OF NEW ENERGY!

Bonnie, 60, came to me after having been to a bunch of doctors, tried countless solutions, and was all but about to give up. She was skeptical at first and for good reason - all the previous approaches failed and that's lots of time, energy, and money out the window. It took her nearly a month to get up the courage to move forward after the exam. She was afraid to get her hopes up again only to be disappointed... again. She was dealing with hair loss, super low energy, poor sleep, anxiety, a very sensitive gut, and was losing strength in her workouts.

Her gut was so inflamed that nearly everything passed right through. Thus, she had insatiable hunger plus nearly everything she ate caused gut issues.

She was also positive for parasites. They were robbing her of precious energy and poisoning her body with toxic waste, causing her to feel bad.

She felt very disconnected and judged by her inner circle of family and friends. She never felt accepted for who she was. This was causing her serious anxiety.

Bonnie was also working herself ragged at work as it was her distraction from all these issues. Instead of eating her feelings with comfort food like many clients, she would work overtime. This was wearing her out.

I knew she was malnourished so I started her Plan of Care by recommending a special blend of whole foods she could absorb. She started feeling better almost instantly.

We also worked on re-framing and shifting her energy toward self-care instead of over analysis, shame, and blame. She did an amazing job taking the techniques to heart. We figured out a daily routine that helped recharge her energy and spirit. After making mindset shifts, she realized she loved doing less at work and working more on herself at home. She liked her down time so much she started the retirement process at her work. With finding more purpose in life and the brain fog lifted, she got clarity on what the next few years of her life would look like.

I then put together a custom cleanse to reset her immune system and reduce inflammation. It was crucial that we kicked out the parasites and healed her gut.

One of her biggest breakthroughs was after two months following my guidance, she started to see new hair growth! Hair loss was something she dreaded after enjoying years of long, thick, healthy hair.

Bonnie took my advice, put it into action, and reaped a priceless batch of benefits. She now has a completely new outlook on life and can't wait to see what adventures come her way.

JAMIE: GROUCHY CAFFEINE JUNKY TO A WHOLE NEW LEASE ON LIFE.

Jamie was already into natural health when she came to me. She was getting regular chiropractic care which helped her manage some physical pain. She also had a very strong faith practice. Yet, something was off. She just didn't feel right. She carried a bloated belly even though she was not overweight. She would also get terrible hot flashes which caused her to get super irritated. She would lash out at the people she cared about. And although she was super passionate about running her company, it was crushing her with stress as she lost her ability to think clearly and be resilient.

Jamie was relying on processed foods, most refined carbs, plus caffeine. She is not a "foodie" which meant eating was this annoying thing that got in the way of her super busy day. She was a mom, CEO, wife, daughter, and friend to many.

She realized her symptoms would just get worse. And that her lifestyle choices needed to be more intentional and less accidental.

I had several discussions with Jamie, seeking to understand what health looked like to her. What did it feel like? How did she want her future self to function? After reflecting back to her that she highly valued health but had put zero effort into the most important part of health - nutrition and self-care - she was ready to make some changes.

She was a low and slow client, where the changes needed to be smaller and fit her preferences. So, I give her custom recommendations on how to get quality nutrition while avoiding food she did not care for. She also completed a detoxification protocol since toxins were causing her thyroid to slow down, draining her of energy.

One of the reasons she was getting so irritated was her lack of minerals. Minerals are our cellular currency. Without the right type and ratio of minerals, her nervous system could not relax. I used some targeted remedies to help her replete her body.

The results blew away her original expectations! (I love when this happens!!)

She told me she was blown away by how good she felt. After several weeks, everyone around her noticed that their “Jamie” was back... The Jamie they had known years ago, who withered away, was showing up again. Her hot flashes were way better and her attitude toward life was much more positive. She also had a lot more energy which helped her power through work with no problem. This helped her in a big way with emotional availability at home with her family.

Another great outcome she did not anticipate was no more bad PMS! She did not ask me to help solve this issue. Yet it is extremely common for clients to create the environment for a pleasant menses as we solve underlying health issues. She used to have to medicate, curl up in a ball for a day, and block out the outside world. But not anymore.

Jamie could not make major changes overnight, but she didn't have to. Once we agreed on a realistic plan that fit her needs, she bought into the process and now deserves all the spoils.

