

# **Brighton Chiropractic and Nutritional Health**

**Jamie L. Brenon, DC  
1088 Brighton Road  
Tonawanda, NY 14150  
716-837-1711**

Dear Patient,

Welcome! Welcome! Welcome! It is such a pleasure to have you at our office! We would just like to welcome you onboard!

As your doctor, my job is to ensure that you receive the best possible service and care here at Brighton Chiropractic and Nutritional Health; that all of your health needs are met and taken care of. In fact, if you have any questions, problems or concerns, I am the person you want to talk to about it, and I will get it taken care of.

It is my job to give you all the help, advice, guidance and knowledge you need to get healthier and stay healthy your whole life. I am a highly trained chiropractor and a highly trained nutritionist and I am here to fully service your needs, concerns and interests.

Please promise to call us at any time with a health question or if problem arises. I want you to look at me as your "total health" advisor.

## **BEFORE YOUR FIRST APPOINTMENT:**

**\*Please COMPLETE and BRING all nutrition paper work along with a 7-day dietary diary.**

**\*Please bring a copy of any recent blood work.**

**\*Please bring any supplements you are currently taking.**

**\*Please come 10 minutes prior to your appointment time and be prepared to stay 45 minutes for your appointment. If you cannot make your appointment, be courteous and cancel within 24 hours prior to you appointment.**

**\*Please, for the benefit of our allergy sensitive patients, we kindly request that you not wear any synthetic perfumes when visiting our office.**

We look forward to meeting and working with you!

Sincerely, in health,

Dr. Jamie

# Nutrition Testing

Brighton Chiropractic and Nutritional Health

If you are like most people that come into our office for nutrition testing, then you have most likely thought that:

- You have one or more health conditions that have become chronic and it feels like no one is helping you.
- You've tried western medicine and you didn't receive the results you had hoped for.
- You would rather try to help your body to all natural safe healing instead of the use of pharmaceuticals.
- You know that if you keep going on the pace you are going, you will probably not get better and continue to worsen unless you change yourself and your lifestyle.
- You are already pretty healthy but are confused on the correct nutritional supplements to take, and what product line is the best for you.
- You want to lose weight and have tried everything, but the weight is just not coming off.

If any of these scenarios sound familiar to you, then you have come to the right place.

**Dr. Jamie Brenon is a highly trained Clinical Nutritionist with advanced studies in Nutrition Response Testing and Meridian Autonomic Testing, and use of the Zyto Biocommunication Scan,** all of which are a noninvasive way to analyze the body in order to determine possible imbalances with your health. **IN THIS OFFICE, SHE USES A UNIQUE MUSCLE TESTING TECHNIQUE BASED ON ACUPUNCTURE REFLEX POINTS LOCATED ON THE SURFACE OF THE BODY.** These points relate to systems, organs, and glands to help determine nutritional requirements based Whole Food Nutrition and Herbal Concentrates are from top of the line products, Standard Process and MediHerb. This program that you are about to start is made to give your body an overhaul. This process differs in every patient. Some patients have a smaller amount of stressors in their body while others tend to have more, therefore it may take a little longer to balance.

Many people we see in our office have literally eaten themselves into ill health to one degree or another. The nutritional imbalances lead to a breakdown in resistance, and loss of ability to cope with their surrounding stresses. So the good news is that this process of bad eating is reversible. The health of each organ is dependent on making the correct nutrients available to maintain the health of the body at a cellular level. So as you can see, if we feed your body what it needs, and give your body the correct nutrients it has been lacking, it gives you're body the best opportunity to rebuild and repair

Why do we use whole food supplements as a way to help? That's an easy question to answer. Whole food supplements supply our bodies with nutrients we are not getting from our diet. They provide all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form. I always like to use the Standard Process's multivitamin, Catalyn, as my example. If you think about a pie, cut the pie into 8 pieces and take out a piece of that pie. The whole pie represents Catalyn, and the piece of the pie represents an ingredient of Catalyn, Carrot Root. If we look at Carrot Root, it consists of hundreds of coenzymes, vitamins, minerals, cofactors etc. needed for maximum absorption and availability, so the body can utilize everything needed for repair, rebuilding or maintenance

While there are many variables in the course of the nutritional therapy, it generally follows these guidelines. Our intention is for improvement of your symptoms with the potential for medication reduction under your medical doctor's. It is so exciting to see what your body is capable of as it regards the innate healing potential, and indeed that renewal reminds us of how remarkably we were designed. For many patients, this represents training in a culture, which allows people more alternatives when they face greater health challenges in the future.

It is our greatest joy and fulfillment to introduce this approach to you.

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1088 Brighton Road Tonawanda, NY

(716)837-1711

Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M/F \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Overall Health (circle one): Excellent / Good / Fair / Poor / Other

Chief Complaint (reason why you are here): \_\_\_\_\_

Previous Treatment: \_\_\_\_\_

Other Complaints/Problems: \_\_\_\_\_

Are you currently under the care of a physician/health care professional? Yes/No

If yes, name of physician/professional: \_\_\_\_\_ Date of Last Visit: \_\_\_\_\_

Current Medications/Drugs you are taking: \_\_\_\_\_

Nutritional Supplements you are taking: \_\_\_\_\_

Do you smoke? Yes/No Drink coffee? Yes/No Drink Alcohol? Yes/No

Marital Status: S M D W If Married, Name of Spouse: \_\_\_\_\_

Describe Health of Spouse: \_\_\_\_\_ # of Children: \_\_\_\_\_

Name of Child	Age	Sex	Any Physical Conditions?
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1.		M/F	
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2.		M/F	
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3.		M/F	
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Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Referred By: \_\_\_\_\_

Is there any family history of serious illness (circle those that apply): Cancer / Diabetes/ Heart

Other: \_\_\_\_\_

Any household pets or other animals you or your family are in close contact with?

If so, please list: \_\_\_\_\_

What can we do to make you happier? \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Permission and Authorization Form for Nutritional Testing

I specifically authorize the natural health practitioner, Dr. Jamie Brenon at Brighton Chiropractic and Nutritional Health to perform a Nutritional Testing analysis; to develop a natural, complementary health improvement program for me. This may include dietary guidelines, nutritional supplements, etc. in order to assist me in improving my health. **THIS IS NOT FOR TREATMENT OR "CURE" OF ANY DISEASE.**

I understand that the Nutritional Testing is a safe, non-invasive, natural method of analyzing my body's physical and nutritional needs. Any imbalance in these areas could cause or contribute to various health problems.

I understand that Nutritional Testing is NOT a method of "diagnosing" or "treating" any disease including conditions of cancer, AIDS, infections, or other medical conditions. These conditions are not being tested and or treated.

No promise or guarantee is made to me regarding the results of Nutrition Testing or any other natural health, nutritional or dietary programs recommended. Rather, I understand that Nutritional Testing is a means by which the body's natural reflexes can be used as an aid to determining possible nutritional imbalances. A safe natural program can be developed for you for the purpose of helping you bring about a more optimum state of health.

I have read and understand the above information.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_  
Signature of Guardian/Parent If Patient is a Minor