

**BioCODE**

# Simple Solutions

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With more information at all of our fingertips, and technology more advanced than ever, health does not seem to be advancing. Functional medicine aims to get to the root cause, but in all my years as a practitioner, there are still gaps where functional medicine falls short.

50% of adults have 1 chronic condition. 86% of healthcare costs are due to chronic conditions. Functional Medicine plays a crucial role in decreasing healthcare cost inflation and chronic dependency on the healthcare system. Patients seeking alternative and functional approaches are often more committed to their healthcare plan. This engagement leads to more health not just more life! At home bioresonance testing fills an even bigger corrective and proactive gap in healthcare.

Every decision you make is moving you closer or further from health. Visiting a medical doctor fits a pathogenic model; one that is aiming to fix symptoms of an already broken system or 'preventing' disease by (truly only) catching it early in most cases. A salutogenic model aims to put an individual in charge of supporting their health by staying in alignment with choices that support well-being.

**BioCODE testing provides simple solutions for even complex problems.**



Often, health is thought of as the absence of symptoms or disease. Many times more input is given to the body to "fix" these symptoms when the body really needs freedom from interference. I believe we are perfectly designed with everything needed for a life aligned - in health - brain, body, mind, and soul.

Miracles happen everyday, and I have come to expect them. They allow my patients to love themselves more, give more to others, and be there for the moments that matter most.

*Dr. Megan Ellwanger*

Chiropractor

# Can I Help You?

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It is normal to want answers and to question practitioners to see if they are a good fit or can help you. I do my best to be transparent in who I work best with and how I can best help. Giving medical advice specific to you and your struggles requires an appointment. To schedule click [HERE](#). To order a BioCODE test, click [HERE](#).

## Functional Medicine Options

### ✔ Consult/Case Review

I perform case reviews and second opinions when appropriate. I can work with your other healthcare providers or you can choose to have me manage the care.

### ✔ Accountability & Guidance

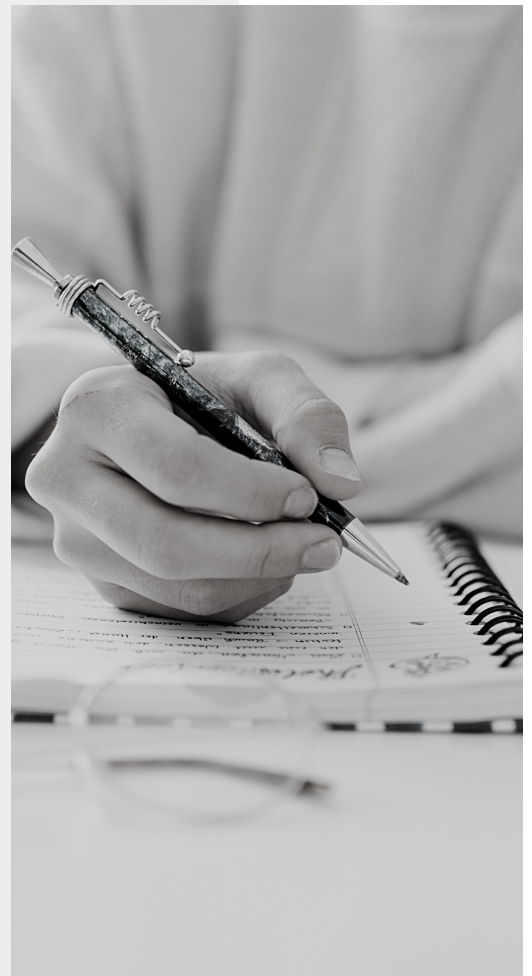
For the person who needs accountability or has questions they feel will keep them from achieving the best results.

### ✔ BioCODE Testing

Dr. Megan contracts with a private testing center to keep healing even complex issues affordable. The results of bioresonance testing are more comprehensive and effective.

### ✔ BioCODE Follow-Up

For the person seeking to gain understanding beyond the BioCODE report. From specific questions to accountability. The time is the patients to use as they wish.