FREQUENTLY ASKED QUESTIONS



It totally makes sense to have a ton of questions when you are looking to get well and wonder if holistic medicine is right for you. Here are some of the common questions clients ask before deciding to work with me.

HOW CAN I TREAT A CONDITION WITHOUT MEDICATION?

Truth is, I don't treat any conditions. I do something far more effective for chronic conditions - I do a deep dive into your underlying health and find out what's not right. I'm an expert in root-cause triangulation. I find all the body systems which are not working and create a plan to fix them. This solves the root-cause of any number of health conditions but is especially great for fatigue, exhaustion, and burnout.

And since all chronic conditions have multiple pieces, the holistic approach solves multiple causes. This is in stark contrast to merely medicating the issue at the hands of a conventional doctor. They are usually guessing on what medication MIGHT work.

This could initially lessen some symptoms but does zero to find nor fix the root cause. In fact, most medications suppress the condition making it worse over time.

Symptoms mean your body is nudging you, asking you to fix the problem deep inside. The longer the body is out of whack, the worse the symptoms get as your symptoms go from a nudge to a shove. The perfect example is expecting thyroid medication to fix your lack of energy. One thing does not fix one thing. The medication does not fix why your thyroid is failing.

WHY IS IT COMMON TO LEARN THAT MOST HOLISTIC OR FUNCTIONAL DOCTORS DO NOT GET GREAT RESULTS FOR THEIR PATIENTS?

I often get new clients who have seen several holistic or functional doctors before coming to me because they are still not feeling well. What I see are these providers ordering tons of blood tests and putting clients on literal buckets of supplements.

There are a lot of issues to unpack here but two major issues stand out to me.

The first is that blood studies reveal a *very small fraction of your current state of health.*

This is because your body is absolutely brilliant at adaptation. This means blood chemistry is constantly altered to keep you functioning - not necessarily functional well, mind you. The consequences are in a chronic unhealthy state (called pathogenic), the body is pulling resources from other tissues.

This is why I mostly rely on urine, saliva, facial diagnosis, and neuro-optic testing. I can certainly order labs but it's rarely necessary. These alternative tests reveal the true current state of your body. **I study your body from multiple different angles, at a very deep level. This is functional medicine.**

Another way to frame this is the bank account analogy.

Imagine you opened five bank accounts. In the first account (your blood), your accountant (your body) wants to keep an even \$100 in there at all times to be able to pay bills (keep you functioning). You have deposits in the other four accounts which represent tissue other than the blood. These might be muscle, bone, lymph, and the liver. When there is a charge against the first account, your accountant takes money from one of the other four accounts to instantly replenish the debt.

It appears as though there is the original \$100 in the first account. But, when we look deeper, such as an IRS audit (a good holistic doctor), we will see some money missing from the other four accounts.

Once the \$100 dollars begins to drain out and cannot be instantly replenished, we finally see the account is not doing good after all (this is what blood studies ordered by a typical doctor reveal). As the account gets lower and lower, we have trouble paying our bills (making energy, repairing the body, mounting a proper immune response, etc).

This is how your body works in terms of blood chemistry.

If all you do is check the first account (typical doctor), you will completely miss the other four depleted accounts. When the first account starts to decline it is like seeing high cortisol levels in the blood. When the first account gets very depleted, we start to see major illnesses like cancer. There were clues all along - for YEARS - but your doctor did not bother checking the other four accounts.

The other issue I'm seeing out there is that most functional doctors are still using an allopathic model for their treatments.

This means they are replacing drugs with herbs. For example, they are using an herbal laxative to "treat" constipation, rather than a drug. Okay but WHY is the patient getting constipated in the first place??? Here is where I don't treat your constipation, but I help you alleviate it by fixing the root-cause.

I see clients literally taking 15 to 25 supplements a day, which is dozens of capsules, and not to mention, very expensive. Yet, they are sitting in my office because they still don't feel well. Besides the fact their doctor(s) has not found nor addressed the root cause(s), they are wildly overloading their liver with a massive number of substances it must break down.

News flash: the liver "account" was already overdrawn a long time ago. This means it can't do its job such as make energy, clean your blood, and balance hormones. It's overworked and toxic! This is not helping, and in fact, it's making some clients even more sick.

Thus, why I practice root-cause triangulation. I dive right into the REAL issues, fix those, and solve the dozens of symptoms it causes.

