



# HOLISTIC NEUROLOGY

A SPECIAL KIND OF APPROACH TO HEALTH AND WELLNESS



**Dr. Michael Wald**, also known as *The Blood Detective™*, is the director of Longevity Services at Integrated Nutrition of Mount Kisco. Dr. Wald earned the name *Blood Detective™* for uncovering an illness in a woman that went undiagnosed for years in spite of her visiting many good doctors. Dr. Wald's trademarked *Blood Detective™* approach has earned him the reputation of finding problems that are often missed by other doctors and has afforded him notoriety among his colleagues, the public and the media alike.

## Education

Dr. Wald may be the most qualified clinical nutritionist in the United States having earned\* an MD degree, a graduate degree in chiropractic, certification as a dietician-nutritionist, a double-board certified nutritionist and sports nutritionist. Dr. Wald's educational credentials allow him to find natural solutions for men, women, boys and girls with all manner of health goals.

## Publications

Dr. Wald has published over a dozen books including – *Frankenfoods – GMO Dangers*, *Gluten-A-Holic*, *The Anti-Aging Encyclopedia of Nutritional Tests* and *The Blood Detective's™ Guide to Optimal Health*.

## Media Appearances

Dr. Wald has appeared on ABC World News Tonight with Diane Sawyer, FOX News, Channel 11 PIX, Channel 12 News, PBS, CNN, The Food Network and other programs.

\*Dr. Wald is not licensed to practice medicine.

## DR. WALD'S APPROACH TO NERVOUS SYSTEM HEALTH & HEALING VITAMINS, MINERALS, HERBAL REMEDIES AND DIETARY APPROACHES

When dealing with health issues involving the nervous system, Dr. Wald relies on the use of carefully determined investigations and nutritional evaluations.



## HOLISTIC NEUROLOGY

is the thoughtful integration of conventional neurologic theory and practice interwoven with nutritional and natural health care approaches. Conventional neurologists rely on careful examinations, various tests and medications as their primary tools for helping their patients. Dr. Wald's Holistic-Neurology approach includes

these conventional techniques and incorporates naturally-oriented choices including...

## A NEUROLOGIC-NUTRITIONAL CONSULTATION AND EXAMINATION

As a traditionally trained neurologist with a substantial base in natural medicine, Dr. Wald provides his patients with...

- ❖ More time to explore all aspects of your health - after all, your nervous system is intimately connected to, and influences, virtually every other organ system in the body.
- ❖ A holistic-perspective that considers the impact of one's environment, genetics, lifestyle, and nutrition upon the health of your nervous system.

## NUTRITIONAL TESTS

Dr. Wald's brand of neurology requires careful assessment of one's nutritional status. Conventional neurologists do not require nutritional tests as their treatments are largely symptom based. In fact, many diseases and symptoms of the nervous system are known to either be caused by or improved through the use of specific nutritional approaches. In spite of this fact, nutritional problems are often unrecognized and therefore untreated by conventional neurologists. Dr. Wald believes that correcting underlying nutritional problems allows for —

- ❖ A greater potential for health of the entire body and not just the nervous system.
- ❖ The possibility of either discontinuing medications, reducing medication dosages and fewer side-effects.
- ❖ Exploring causes of neurologic issues, specific for each person, including:
  - Hormonal imbalances
  - Infections (viral, bacterial, fungal and parasitic)
  - Toxic heavy metals and other toxins
  - Nutritional deficiencies, toxicities and imbalances
  - The impact of years of poor nutrition, aging, medications and malabsorption
  - And many other individualized factors.

## YOUR FREE OPPORTUNITY

Dr. Wald wants to make sure that he is the person to help you and offers a no-cost, 15-minute introductory conversation. Simply call The Office of Dr. Michael Wald located at: 29 King Street, Chappaqua NY 914-552-1442

## CONDITIONS & HEALTH ISSUES INVOLVING PROBLEMS WITH THE NERVOUS SYSTEM

- ❖ Cardiovascular disorders such as stroke, transient ischemic attack (TIA), atherosclerosis, etc.
- ❖ Infections - such as meningitis, encephalitis, polio, and epidural abscess
- ❖ Structural disorders - such as brain or spinal cord injury, Bell's palsy, Lyme Disease infections and complications, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumors, peripheral neuropathy, and Guillain-Barré syndrome
- ❖ Functional disorders - such as headache, epilepsy, dizziness, and neuralgia
- ❖ Degeneration - such as Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Huntington's chorea, and Alzheimer's disease.
- ❖ Special Needs Issues including: ADHD, ADD, Tourette's Syndrome and others
- ❖ Immunological disorders such as Multiple Sclerosis

## SYMPTOMS/SIGNS OF NERVOUS SYSTEM DYSFUNCTION OFTEN INCLUDES:

- HEADACHE
- LOSS OF FEELING OR TINGLING
- WEAKNESS OR LOSS OF MUSCLE STRENGTH
- SUDDEN LOSS OF SIGHT OR DOUBLE VISION
- MEMORY LOSS
- SLEEP ISSUES
- IMPAIRED MENTAL ABILITY
- LACK OF COORDINATION
- MUSCLE RIGIDITY OR SPASM, CRAMPING
- TREMORS AND SEIZURES
- PAIN OF ANY TYPE INCLUDING, BACK PAIN WHICH RADIATES TO THE FEET, TOES, OR OTHER PARTS OF THE BODY
- MUSCLE WASTING AND SLURRED SPEECH

The symptoms of a nervous system disorder may resemble other medical conditions or problems. If you are still suffering with these or other problems that may involve the nervous system then speak with Dr. Wald!

## QUICK SUMMARY ABOUT THE NERVOUS SYSTEM

The nervous system is a complex, sophisticated system that regulates and coordinates body activities. It is made up of two major divisions, including the following:

- ❖ **CENTRAL NERVOUS SYSTEM**  
consisting of the brain and spinal cord.
- ❖ **PERIPHERAL NERVOUS SYSTEM**  
consisting of all other neural elements.
- ❖ **THE CENTRAL AND PERIPHERAL NERVOUS SYSTEM**  
provides control, and receives feedback, from virtually every organ system in the body: this fact is of primary importance when approaching nervous system problems from a holistic perspective.

In addition to the brain and spinal cord, principal organs of the nervous system include the following:

- Eyes
- Ears
- Sensory organs of taste
- Sensory organs of smell
- Sensory receptors located in the skin, joints, muscles, and other parts of the body
- Secondary organs that are influenced by, or directly influence the nervous systems - just to name a few!

## INFLUENCES UPON THE NERVOUS SYSTEM

The nervous system is vulnerable to, and may be affected by various influences such as:

- **TRAUMA** - physical, emotional and energetic
- **TOXINS** - those produced within the body and those in our environment
- **HORMONES** - those produced in the body and as medications
- **INFECTIONS** - those affecting any organ or organ system in the body
- **DEGENERATION** - impacts the nervous system
- **STRUCTURAL DEFECTS** - sends abnormal messages to the nervous system
- **BLOOD FLOW DISRUPTION** - robs the nervous system of needed bloodsupply/nutrition
- **AUTOIMMUNE DISORDERS** - directly impacts, and is impacted by the nervous system