

A person wearing a white t-shirt and blue denim shorts is running on a sandy beach. They are splashing water, and the background shows the ocean and a distant mountain. The scene is bright and sunny.

AREN'T YOU READY TO FINALLY FEEL BETTER?

HOW TO RESOLVE YOUR UNDERLYING HEALTH ISSUES
THE NATURAL WAY

BY EDWARD HAGEN, DO

Are You Ready to Finally Feel Better?

How to Resolve Your Underlying Health Issues the Natural
Way

By Ed Hagen, DO

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Your Health Matters

Are you tired of bouncing around from doctor to doctor? Are you tired of being told everything looks fine when you don't feel fine?

Are you confused with all the conflicting information online? Are you looking for a more proactive approach with your health?

What I know is that many people are simply not heard by their conventional health care providers. Or worse, they're sent from specialist to specialist without ever really being given a diagnosis or a plan for recovery.

That may be your story – or you may just be searching for a life of profound health and energy, where your body is treated from the inside out, rather than being stuck with an endless array of medications to treat your worsening symptoms.

And what we know, in the medical community, is that one illness often leads to another and another. So only if we get to the core causality can we really treat the patient instead of the illness.

The good news is that there is a methodology that gets to the root of chronic disease and works to eliminate needless suffering. It's a more proactive approach that gives you far more control over your own health.

The purpose of this guide is to introduce you to a new approach – a natural approach – to managing your medical conditions.

If you're stuck day in and day out not feeling your best, this guide will help you understand why. But more importantly, it will present you with the tools and systems necessary to begin to heal yourself naturally.

You can find even more information about this natural approach to managing your health on our website at vivifyintegrativehealth.com. And if you have any questions, please email contact@vivfyih.com.

To your health and wellness,
Ed Hagen, DO

1) Chronic Conditions Checklist – Which Ones Are Yours?

You're in pain. You're suffering. You know there's something wrong. Your previous doctors may not have given you a diagnosis. Or you may have been diagnosed with some chronic condition. Either way, they've done nothing substantial to really help you feel better for good.

But there is hope, and it lies at the root of your health problems.

Chronic Conditions Checklist

Take a moment to reflect upon your symptoms knowing that everything on this list can be addressed through natural healing and the power of Integrative Medicine.

Fatigue

Do you suffer from exhaustion and low energy? Do you wake up tired after a long night's sleep and depend on caffeine to power through your day? Integrative Medicine can help you maximize your energy and support a healthy stress response.

Digestive Problems

Do you have IBS, indigestion, acid reflux, constipation, diarrhea, bloating, and gas? You can find the right foods and supportive therapies to resolve your digestive problems and create a solid foundation of health through Integrative Medicine.

Thyroid Conditions

Are you suffering with fatigue, difficulty losing weight or unexplained weight loss, depression, anxiety, constipation, palpitations, and/or hair loss? If so, you likely have a thyroid condition. Integrative Medicine is an exceptional tool to control and reverse thyroid disorders.

Autoimmune Disease

Have you ever been diagnosed with Hashimoto's Thyroiditis, Graves' Disease, Celiac Disease, Rheumatoid Arthritis, Type 1 Diabetes, Lupus or another autoimmune disease? You can rebalance your immune function and reclaim your health through Integrative Medicine.

☑ Mood Disorders

Do you live with bouts of depression or anxiety? Have you ever been diagnosed with ADD/ADHD, OCD, or bipolar disorder? With Integrative Medicine, you can feel like yourself again without having to use antidepressants or anti-anxiety medications.

Truth and Hope

It's not that you lack the willpower to heal yourself, you simply lack the knowledge, the support, and the expertise to do it on your own.

Hope lies in understanding the power of the body's ability to heal itself.

Imagine a team of Integrative Medicine practitioners, pharmacists, nutritionists and coaches all working together to help you reverse your chronic illness and recover your health. After sitting down with you and evaluating your health goals, we will assess six areas that, when approached holistically, can greatly aid your body's ability to heal... naturally. These six areas are brain health, diet and digestion, stress, hormones and inflammation, and most importantly your lifestyle and environment.

In the next section, you'll discover how you can activate your own internal natural healing system.

2) Integrative Medicine Gets to the Root of Your Disease

Integrative Medicine addresses the whole person, not just an isolated set of symptoms. A medical doctor traditionally uses drugs or surgery as therapeutic tools to deal with dysfunction and disease. This is the standard model of care for various conditions like low thyroid, diabetes, high blood pressure, elevated cholesterol and so on.

With chronic diseases, which are affecting you and over 125 million other Americans, this model fails miserably. The medications may mask the symptoms, but they don't correct the root cause of the illness and they have many side effects. Prescription medications are also the third leading cause of death in the US.

However, these same chronic conditions, such as allergic, digestive, hormonal, metabolic and neurological problems, are being reversed through Integrative Medicine. And the reason is because so many of these conditions all stem from similar root causes, such as *inflammation*.