Sticking with constipation, according to the studies you have five to 20 pounds of decaying, sticky, rotten stool stuck in your colon poisoning your body. Your liver and kidneys keep circulating the same junk. Constipation invites yeast overgrowth and parasites which also give off toxins and rob you of energy.

All this weakens the gut lining, allowing fecal matter to leach directly into your bloodstream. This causes the immune system to go on high alert. That makes the adrenals go nuts, but they are already burned out. Notice how the failure of just one body system causes systemic issues.

This is why I carefully design protocols which may include natural remedies and supplements, but I only recommend them long enough to create a healing response. Then they are removed as I get your body stable (homeostasis). Most of the heavy lifting in good holistic medicine is called **Lifestyle Medicine**. It's lifestyle changes that give us the biggest healing response.

If your provider is not leading with lifestyle medicine and instead is pushing medications and or supplements to treat your symptoms, you will never get to the bottom of the underlying issues. This means you will always be chasing symptoms instead of solutions and that's a marathon that never ends.

HOW LONG DOES IT TAKE TO FEEL BETTER?

This largely depends on two major factors.

One is how long the body systems have been dysfunctional. Two is how committed you are to doing what it takes to fix the root-cause(s). I certainly have some palliative treatments that can lessen symptoms, often in just a few weeks. But the true fix depends on the two factors above.

The body heals on its own timeline and there are usually many layers. We must peel back each one and heal them from the inside out, top to bottom. This takes time. Typically, six months but often clients start feeling better the very first week. Let's be clear here: If you are not ready to find the patience for this process, then holistic medicine is not right for you.

But I can assure you when you invest in doing it the right way, you are all but guaranteed an amazing breakthrough! This makes the newfound health all the more worth it. You will cherish it that much more since you fought for it. And you will likely preserve it for years to come as you know what it takes to fix it.

Expecting a medication or a few vitamins to fix your unbelievably complex health is unreasonable. Keep in mind too when you work with a well-trained professional, you will find the road to healing is MUCH easier. I know the do's and don'ts which eliminate time and money wasting guesswork. Plus, I find your bio-individuality which means the road map is custom to you, your needs, and your unique situation.

DO I TAKE INSURANCE?

I do not know any really good holistic doctor who does.

I choose not to align myself with a broken “sick care” system. And the reason you should not look for a provider who accepts insurance is simple: look at what the *motivation is of the practitioner*. A typical conventional doctor who accepts insurance stays in business whether their patients get well or not. Why? Because insurance makes it “cheaper” up front and many patients make that the deciding factor on who they see. They care more about spending less money up front than about getting well.

The truth is you get what you pay for. You get drugs and more side effects. I’m guess you have already been through that, right?

Further, the penny-pinching patients will end up spending MORE in the end. They will spend tens of thousands over their lifetime in drug copays and special procedures as they bounce from doctor to doctor, med to med, desperate for yet another solution to their illness which never goes away but gets worse over time.

Contrast this “sick care” debacle with holistic practitioners who cannot rely on insurance and instead must create outstanding client outcomes - greatly improving patient well-being - to stay in business. Thus, great client results and their reputation are tied together.

Now you can see why I have a deep, vested interest in ensuring you solve your health challenges and get well. Sure, you may invest more up front but you’ll end up saving tens of thousands over your lifetime in healthcare costs. And you will have a far better quality of life to boot!

Those who invest in their own healthcare take it seriously. They don’t look at this process as a cost but rather an investment. And they are action takers. They take sound advice and put it into practice. Are you an action-taker or a penny pincher? It’s a very important question to answer.

ARE YOU OBLIGATED FOR MORE CARE AFTER THE EXAM?

Absolutely not! The Exam is where we find out what’s going on underneath and see how our energies match up. To get you the best results, it’s crucial there is a strong mutual fit first. I have to be very confident I can help you and you have to have zero doubts that I am the ideal holistic doctor for you and your goals. It either works and it feels right for both of us or it does not. Thus, there will never be any pressure to continue.

WHAT EXACTLY DO I DO?

I created **The Elite Health Practice** in Lansing, Michigan, as an integrative holistic healthcare office where clients come first. I use a blend of clinical tests and traditional modalities to create healing. I am a licensed, insured, and board-certified Doctor of Naturopathy (natural medicine) with special training in functional medicine, nutrition, injury rehab, and fitness. I've been a natural health provider for nearly 20 years.

