

The ABCs Of Health Recovery

Your Key To Future Practice Success

by Dr. Bill Hemmer

Once you have the motivation, then you must balance your physical, chemical and mental health to reach your optimum health potential.



I recently polled my patients to ask their opinions about the biggest problem with our current healthcare system. Over 90% said it was cost of care. Premiums, co-pays, deductibles and out-of-pocket expenses are sucking the dollars out of everyone's pockets, right before our eyes and all without moving us towards optimum health.

Our current healthcare model doesn't work for anything other than trauma, surgery and infections, and these rescue measures are extremely expensive when used. Is the care you provide a viable alternative? Is your care strong enough to provide your community with a way out of this healthcare mess?

We are all in the healthcare business. How can we provide for our families and make a decent living and keep costs down? The short answer is that people have to take back responsibility for their own health. And your job is to provide them with a simple, effective and reasonable way to do it.

For the last 80 years, allopathic medicine has systematically taken responsibility for our health away from us and placed it in the hands of doctors; then insurance companies would pay for that care. All the individual had to

do was to passively do as they were told. This paradigm has led to the massive explosion in chronic disease, and in successfully treating chronic disease the U.S. is currently the last of the 11 largest countries.

In order to take back the responsibility for your health, you need a plan; this is the only way to stop spiraling healthcare costs. I have developed the ABCs of Health Recovery, a plan which has 3 steps. Step 1 is attitude. In order to change your health status, you must change your attitude about health. Step 2 is balance. Once you have the motivation, then you must balance your physical, chemical and mental health to reach your optimal health potential. Step 3 is community: once you are balanced, you must build your social structure around staying healthy for life.

We all need an attitude adjustment. The only way a person will begin to change behavior is if they're made to feel uncomfortable in their current state. We all know things aren't right but we can't quite put our finger on why or what to do about it. Thus the first step in health recovery is attitude.

The most effective way to change someone's attitude is by giving them a different frame of refer-

ence for something they thought they already knew. This is called a pattern interrupt. This is also how you become the local expert: when a person thinks "I didn't know that" you've just become a trusted authority on that subject.

To change someone's attitude on the current healthcare system all you have to do is educate them on the history of modern healthcare and insurance. People have no idea how these things have come about, and how convoluted and corrupt the system has become. When you explain how it was originally designed and then relate that to what it has become, their eyes will open wide.

Once you have their attention, you can begin teaching them goal-setting skills, self-compassion, and the belief that they really can do things differently. If they can embrace these 3 concepts and create a plan, they will have the motivational structure necessary to move to the second step of health recovery, balance.

The second step, balance, is where most of us spend the majority of our time with our patients. We understand that the whole is greater than the sum of its parts, but your patients must begin to experience this for themselves.

Physical, chemical and mental wellness principles must be blended to create a customized plan for each person. This concept, though not foreign to us, is totally foreign to our patients. Combining chiropractic care, whole foods, movement, and their new attitude creates the power necessary to move the patient's health to the next level.

It is during this step that people undergo the transformation towards taking care of themselves. Our constitution speaks of life, liberty and the pursuit of happiness. These concepts only manifest themselves when people take responsibility for their own health. This is true liberty. And the internal power created when health is produced is like no other force of nature. When that healthy glow becomes part of your patients' daily existence, you'll have a very hard time keeping them out of your office.

Once balance is initiated and patients are getting results and creating health within themselves, community is needed to support their efforts. Building your practice tribe becomes

extremely important to keep everything going because the outside pressure to conform back into the allopathic mindset is enormous. Billions of dollars are spent brainwashing people into staying in the chronic-disease-for-profit mode.

The best way to promote community is by introducing your patients to a higher calling. You need to explain how their new-found health will help build a legacy for their family which can be passed down to future generations. And once they begin to live and teach healthy lifestyle habits to their family and friends, a community is established.

As you begin to leverage your practice, family, friends and business relationships, your support system will continue to grow, and consequently everyone in the group will be able to maintain the power and ability to withstand the outside pressure to conform to the allopathic model of healthcare. There is definitely strength in numbers!

If you want to help as many people

as you can, you have to do something different than everyone else is doing. You have to stand out. Becoming the doctor in your town who teaches people to take care of themselves, to save money and live a healthier life is definitely doing something different.

This article provides you with a simple framework to be that "different" doctor. Change their attitude, balance their entire system and then provide them with a community of like-minded people to hang out with, and you're well on your way to building the practice you've always dreamed of.

Be authentic and real about your own journey to health for yourself and your family. The doctor in your town who embraces this concept and is the first to put it into their practice will definitely have an advantage in the future. Are you that doctor?

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