# Filling The Functional Medicine Gap

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BioCODE test & remedies provides specifics to individual making achieving and sustaining interventions easier and more effective. The root cause is mis-leading in functional medicine because it is often not correctly identified or addressed fully.

BioCODE testing gives individuals a picture of what gaps exist and how each interacts with the other. allowing them to achieve and maintain healing progress.

## Functional Medicine

- treats root cause
- preventative approach
- collaborative/patient-centered
- biochemical individuality

## Conventional Medicine

- symptom-based treatment
- early disease detection
- expert/doctor centered
- one problem - one pill

## Applied Kinesiology

- shows imbalances in body
- assesses organ system health
- tests responses against nutrition to bring body back to balance

## BioCODE Balance Testing

- bioenergetic testing
- fills gaps of blood tests
- comprehensive, affordable, convenient, effective



## Effective

Every patient has different goals and foundations of understanding when starting care. The salutogenic model allows individuals to take responsibility and achieve success on their terms while taking into account the doctor's recommendations. BioCODE testing results speak for themselves; there is no better or more effective test.



## Confidence

A comprehensive approach to correcting the body's imbalances leading to symptoms. Sustainable results are the goal and we help you to achieve just that. Compliance is a patient choice, but results are easy to understand which gives both doctor and patient the confidence they need in BioCODE testing.



## Effective & Affordable

No other test is more comprehensive and available at an affordable price. BioCODE testing offers validation when even complex problems have seemed "unsolvable." The bioresonance scanning allows for healing to follow the body's lead and needs which makes it very effective with sustainable results/progress.

# The Effect Of Epigenetic Trauma

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## GENETICS

Genetics make us who we are - literally. Our genes carry biomarkers for disease - it's true. But, our lifestyle and stress adaptation has well over 95% more to do with our picture of health than merely the presence of the biomarker on the gene. Genes do hold powerful information, but they are not a sentence for expression of disease.

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## INFLAMMATION

Almost EVERY mental health issue has inflammation as a root cause of the problem. Anxiety, depression, autoimmune - ALL have inflammation that is out of control in the body, BUT perhaps not detectable on a blood lab - even a functional blood lab.

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## TRAUMA

We know the brain sustains changes with emotional trauma. Most often it is described as emotions being trapped or unprocessed. Emotional trauma activates the HPA axis as a result of the stress response; it is a survival mechanism. It causes imbalances in adrenaline and cortisol and slows digestion, metabolism, and hormone production. Trapped emotions become toxic and manifest physically almost every time. Studies have also shown that when PTSD survivors process trauma it recreates the trauma and associated inflammation in the body. So what that tells us is that mental health therapy alone may not be enough. It shows that individuals do feel better with mental health therapy, but it may contribute to the Trauma Triad of inflammation making chronic issues resurface and often in fact become worse.

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## DIS-EASE MANAGEMENT

Labels like ADHD, autism, fibromyalgia, autoimmune diseases like hashimotos, MS, and mental health problems like anxiety and depression are due to inflammation that causes dis-ease. One can manage or suppress symptoms with medications. One can address root causes with a holistic approach such as functional medicine which often fails to address the root but does provide a more holistic and natural approach which does not further add inflammation and breakdown of the body like medications do. Or, one can follow the body's lead for priorities of healing.

# Parts Of The Whole

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## FUNCTION & STRESS

The brain controls the body and the body responds to the brain AND keeps score. Function of organ systems or lack thereof leads to "pathologic symptoms" addressed by Western medicine. Foods, toxins, hormones, function, and supplements (remedies) are all tested on the most comprehensive test that exists. BioCODE Balance links cause, effect, reaction, and healing as they relate to stress and inflammatory triggers of dis-ease.

## FOODS

Food sensitivities will change over time with healing. They exist because of brain imbalances, gut issues, or they are feeding toxins which create biproducts/waste that lead to symptoms. They also provide many clues to health issues.