Besides chronic fatigue, I also help solve stomach bloat, thyroid conditions, stubborn excess body fat, mindset blockage, joint and muscle pain, headaches, and autoimmune conditions.

While I work with all types of clients varying in age, ethnicity, gender, and health challenges, I specialize in helping women over 40 overcome fatigue and burnout. Being raised by a single mom, aunt, and grandmother, I saw firsthand the many challenges of hardworking, underappreciated women. Thus, I am on a mission to give back, doing my part to help women take care of themselves, as they deserve.

You should also know I share in your pain. I have overcome multiple chronic health conditions, so I know exactly what it feels like to have zero energy, gut problems, and low self-esteem. I also learned early on the conventional approach has no real answers when it comes to chronic health conditions.

What you can expect the first time at my office is to be treated with respect. I know your symptoms are not "all in your head." I want to know your personal struggles, what's important to you, and what your goals are. I want to know where you want to be a year from now when you are feeling great.

COMPREHENSIVE NATUROPATHIC EXAM

The exam is a full **60 minutes** so I can be thorough. I will perform several non-invasive tests - no blood draw needed! These include functional testing for yeast overgrowth, parasites, organ dysfunction, food intolerances, mindset blockages, environmental toxins, musculoskeletal imbalances, and much more. I will know what is causing you to feel like crap before you leave the office.

After the testing is complete, I will share with you my **Report of Findings**, explaining everything in simple terms. I will be sure you are clear on what exactly is holding you back. There is ZERO obligation to commit to any further care after the exam.

From there I will review what your **Plan of Care** would look like and the investment. At that point you are free to decide if my approach is right for you. We only move forward if I'm confident I can help you and we are a great mutual fit. Please also note I only accept a small handful of new clients per month as I want to ensure I can give my full attention to my current clients.

The expectations I have for my clients are simple.

I expect you to have clear, open, and honest communication. To do the best you can. To ask for help with any struggles. To be ready to create a mindset of patience and gratitude. To remember there are no shortcuts. And to be ready to give the Plan of Care your best shot over a minimum of six months. I will never ask for perfection, but I do ask for sincere effort.

My approach works really well for clients who are ready for a confident and capable health professional to take the lead. This eliminates overwhelm and confusion. However, those who are not open to learning a new, better way to do things and who want to cling to their old, broken ways, are not a good fit for my approach.

And if you are hoping to find the perfect solution in a fancy supplement, I am not the provider for you. While I do employ world-class targeted remedies, the healing comes from the lifestyle medicine I teach you. There is no pill for that. *A healing outcome is the result of years of natural health education, clinical experience, a deep grasp of your situation, and your compliance.*

The main approach I use to create a great healing response is called Root-Cause Triangulation. This means I use clinical testing and assessments of your ENTIRE health at the deepest levels (root-cause) from many different angles (triangulation). Since blood values represent only a fraction of what is actually going on in your body, I use functional methods to get the complete picture.

As I develop your unique Plan of Care, I will design five phases of healing for you. The goals of each phase will be clearly laid out, complete with support documents for at home guidance. I will teach you all the lifestyle changes necessary to heal your own body, mind, and spirit, once and for all. This may include modalities such as meditation, nutrition, self-care, breathing techniques, custom cleanses and detoxes, exercise, and mindset work. I may also use physical medicine to create proper body alignment which relieves tight, achy muscles and sore joints.

I hope you enjoyed getting some education on holistic health. I urge you to go back above, re-read the three health tips, and start practicing those daily. Those are truly some of the most crucial aspects of how I help my clients heal. But also keep in mind your health is complicated and life is busy.

This means you probably have many other health issues these techniques will not be able to fully resolve. Plus, you have a ton on your plate and probably don't have time to waste researching. There is A LOT of great health info out there, but what applies to you? Therefore you need help with this process.

The very fastest and easiest way for you to overcome burnout, chronic fatigue, and the dozen other symptoms that come along for the ride, is to see me for a **Naturopathic Exam**. It's the most comprehensive and in-depth assessment of your entire health, plus it's painless! I only take on a small handful of clients each month in order to serve them to the fullest. Click [here](#) to check my availability to book your exam.

Remember: Health is Wealth. How are you going to build yours?

Take care,

Dr. Jason McCammon

Naturopath

The Elite Health Practice

Text or call 517-409-5095