

"If your law had not been my delight, I would have perished in my affliction."

Psalm 119:92

Health Parameters Research

Pat Block, N.D., D.A.Hom.

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This is the Must-Read-Before-You-Come info

This info is to help you decide IF you want an appointment with me. IF, after reading ALL this info, you are still interested in an appointment, you can call (757) 867-8633 or email my office manager at PatsOfcMgr@aol.com. Directions are at the end. (PLEASE don't call for directions on the day of your appointment!!! We may not be available to help you.).

And remember, if you don't take care of your earthsuit, then where will you live?

Agreement

Your contacting me indicates your interest in my services - nutritional counseling. To avoid any misunderstandings, I want you to know how I work and what I expect from you.

As part of my nutritional counseling, I am doing research in non-toxic means of analyzing and restoring health. Because of my research, I charge a nominal fee for the time I will spend evaluating your nutritional needs (\$30 for an initial consultation and \$15 for each recheck). This consultation fee will be waived if the cost of the supplements exceeds \$80). I will be recommending [herbal supplements](#) that have been effective in helping others. The cost of the herbs may range from \$50 to \$100 depending on the severity and/or persistence of your condition (not covered by insurance AND we do NOT take credit cards). Every person that works with me provides me more data and experience with which to help others. My time is limited so I am willing to work with people who value health and give high priority to getting well. Health problems are easier to resolve when in the early stages, but take longer with the passage of time and addition of pharmaceuticals. I have listed criteria to help you determine whether you should make an appointment with me (if you find that you do not fit the criteria, and we have already set up an appointment, please be courteous to those on my waiting list and email or call to cancel). Do NOT schedule an appointment if.... (or cancel your appointment if...).

1. you are merely *curious* about what I have to say, or consider my simple recommendations optional,
2. you *don't have the time* to read all of this material BEFORE coming to the first appointment (I must assume that you don't have the time to invest in your health either),
3. you are *not willing to take or won't afford* herbal supplements (I will likely be recommending these)
4. your doctor *does not approve* of your taking herbal supplements, (Doctors generally receive very little training in nutrition unless they have taken courses on their own. Some doctors are supportive, some are not.) If you are NOT sure how they feel about herbs, ASK THEM before coming. This applies to any other controlling influences in your life – your spouse, parents, in-laws, etc.
5. you are *not willing to follow through* for the time (sometimes 4-8 months) that it may take to improve your health. (Your health problems didn't develop overnight. Your body needs the time and the nutrition to heal and rebalance itself - one layer at a time.)

If you are agreeable and choose nutritional intervention to resolve you health issues, I will be happy to be your partner and to bring all my training, experience and resources to help you.

NOTE: If you fail to keep your first appointment or any other appointment, this is a disservice to others waiting for an opening to see me. If you want another appointment, I will refer you to someone else.

Pat Block, CNHP, N.D., D.A.Hom.

How did I get into this? [See Bio](#). It is required reading!! And it will encourage you to see what I've been through.

I do not advertise so you probably heard my name from someone who is enjoying better health as a result of taking the RIGHT herbs (people can actually worsen their health by taking the wrong 'nutritional' supplements). I enjoy working with those who are seriously seeking natural approaches to their health concerns. Committed people + the right herbs = good results. If you are committed, I'll help you find the herbs you need to get healthier.

Your Appointment

The first appointment will take about an hour. Please come a little early to fill out a short symptom survey. (I do not diagnose or prescribe for any illness.) If you are taking dietary supplements I ask that you stop taking them for 36 hours before the appointment, if you are able to get along without them. Bring them with you, and if we have time I'll show you which ones are useful and which ones are harmful to you. If you are taking prescription drugs DO NOT stop taking them prior to the appointment. Please be prepared to list all the medication you

are taking on my symptom survey. Please do not wear perfume or heavily scented deodorant to any appointment. At the appointment I will use several traditional naturopathic tools (see Muscle Response Testing below) to determine the needed nutritional intervention and therapies for you. I have (and sell) several brands of herbs and supplements with which I have had good results and you will be able to get them before you leave. Once we've determined the proper supplementation and therapies, I'll give you a schedule of what to take along with other educational materials related to my recommendations. I may also give some homework such as researching [the side effects and interactions of your pharmaceuticals](#). We'll set up a follow-up appointment and then we are through. I do like to work with my clients until their concerns are all resolved. The first appointment and a few check-ups are usually sufficient. Again, this depends on the severity and persistence of your symptoms. Once you 'graduate' you may come to my [Tuesday drop-in clinic](#) if any health problems return. Now a brief discourse on the naturopathic philosophy and approach...

Natural Healing Basics 101

It is important to understand the [Basic Principles](#) of how you are going to get well. Here is a brief summary. The first foundational principle of natural healing is *the body heals itself*. The second is *the body always does the right thing, that is, what it needs to do to preserve and continue life*. Naturopaths interpret 'symptoms' as indications of imbalances usually caused by nutritional deficiencies and/or stress induced organ weaknesses. In this natural health field, the philosophy of the practitioner strongly influences their approach to helping people regain their health. I personally believe that God created a self-healing, life-preserving being when He created mankind. Why do we get sick then? Dr. Jensen says it this way: Disease comes from violating tissue integrity due to overloads of metabolic or other toxic wastes, excess acidity in the body, nutrient or enervation deficiencies - most frequently in relationship to inherent weaknesses or congenital abnormalities [and stress]. So, the reasons are many but to simply put it - we over stress our bodies, insult them with toxic substances, and provide them too few nutrients to function as they are designed. Again, in the simplest terms, we have three responsibilities to this earth suit of ours: Remove toxins, provide nutrients, and remain calm so the body will perform miraculously. The body is preprogrammed for life - to continue and preserve it. The body always does the best it can with what it has to work with. Herbs and vitamins don't heal the body but they are often necessary in the process. The job of the naturopath is to determine what your body needs to do its own healing work.