## SUPPLEMENTS

Supplements should be used to fill gaps temporarily. Some may be needed long term due to our shifting environment/availability of nutrients. However, if the need to supplement to suppress symptoms exists, the cause of issue(s) hasn't been properly addressed. Additionally, too many supplements even if 'proven effective' or have 'this/that' benefit does not mean it is necessary or will be absorbed, especially if there are other unaddressed issues.

## HORMONES

Hormones are an end game result. For example during a stressful event, the hypothalamic-pituitary-adrenal axis releases chemical messengers (hormones). Maladaptation can leave many systems unbalanced, including our immune system, nervous system, endocrine system, and our digestive system which can be a *result of* hormone imbalance or *lead to* hormone imbalance. A sustainable approach to hormone balance looks at interplay of lifestyle, foods, and toxins. Hormones cannot simply be balanced exogenously.

## TOXINS

Escaping exposure to and being affected by toxins is unavoidable. Toxins have a largely overlooked role in dis-ease and dysfunction of health. Toxins include viruses, bacteria, parasites, metals, and molds.

# Healing Has An Order

The body holds both the memory of trauma and the answers to healing. The body cannot heal in the environment that created the problem. Healing has an order. And, you have choices. BioCODE Balance testing identifies what is stressing the body, what is feeding that stress, and how to remove AND heal the problem. Other tests identify what is causing symptoms, but give no clear reason *why or solutions*.

## Complex Problems Do Not Require Complex Solutions

- ✔ Functional medicine testing is expensive and not covered by insurance.
- ✔ Root causes are incorrectly/under addressed even with functional medicine.
- ✔ The body heals in order - newest &/or priority stressors first.
- ✔ BioCODE ensures greater healing efficiency and more sustainable results.
- ✔ BioCODE provides validation of symptoms for even complex problems.

## Implement With Ease. Systems That Work.

- ✔ BioCODE is ordered & receive easy to follow 'CODE' towards healing.
- ✔ Symptomatic reduction without strong detox reactions.
- ✔ An investment in sustainable lifestyle and health changes without the dependence on a regimen of remedies and extreme dietary exclusions.



# Test Options

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## BALANCE

- System Performance: 14 systems & 58 organ points tested.
- Food Sensitivities: 350+ foods tested.
- Nutrients: Vitamins, Minerals, Enzymes, Fatty Acids, Amino Acid deficiencies.
- 30 Hormones.
- Toxins: 10K Bacteria, Chemicals, Metals, Molds, Parasites, & Viruses tested.
- Natural Remedies: Tested against 1,000 herbs, homeopathies &/or supplements to address issues as efficiently and safely as your body can handle.



## NOURISH

- Food Sensitivities: 350+ foods tested.
- Nutrients: Vitamins, Minerals, Enzymes, Fatty Acids, Amino Acid deficiencies.



## REMEDY

- Natural Remedies: Tested against 1,000 herbs, homeopathies &/or supplements to address issues as efficiently and safely as your body can handle.



## PET BALANCE & REMEDY

- same type of testing & reporting available for your pet!

# Timeline Expectations

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BioCODE Referral

1

Direct online order.  
No appointment needed.

Ships anywhere in US.  
Arrives in pre-paid USPS mailer.  
Easy, non-invasive sample  
collection & directions.

2

Order Test

Get Results

3

BioCODE emails results to  
individual and referring clinician  
approximately 3 weeks from arrival  
of samples to lab.

Remedies are drop-shipped to  
individual's house, and usually  
arrive within the week.

4

Order Remedies

Follow-Up

5

Consult can be scheduled with  
BioCODE doctor or referring  
clinician. Most individuals can  
understand and implement the  
CODE results & recommendations  
without guidance.



# Frequently Asked Questions

## How Are These Tests Different Than Other "At Home Tests"

Many options for both hair and saliva tests exist as well as blood tests. These tests can decrease costs and increase access for many individuals. The problem is that these tests only offer pieces of the whole. And, even if the symptoms are 'confirmed' by these tests, there is no forward direction for healing.