Addressing the root causes of chronic conditions often resolves many problems at once. And therein lies the greatest value of Integrative Medicine.

Inflammation: Case Study of a Root Cause

Inflammation has been found to be associated with just about every ill health condition. Researchers are furiously investigating chronic inflammation effects on health and possible preventive medical applications.

Inflammation has long been known to play a role in allergic diseases like asthma, arthritis and Crohn's disease. However new research suggests that Alzheimer's disease, cancer, cardiovascular disease, diabetes, high blood pressure, high cholesterol levels and Parkinson's disease may all be related to chronic inflammation in the body.

Arthritis is inflammation of the joints. Heart disease is inflammation of the arteries. Instead of taking a medication to reduce joint pain or lower cholesterol, we would be better served by reducing inflammation *in the entire body*.

So What Causes Inflammation?

What researchers believe is that an overactive immune system results in the body being flooded with defense cells and hormones that damage tissues.

Dietary and environmental toxins may build up in the body, turning the immune system on and keeping it highly reactive. This inflammation often begins in the gut.

Foods that promote inflammation are:

- Corn and soybean oils
- Pasteurized dairy
- Refined carbohydrates
- Conventional meat
- Sugars
- Trans fats

So Natural Healing aims to reduce inflammation through a diet that reduces or eliminates these foods, as well as by other means this is gut inflammation.

A New Approach to Health

Fatigue, even when thyroid levels are "normal"

You might be surprised to learn that conventional screening methods for thyroid disorders miss 80% of hypothyroid diagnoses.

Medication-free ways to support your mental health

The newest research on anxiety, depression, and brain health is showing better results by treating digestive function and inflammation than using antidepressants and anti-anxiety meds.

Healing your autoimmune disease

Through nutrition, immune balancing natural medicines, and identifying and treating the trigger that causes immune dysfunction (it's different for each person, but toxic burden, gut infections, and chronic viruses are a few examples) you can heal and reverse inflammatory symptoms and diseases.

And those are just a few basic examples where Integrative Medicine meets (and exceeds) what conventional medicine offers us – not just providing a temporary band aid to cover a wound, but providing a groundbreaking new way to heal from the inside out.

3) 5 Pillars of Natural Medicine and Healing

Your body is an amazing healing machine. It has the capacity to treat many chronic conditions with the proper care and fuel.

There are five pillars of healthy living that, when managed properly, can lead to exceptional long term health and provide relief for a huge variety of chronic ailments.

1. Your Environment

The environment of your day to day life has a profound effect on your health. Your environment includes not only where you live and work, but your time in nature and in natural sunlight, the personal care products you put on your body and are used to clean your environments, your exposure to unnatural energies coming from artificial light and technology (cellphones, computers, wifi, microwaves etc) and also the people you surround yourself with.

Just as you will want to minimize toxins and allergens in your home or workplace, you may also need to re-evaluate toxic relationships with certain individuals in your life that affect your mental health. Your thoughts and emotions can have a stark impact on your body's ability to heal itself.

2. Your Diet

What you eat and drink plays a critical role in your overall health. Striving to eat real whole foods that are grown organically, sustainably and locally will provide the best chance of meeting your body's nutritional needs. Limiting the amount of processed and refined foods will not only reduce the amount of "empty calories" that you consume, but also reduce a source of inflammation and toxins from your diet. It is also necessary to have a natural relationship with food that doesn't feel restrictive and allows for pleasure from food. Body image or diet disordered beliefs about food can contribute to overeating and poor food behaviors. This area is one of Vivify's specialties.

A practitioner of functional medicine will closely examine your current diet and medical history. Patterns often emerge that determine a direct correlation between what you consume and your overall health.

3. Your Activity Level

It's no surprise that exercise is important to your overall health. But what kinds of exercise promote the body's natural ability to heal? Certain aerobic and resistance exercises can improve or prevent various medical conditions. Yoga can provide both physical and mental benefits. Find a type of movement that you enjoy and can routinely fit into your schedule. Always listen to your body and know your body's limits: there is a difference between pain and challenging yourself. We were designed to be moving so stay active.

4. Your Sleeping Habits

Maintaining optimal circadian rhythms is being recognized as paramount to maintaining optimal health. This means matching your body's natural rhythm of waking and sleeping. Sleep is the time that your body regenerates and heals itself. Poor sleep habits increase your risk of developing an illness by decreasing your immune system and makes it more difficult to recover from an illness. Much of your sleep potential is within your control. Keys to optimizing your sleep include: maintaining a regular sleep schedule (going to bed and getting up at the same time), avoiding caffeine, alcohol, nicotine etc before bed, limiting your blue light exposure for 2 hours before bed, sleeping in a cool, dark room, and finish eating several hours before bedtime.

5. Your Ability to Manage Stress

Excessive stress is one of the most salient contributors to poor health today, and are unquestionably associated with increased rates of cardiovascular disease, cancer, autoimmune disease, diabetes, and death.

