

FUNCTIONAL APPROACHES TO HEALTH CARE

Dr. Betancourt's philosophy of treatment is based on the following principles:

-Nutrition plays a key role in human health.

-We live in an increasingly toxic world, and clearing metabolic and environmental toxins from our body is increasingly important for good health.

-With the advent of quantum physics, an increasing focus is being placed on the pivotal role of a balanced bio-energy field in regulating body function.

FUNCTIONAL APPROACHES TO HEALTH CARE was developed to address these 3 key areas of human health and function.

CURRENT SERVICES OFFERED:

-Nutritional Evaluation and Whole Food Supplementation

-Field Control Therapy (FCT®)

-Classical Homeopathy

NUTRITION AND WHOLE FOOD SUPPLEMENTATION

Basic nutritional counseling and whole food supplementation are key aspects of the program both for improvement and maintenance of a higher level of health

In an ideal world, food would contain all the nutrients necessary to sustain our health and our lifestyles would allow us the time to eat those nutrients. Unfortunately that is not the case and as a result we need supplements to make up the nutritional deficiencies in our diet and lifestyles. However, only whole-food supplementation made from real food can correct these nutritional deficiencies.

FIELD CONTROL THERAPY®

Developed by Savely Yurkovsky, MD., **FCT®** is one of the most comprehensive and effective systems of testing and balancing the human bio-energy field available to date and it is known for its ability to help people who have exhausted virtually every conventional and alternative therapy.

FCT® is used to determine the areas of the body energy field that need strengthening and balancing. It uses a hands-on diagnostic test to find weak organs in the body and the toxins causing these weaknesses. Homeopathic remedies are used to eliminate the toxins and restore the strength of the organs.

FCT® is a program designed to safely and efficiently remove toxins from the body. In contrast to other detoxification programs it provides organ support during the detoxification process thereby minimizing the possibility of redistribution of toxins to other organs.

THE FCT® DIET. IS IT NECESSARY?

One of the main goals of **FCT®** is to rebuild the immune system. Sugar and foods that are easily turned into sugar are toxic to the immune system. They weaken it by feeding the yeast in your body and by putting stress on the pancreas. Sugar also causes toxins to spread further and deeper into the body. For this reason, it is important to eliminate sugar, sweeteners, fruits, white flour, alcohol, and refined carbohydrates. This means that the diet is essentially a meat and vegetable diet. The protein from meat provides the body with the necessary protein to heal, and the vegetables provide valuable vitamins and minerals.

Not following the diet during **FCT®** is like adding gasoline to a fire that you're trying to put out.

CONSTITUTIONAL HOMEOPATHY

After clearing and balancing the energy field, constitutional homeopathy is used to fortify the body and raise the overall level of energy. It is also useful

to strengthen the basic constitution, and to minimize the possibility of future recurrences of chronic health issues.

HOW ARE FCT® AND HOMEOPATHY DIFFERENT FROM CONVENTIONAL HEALTH CARE?

FCT® and Homeopathy are successful therapies that work at the bio-energetic level, the energy fields found in all matter including the human body, and consider illness the result of genetic factors or disarranged cellular fields.

Conventional Medicine works at the biochemical level and focuses on pathology. The main causes of illness are the pathogens (bacteria, viruses) or biochemical imbalances. Tests are used in diagnosis, and drugs, surgery, and radiation are among the key tools for dealing with these problems.

Using these approaches does not imply the dismissal or rejection of the value of conventional medicine. If needed, a referral for those services will be made.

HOW LONG WILL TREATMENT LAST?

Treatment of chronic diseases will take time. Remember in most cases it took years for a condition to develop and worsen, so it can't be expected to be cured overnight. Even though significant symptomatic improvements can be observed after a few sessions it will take from 6-12 months to significantly enhance your overall level of health and well being.

THE INITIAL VISIT

During the initial visit a complete history will be taken and the questionnaires that were sent to you prior to the visit and that you have completed will be reviewed. That is why it is so important that you complete all the questionnaires and bring them to the first visit. Laboratories will be reviewed and new ones may be ordered. Since several modalities of

treatment are offered, the decision of which one to use first is reached during the initial visit and a treatment plan is formulated.

THE SECOND AND SUBSEQUENT VISITS

During the second visit the **FCT** diet will be discussed, the 3-day food diary will be reviewed and a treatment plan that includes whole food supplementation, if necessary, will be formulated. If significant nutritional issues and deficiencies are present a nutritional plan to correct these deficiencies will be instituted prior to the FCT evaluation.

During the third visit a complete bio-energetic assessment of the body using FCT will take place and the detoxification process will begin (this may be postponed if significant nutritional deficiencies are found as discussed above). Information is also obtained on how the major organ systems are working and which ones are weak and need to be strengthened during the detoxification process to minimize the possibility of redistribution of toxins to these organs.

The detoxification process takes about 3-4 sessions (occasionally more) and its success is highly dependent on complete adherence to the low sugar, low refined carbohydrate diet that was previously discussed. The nutritional aspects of the program are very important for the overall success of the program as it is not uncommon for nutritional factors to be causative and/or aggravating factors to a problem.

Once the detoxification process is completed and weak organs are strengthened **constitutional classical homeopathy** may be indicated. By strengthening the body prior to the use of classical homeopathy the results are quicker and there are fewer aggravations.