## What Are The Downfalls Of Blood Chemistry (Lab Tests)?

Both have valid reasons to use and may be combined to provide a more comprehensive picture of health. Often, individuals find little on traditional blood labs and even blood tests for food & environmental allergies because blood samples only provide a snapshot in time and can be influenced by many factors. At home blood tests also may not be reproducible due to the breakdown/stability of the sample. Blood tests can be used for diagnostic purposes. Hair and saliva bioresonance testing has filled in the gap and provided much hope for those with lower level reactions to things affecting their health that won't show up on blood tests.

## What Scan Do I Start With ? How Many Times Should I Test?

Balance CODE is a great place to start because it gives a full code for how to proceed. It is the most comprehensive way to connect all the root causes and the best way to follow the body's needs/lead for healing. This is what provides sustainability. Most benefit from 1-Balance and 2-Remedy scans within 6 months to a year.

## Can You Scan Kids? What Ages Can Test?

These tests are awesome for children!! On the questionnaire, be sure and mark all liquids for remedies if swallowing pills will not be possible or make compliance difficult.

## What If I Take Supplements? Or Medications?

Certain supplements and medications can mask readings. It can show what is being taken is helping the stress as intended, however, it will mask where the system performance actually is. Benefit? Helping or not? Detriment? Symptoms managed but roots still not healed/addressed? The testing center takes into account medication interactions with Remedies, and individuals can always give the list of remedies to their pharmacist to double check.

## Will I Get Specific Toxin Results?

The toxins listed are presented as origin. If specific toxins are given, many individuals take it as a diagnosis versus an awareness that this is contributing to the breakdown in your overall health AND will be addressed following the body's lead with the Remedy regimen.

## What If The Person Is Pregnant Or Breastfeeding?

The testing center takes this into account when recommending remedies. It is best to begin tackling health for 12-15mo before trying to conceive, but life happens and sometimes struggles occur along the way or after birth, so the tests still hold tremendous value.

## What If The Person Has No Hair?

Hair is best tested clean. It can be dyed and does not need to be from the root. Hair can be from anywhere on the body, but if not enough is available, then all toenail and fingernail clippings can be used with or in place of hair.

## How Long Do I Take The Remedies For? What is An Average Cost?

The remedy regimens are typical for 30 days unless series therapy for certain viruses is recommended at which point the time and cost is typically double (but well worth it and thankfully the issue was found and can be addressed). Typical remedy regimens average at \$250. Tier 2 recommendations will add cost as well as benefit.

## Will Remedies Cause Strong Detox Reactions?

Remedies are meant to work together. Following the body's lead and testing the remedies against system performance helps keep the body in balance and able to handle the healing. This helps mitigate detox reactions; tier 2 recommendations further mitigate issues and aid healing.

## What If I Test & Don't Follow/Take The Recommended Remedies?

There is still tremendous validation an individual can receive by testing. And there is a vast amount of insight for individuals to incorporate into their lifestyle in the CODE overall. The remedies will address causes of stress in the body leading to dis-ease. However, the choice is the individuals. The benefit of this testing is the 'what to do about it' being specific and individualized. If healing is desired, it would be advisable to follow recommendations for remedies and given within the CODE.

## Are BioCODE Tests &/or Remedies Covered By FSA/HSA?

Yes. Typically the HSA/FSA accounts will cover testing and remedies are deemed medically necessary by an individual's practitioner. As always, it is the responsibility of the individual account holder for eligibility and reimbursement guidelines and requirements.

## How Much Would These Tests &/Or Visits Cost Outside BioCODE?

Often when doing blood tests at the allergist, you will have to pick 10 things you think may be a problem. This provides limited insight and leaves the possibility of missing important pieces of the larger healing picture. At last check, a BioCODE balance would cost well over \$1000 AND other testing facilities still fell far short on number of items tested. Other tests also do not bring the pieces of the whole together and connect sustainable healing changes. The BioCODE Remedy test is part of the Balance test and is by far the greatest value when combined with the over 10k resonating toxins tested for a greater picture of the body's healing needs.