Too often conventional providers fail to acknowledge and test for cortisol excess or deficiency. Cortisol is the one hormone without which we are unable to survive. A functional approach uses detailed testing to identify where you are on the cortisol spectrum, and which other systems have been affected. This is followed by an anti-stress regimen that may include proven stress relieving activities, such as meditation and yoga.

Now that you understand why Functional Medicine is the best way to restore health and manage core body functions, read on to find out how you personally can begin to reap its benefits with the help of Vivify Integrative Health.

4) Begin to Embrace Your Body's Natural Healing System

Integrative Medicine isn't a better health solution just because it's natural. Integrative Medicine is a better solution because it produces better health outcomes by treating the cause and maximizing function instead of managing symptoms while an illness continues to progress.

Vivify Integrative Health understands the merits of Integrative Medicine and how it can be applied to virtually anyone seeking to reclaim their health – especially those with chronic conditions.

Assessment & History

Your story is the most important component to your case. By listening attentively and investigating your detailed medical history, we are able to recommend the most appropriate lab testing and lifestyle recommendations. These labs are much more comprehensive than traditional blood work.

Customized Nutrition

Based on your initial assessment and lab findings, a customized meal plan and nutrient solution will be created for you. This ensures you are taking the right supplements and eating a balanced diet to address your nutritional needs.

Lifestyle Education

You will receive health education as part of your program, along with several opportunities to attend workshops and seminars. Lifestyle education ensures your long-term success. As an active participant in the development of your therapeutic plan, you'll feel more in control and will be more likely to make sustained lifestyle changes to improve your health.

Check Points

Your personalized program will include strategic checkpoints to monitor your progress and the effectiveness of your ongoing efforts.

Additional Support

Our personalized treatment programs may include botanical medicines, nutritional supplements, therapeutic diets, detoxification programs, and counseling on lifestyle, exercise, or stress-management techniques.

If you're ready to hop on a no-obligation call to find out how we can help you embrace your body's innate healing system, call us at 715-808-8549

5) Your Next Steps

Together we will create a comprehensive personal roadmap that is all about you and your health journey.

We want to empower you with the right knowledge, the right tools and the actionable steps to achieve optimal health.

Schedule a free, no-obligation phone consultation with me to learn exactly what we can do to address your ailments and reclaim your health once and for all.

CALL NOW: 715.808.8549

Integrative Medicine is the solution you've been waiting for. Call now to discover the ways that it can work for you to improve so many aspects of your life.

We look forward to helping you.

Ed Hagen, DO
Vivify Integrative Health
Owner

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About Vivify Integrative Health



Dr. Edward Hagen is the founder and owner of Vivify Integrative Health located in beautiful Hudson, Wisconsin. He believes that it is far better to prevent illness and build health than it is to treat disease after it has already taken hold. Together with the patient, Dr. Hagen works to optimize their health and to look for the root cause of any chronic disease affecting them. He offers a comprehensive approach for treating the patient, not just the symptoms.

Dr. Hagen has completed the Advanced Fellowship and Board Certification program in Anti-Aging, Regenerative, and Functional Medicine offered by the American Academy of Anti-Aging Medicine. Dr. Hagen received his bachelor's degree from the University of Tulsa and his medical degree from Des Moines Osteopathic University. He then completed his Ob/Gyn residency at St. John's Mercy Medical Center in St. Louis, Mo. He maintains his board certification in Ob/Gyn where his career was focused for over 25 years and allowed him to deliver thousands of babies. He became dissatisfied with the conventional model of medical treatment and sought out a new approach to provide better healthcare for his patients. This led him to receiving additional training and to practice Integrative/Functional medicine.

Dr. Hagen and his wife Denise live in Amery, Wisconsin with their dog Charli. They have 5 grown children and love spending time in nature hiking, biking, swimming and gardening. They

both love cooking and learning new ways to live a more natural, healthy life.

Denise Watson has worked in the healthcare industry for over 30 years. For the past 8 years she has focused on working with clients as a health and weight loss coach and as a yoga and mindfulness instructor. She uses her scientific, nutritional and spiritual knowledge to guide clients to find the health and happiness that seems to be eluding so many in today's culture. Her own health and life experiences and the wisdom that she's received from those experiences give her the perspective to help others reduce their suffering and thrive. She uses a holistic approach to help her clients create physical, emotional, and spiritual health.

Denise is an hCG weight loss and certified Mind: Body Method specialist. She is a graduate of The Institute for the Psychology of Eating Coaching Certification program specializing in weight loss, body image, overeating, binge eating, emotional eating, constant dieting, unwanted food habits, and nutrition-related health concerns including digestion, immunity, fatigue and mood.

She received her Bachelor of Science degree from the University of Iowa. She was introduced to the hCG protocol while attending an IAPAM aesthetic seminar in 2008 and trained with the founder of The Mind: Body Method in 2010. Denise has successfully done the protocol herself, and has assisted thousands of clients through the hCG protocol using the Mind: Body emotional approach.