

Dr. Leslie's Personal Health Story

I was first introduced to the therapeutic benefit of Chiropractic and whole food supplements in my mid--20's when I began having female health problems. I had stopped having monthly periods and had steadily begun to gain weight. Over a couple years, I gained 50 lbs.

One medical doctor told me that I had hormone problems, suggested pharmaceuticals, even a hysterectomy if I didn't want kids. Another said that I was just under stress. I graduated from college and bought a one-way ticket to Maui to visit a friend. On a beach, I met a Chiropractor who told me he could see that I had health problems and offered to help for a month. He found areas of nerve interference throughout my spine, affecting not only my female and digestive organs, but also my endocrine system. Upon returning to the mainland, I found another Chiropractor who had special training in nutritional biochemistry. His testing showed that I was severely anemic and protein deficient. He said that my metabolism was so far off that "I would have to run around Lake Tahoe twice to burn off a piece of toast"! I was amazed, since I thought that I ate healthy foods and avoided sugar. I had been a vegetarian for 8 years and had no idea that I was severely nutrient deficient.

After several months of getting regular Chiropractic adjustments and following a specific nutritional program using Standard Process whole food supplements and making some dietary changes, including the addition of organic animal proteins, I resumed my menstrual cycles and lost the 50 pounds. I was impressed enough to go back to college, focus on nutrition and biochemistry and eventually enrolled in chiropractic college.

In the last 40 years, I've had other health challenges; seems like each decade I've been faced with a new awareness of where my body is dysfunctioning. I'm very thankful that I've gained the knowledge and experience to know how to help my body heal with gentle Chiropractic care and whole food nutrition.

In my 30's, I blew out the ACL in my left knee. It healed on its own, with good nutrition, 45 whole-food pills a day and I was skiing again within 6 weeks. In my 40's, I struggled with aching joints all over my body. I contracted a double parasite infection on a trip to So. Africa, lost 3 sizes of weight in 2 months, could not move my body without crippling pain, and was diagnosed with rheumatoid arthritis. A long journey led me to the discovery that I was toxic with heavy metals, mercury, lead, and aluminum. I began two years of de-tox nutrition and homeopathy to help my body release the toxins from my cells and organs. My joint pain slowly began to go away and I regained my strength and energy.

In my mid-50's, I realized that I had gained weight, being so thankful to be healthier after my parasite infection that I didn't see it as a problem. I attended a seminar and learned about a 3-week Purification and Cleanse program. I discovered that I was in Phase One of insulin resistance and needed to change my metabolism. After I did the 3 week program, not only did I feel more energy, but also had less joint pain and lost 8 pounds. I had learned about the foods that cause inflammation in my body and decided to avoid them as much as possible. It's hard because some of them are my favorite and quite addictive. Takes constant diligencel.

Now, in my late 60's, my body seems to be getting more demanding. After a poisonous spider bite in 2015, I have struggled with skin and vascular issues especially in my left leg above the bite area. Although it is not painful anymore, it is a constant reminder that aging requires even more attention to the "little things". Every day I have to make choices about what is important. The good news is that I remain physically active, work out at the gym, still get to downhill ski, bicycle, and garden. My prayer is that God allows me to continue to help children, adults and their pets find health outside unnecessary drugs and surgeries until I take my last breath. I love what I do!

Dr. Leslie Bedell