

Emanuel Klenner, Software Engineer – born 03/1963

Observation	Before Life Science (prior to 10/2007)	After one year of Life Science (11/2007)
Weight	185 lbs (84 kg)	150 lbs (68 kg)
Cholesterol	217 mg/dl	146 mg/dl
Blood Pressure	120/80	110/70
Major complaints/pains	<p>Chronic low back and neck pain since age 13.</p> <p>Crooked spine. When lying on the floor (on back) I was not able to touch my shoulders to the ground</p> <p>Excruciating stinging pain in right shoulder/back area.</p> <p>Crunching bone sound in that shoulder area. Probably a sign of arthritis. All started around 1999. Made working on a PC for 8-10 hours a day very uncomfortable experience.</p> <p>Throat pain since 2004.</p> <p>Gas</p> <p>Reflux</p> <p>Pain/swelling in the left foot (for several months)</p> <p>Rash on right thigh (several months)</p> <p>Mouth/teeth felt always grimy. Needed to brush my teeth at least 4-5 times a day.</p>	<p><u>No daily pains</u></p> <p>Spine is actually straightening out. Can now touch my shoulders to the floor.</p> <p>An occasional flare up of pain in old trouble spots, e.g. the right hip but this is a sign of healing activities in the body not of degeneration. Also does not last very long.</p> <p>I do get cold spells sometimes that make me feel chilled to the bone. But this is a sign of readjustments taking place in the hypothalamus, not a sign of degenerative disease.</p> <p>Still have the crunching bone sound in the right shoulder but there is no pain involved. Is currently my gauge to see if I will make further progress in the healing of my body (which I am sure will happen)</p> <p>Get an occasional headache after eating improper meals (which is a sign of a healthy body eliminating toxins from the food unfit for life ...)</p> <p>Have very clean teeth now. No more coating on them. Only need to brush with water 2 times per day</p> <p>Now that my liver is not fighting a daily overload of toxins from bad</p>

	<p>Tingling sensation in entire body when going to sleep at night</p> <p>Pain in right wrist/lower arm. Thought it was carpal tunnel syndrome</p> <p>Back was covered in Moles – wife wanted to have them cut out</p> <p>Before 2002 I also suffered from frequent ear infections. Had a tube put in my right ear in 1995.</p>	<p>food/food combinations any more, the moles are disappearing from my body</p> <p>After eliminating wheat and dairy from my diet in 2002 the frequent ear infections ‘magically’ disappeared.</p>
<p>Outlook on Life</p>	<p>Was afraid that I would have to find another job or lose my job because I might not be able to do the work anymore because of the shoulder pain.</p> <p>Expected to die of cancer or some other horrible disease by the time I would reach my mid 60’s.</p> <p>Self Assessment basically said ‘This is how bad it is right now and it can only go downhill from here’.</p> <p>Not very uplifting but a rather depressing prospect.</p> <p>Probably need to move to Oregon at some point in time so that I can find a physician that will help with assisted suicide.</p> <p>My goal was to make it long enough so that I could see my son get through school/college (he was 6</p>	<p>Expect to live happy and healthy well into my 80’s or 90’s and die by taking my last breath.</p> <p>No worries about dying from the horrible diseases of Western civilization (cancer, heart disease, Alzheimer’s, Parkinson’s, etc.). I know now what causes these ‘diseases’ and how I can stay away from them.</p> <p>I don’t see myself as being on a downward health spiral anymore.</p> <p>I am on an upward ladder towards optimal health and I have climbed several steps up already.</p> <p>Love to go out with my wife again (Theater and Symphony) and drive her crazy with all the travel plans I have for the next few years.</p> <p>Love to visit my mother because the 7 hour flight is not an issue anymore. Since there is also no need for a chiropractic adjustment after the flight we even stayed in Germany for 3 weeks in the summer of 2007</p>

