

Your Guide to a Vibrant Lifestyle

Northeast Tarrant Edition

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ALTERNATIVE HEALTH SOLUTIONS —

the answer to your alternative health care needs

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HIGHLY TRAINED SPECIALISTS IN
NEUROLOGY, CHIROPRACTIC AND
NUTRITION OFFER SAFE, PROVEN RESULTS

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Many today seek alternative health care instead of relying solely on medications and conventional medical intervention. Issues about the safety of prescription drugs such as Vioxx® help fuel our growing interest in nonpharmaceutical treatments. More than one-third of us use alternative solutions and that is projected to double by 2010, but where do you turn for high-quality, safe, alternative solutions that work and are also based on scientific training and methods?

Alternative Health Solutions (AHS) is the answer for many of us. AHS, a state-of-the-art health care clinic, specializes in noninvasive

neurology, chiropractic and clinical nutrition and provides natural care for the brain, nervous system and body. Board-certified doctors treat patients with a wide range of conditions including tension or migraine headaches, pain, vertigo, balance problems, fibromyalgia, arthritis, scoliosis, ADD/ADHD, and general memory and concentration difficulty. They also help people in postneurological trauma recovery, such as a stroke, head trauma/whiplash, and those with muscle/movement disorders. From a nutritional perspective, AHS treats patients with allergies, cholesterol, blood pressure, blood sugar and weight problems.

Patients are often referred, but many come without a doctor's referral. They include people who have tried other treatments without results, athletes who want to optimize their performance, and health-conscious individuals who want to increase their vitality.

While AHS uses cutting-edge, scientific diagnostic and treatment methods, their clinic embodies a comfortable, caring environment focused on individualized care and attention. In an age where doctors are spending less time with their patients, the AHS team values each person as a unique individual, taking their health care to heart.

Natalie Engelbart, D.C. D.A.C.N.B., has been treating patients at AHS for more than seven years. Dr. Engelbart and her partner, Michael Sparaco, D.C., have extensive postdoctorate training in neurology and nutrition. Trained in a board-certified specialty called chiropractic or functional neurology, their approach is based on a "triangle of health," involving chiropractic, neurology and nutrition. AHS finds and treats the origin of a problem rather than covering up symptoms. Each patient is scientifically diagnosed, and a customized course of treatment is developed to help restore, optimize and maintain health.

Each patient's needs and goals are evaluated individually. Progressive neurologic therapies such as visual and auditory exercises and cognitive activities are often combined with chiropractic adjustments, nutritional supplements and dietary changes.



From left to right: Jenn McGraw, Receptionist, Nancy Stanford, Therapy Asst., Dr. Michael M. Sparaco, D.C., Dr. Natalie Engelbart, D.C., D.A.C.N.B., Chrysi Black, Therapy Asst., and Gayle D. Kuehn, Office Manager

What is a chiropractic neurologist?

As in medicine, there are individual specialists within the chiropractic profession. Chiropractic neurology combines traditional chiropractic care with the latest techniques of assessment and rehabilitation of the central nervous system. The result is care that incorporates all of the patient's symptoms and clinical findings into one complete treatment plan. Specially trained

in brain and nervous system function, chiropractic neurologists treat neurological problems as well as neck and back pain.

Chiropractic neurologists are as skilled and accredited as those in the traditional medical profession. Training is rigorous, requiring an additional three years of college after the four-year chiropractic doctoral degree. A board examination in neurology is mandatory for board-certification and continuing postgraduate education is required.

How are chiropractic neurologists different than medical neurologists?

Chiropractic neurology incorporates similar training to medical neurology but differs in application, treatments and therapies. A chiropractic neurologist generally serves in the same consulting manner as a medical neurologist, but differs in that the therapies or applications they use do not include invasive measures such as surgery or pharmaceutical drugs.

What diagnostic tests does AHS use and what treatments and therapies can one expect?

AHS employs innovative diagnostic methods. Their newest diagnostic tool is called CAPS (Comprehensive Assessment of Postural Systems), which measures balance and stability. Just as taking one's blood pressure is an efficient way to get information about the health of the circulatory system, balance is the most effective way of measuring the integrity of the nervous system as well as the brain's communication with the body. Dr. Engelbart and Dr. Sparaco point out that all hospitals and orthopedic care facilities must now be equipped with balance and stability diagnostics as mandated by Congress.


"Balance and stability are important for everyone. We offer a way for children, senior citizens, elite athletes, and everyone in between to have their balance tested and corrected before a fall or other problem manifests or function is compromised," says Dr. Sparaco.

"Most balance disorder patients are not identified until a fall occurs," explains Dr. Engelbart. "We find that more than 50 percent of people of all ages have impaired stability.

Stability problems can also manifest as vertigo, migraines, numbness, chronic pain, and other common symptoms. The results of a 30-second test can uncover an important underlying condition that we can correct. We offer free in-office balance screenings and mobile screenings for the general public in facilities such as senior citizen's centers, schools, churches and athletic organizations."

AHS uses low-level laser therapy known as a "soft laser" to decrease

or eliminate pain by stimulating the healing response at the cellular level. The therapy reduces inflammation, stimulates natural collagen synthesis, and repairs damaged tissue. Soft laser technology has been researched for more than 20 years and has few known contraindications or negative side-effects. It can be used on joints, muscles, and scar tissue, on old and new injuries, and can be beneficial for treating sinus problems.

Reach for optimum health! Alternative Health Solutions is YOUR solution. Call 972-874-3838 today and schedule an appointment. Treatment is covered by most medical insurance plans under the chiropractic policy. 



- Pain
- Headaches
- Dizziness
- Numbness and Tingling
- Weakness/Fatigue
- Muscle/Movement Disorders
- Sports Injuries

Visit www.alt-healthsolutions.com for information on specials and events including:

- 15 percent off custom orthotics through April 2006. Great for foot, knee, hip and back pain, improved posture and sports performance.
- Free CAPS balance and posture screenings.
- Healthy Home Parties, featuring nontoxic, biodegradable cleaners that REALLY work.
- Demos for natural facial care and makeup that outperform leading department store brands.

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