I'd like to use an analogy to describe what is needed for good health. Imagine that when we were born, \$100,000 was deposited into our health checking account. As we live, we write checks on this account, and hopefully make deposits also. Health damaging actions are big withdrawals - like stress or toxic emotions or over eating. Let's say that each time we over ate, we withdrew \$50. And say every stressful event (illness, job/family problems) or toxic emotion (envy, anger, fear) was a \$100 withdrawal from our health account. Well, that's OK when you are young and have a big account to back your check, or if you compensate by making deposits into your account by eating lots of good nutrition and herbs, or resolving problems through prayer. However, when you start having disturbing, recurring symptoms, you are bouncing checks, and it's time to turn things around - stop making withdrawals and start making deposits. Herbs are sizable nutritional deposits. Love, forgiveness and mercy short-circuit the toxic emotion damage. This is how the body cures itself of even the dreaded cancers and heart disease. Remember - **give the body what it needs (make deposits), eliminate the toxins, and the body will heal itself naturally!**

About the herbs I will be recommending

[Herbs are strong or concentrated foods](#) that have certain 'actions' on the body. For example, some herbs have been historically shown to move mucus, or strengthen the heart, or clear the lungs, or improve circulation, or move the bowels or heal stomach distress. Herbs have been used for thousands of years, and if they didn't work their use would have been abandoned. But they have had healing action on the body through the centuries because they are, in my view, made for our body - God's medicines - His original pharmacy. Although herbal remedies are part of every culture, I use and am most familiar with the Western herbs. I also use Chinese and Ayurvedic herbal combinations. Remember, God didn't make a vitamin A tree or a vitamin E shrub. Herbs contain not only vitamins and minerals but also other micro-nutrients that our bodies need in order to utilize the vitamins and minerals. Unlike drugs, herbs don't cover or suppress symptoms; they nourish the body into proper function and bring the toxins out of the body through the various avenues of elimination. Herbs don't have harmful side effects but they do have effects. [All herbal products aren't equal](#). Some are diluted with less expensive fillers. Some are imported from countries, which allow pesticides that are banned in this country. Be cautious. Cheap herbs are often impotent and dangerous. Good quality gives good results.

Muscle Response Testing.

An interesting and useful feature of the body is its electrical properties. There are small but measurable (and documented) electrical currents that flow through the body and along the skin in specific channels. This current produces an electromagnetic field around our body exactly like the current in the antenna of your cell phone produces an electromagnetic field that is picked up by local towers allowing wireless communication. The current in your body also affects the muscles and their responses. If you have ever had an electric shock, you have experienced the affect of current on muscles. There are also specific electrical reflexes on your body, which become active under distress. These electrical characteristics of the body allow me to evaluate the various reflexes to see where the distress is. To do this, I gently press down on your extended arm while you hold it in place. The results of this simple reflex evaluation help confirm the best

nutritional intervention for you. There is more info on Muscle Response Testing in the [library](#).

Directions

(or Mapquest: 102 Kay Circle 23693)

From I 64 Take exit 256B onto route 171 (Victory Blvd.) towards Poquoson (as if going to Super K). Cross over Rt 17 and Rt 134. The next light is Big Bethel Rd (Rt 600). Turn left onto Big Bethel Rd. (see ->>> below)

From Hampton Take Rt 134 (Magruder) towards Yorktown. Turn right onto Big Bethel Rd. After the stop light at Victory Blvd (Rt 171) Bethel road turns into Yorktown road. You'll see on the left the fire station. (see ->>> below)

From Hampton Take Big Bethel Rd north towards Yorktown. You'll pass over Rt 134 and Rt 171 (Victory Blvd) After the stop light at Victory Blvd (Rt 171) Bethel road turns into Yorktown road. (see->>> below)

From lower Newport News Take Rt 17 towards Yorktown. Turn right at Victory Blvd (Rt 171). The 2nd light is Big Bethel Rd. Turn left onto Big Bethel Rd. (see ->>> below)

From upper Denbigh & York Co. Take Denbigh Blvd toward York Co and turn right onto Rt 17. Take 17 south to Victory Blvd. Turn left at Victory Blvd (Rt 171). The 2nd light is Big Bethel Rd. Turn left onto Big Bethel Rd. (see ->>> below)

->>> Take your 3rd right onto Tidemill Rd. Then make your second right (onto Denise), your first left (onto Pageland) and your first right (onto Kay Circle). We are at 102 Kay Circle - a white two-story farmhouse with a broken down fence in front. **THERE ARE MANY CHILDREN IN MY NEIGHBORHOOD, THEREFORE DRIVE SLOWLY THROUGH THE NEIGHBORHOOD AND SLOWLY AROUND MY DRIVEWAY.** Enter the driveway next to the mailbox, drive around the back of the house (a horseshoe driveway) and out to the front and park on the grass in the front side yard under the pine trees. Do not park on or block the driveway. Please come to the front door.

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