	<p>years old at the time).</p> <p>Did not enjoy traveling or going out anymore because of the pain.</p> <p>Just thinking about going to Germany to visit my mother was a nightmare. A 7 hour flight to Germany and then no access to a chiropractor for 2 weeks plus a 9 ½ hour flight home just wasn't an appealing thought anymore.</p>	
Doctors Visits	<p>Chiropractor 2 times per week.</p> <p>Had seen almost every specialist under the sun just to be told that they could not find anything wrong with me.</p> <p>Also tried all kinds of alternative approaches like Naturopathic doctors, acupuncture and the 'Eat Right for your Type' blood type diet.</p> <p>Was beginning to wonder if I really was crazy (and made up all these aches and pains)</p> <p>Had every major organ checked out and undergone a colonoscopy and an endoscope of the upper GI tract.</p> <p>Had CT scans of the lower intestines (symptoms of another bowel blockage) and the right shoulder.</p>	<p>Haven't seen a medical doctor or a chiropractor for treatment in 13 months and do not plan on being treated by one anytime soon.</p> <p>Did go to the dentist once for an annual checkup.</p>
Hospital Visits	Emergency surgery in June	None

	<p>2005 because of an obstructed bowel (blockage caused by scar tissue).</p> <p>After that 3 visits to the emergency room within 12 months because of intense pain in the right hip region</p>	<p>Hope I'll never have to see the inside of another hospital again (as a patient)</p>
Medications/Supplements	<p>Antibiotics</p> <p>Ibuprofen to 'cure' foot pain</p> <p>Heavy duty pain killers once in a while when shoulder pain got to a point where I couldn't stand it anymore (always made me feel worse afterwards)</p> <p>Various supplements like Vitamin C, Licorice and Colostrum in the hope that it would help cure my ailing body somehow.</p> <p>Tried frequent liver flushes with Epsom salts</p>	<p>No medications</p> <p>No supplements.</p>
Massages	<p>Got one massage every week which provided some temporary relief</p>	<p>Get a massage from Anna-Inez every 4-6 weeks which gives me a wonderful boost</p>
Food	<p>Thought I was eating a healthy diet that did not contain wheat or dairy products anymore.</p> <p>Unfortunately that 'healthy' diet did include lots of animal protein in the form of meat and fish on a daily basis and always in incompatible combinations, e.g. fish and rice, steak and potatoes, cereal with rice milk or soy milk.</p>	<p>90% organic raw foods</p> <p>Fruit throughout the day and a salad with cucumbers, red bell peppers and tomatoes or carrots at night.</p> <p>Some steamed veggies at night and some nuts or avocados and a starch (e.g. steamed or boiled sweet potato) with that.</p> <p>Will have some fish maybe once a week (at most) and some meat only at the rarest of occasions (BBQ at a friends house).</p>

	Loved to eat desserts and sweets.	No more desserts (actually eating fruit all day feels like having many deserts). To satisfy my sweet tooth I love to eat dried figs, dates or raisins (together with a water bearing fruit like an apple or some grapes). Tastes delicious and is a great alternative to candy.
Drinks	Used to drink water during the day and Coke once in a while. Loved to drink a tea for dinner. A glass of wine once or twice a week with dinner.	Usually I have a glass of orange juice in the morning before leaving the house and at work (instead of breakfast or a morning meal). Other than that I do not feel thirsty and do not drink anything else during the day. My need for water/liquids is amply supplied by all the fruits I eat during the day.
Eating Out	Loved to eat out several times a week and put all kinds of incompatible food combinations in my belly. For the effect of that see Outlook on Life and Major Complaints.	Has become a challenging task. We have only found a few restaurants so far where we can pick 2 or 3 items of the menu to make a properly combined meal that is not seasoned (salt, pepper, other condiments/spices) to death. So we eat out a lot less but we still enjoy it when we do.
Exercise	Tried to exercise at least 3 times a week for 30 minutes (stationary bike, bike riding, and yoga) but that didn't always happen. Often did not feel like exercising.	Work out every day for at least 1 hour. Try for 1 ½ to 2 hours on weekends. Wake up in the morning and really look forward to my exercise which consists of Kundalini yoga and rebounding. Also go for 15 minute walks at lunchtime during the week (when at work)