

NATURAL HEALTH SERVICES

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Thank you very much for selecting me to assist you in your journey towards greater health and well-being. Here is some information that will help you to prepare for your upcoming office visit with me.

Brief Biography:

I have been involved in the healing arts since 1985, first as a massage therapist, then as a naturopathic physician, rebirther, hypnotherapist and mind/body healer.

From 1985 to 1988, I was the director of **The Healing Touch** in Phoenix, Arizona, where we practiced many advanced and effective massage and healing techniques.

In 1988, I moved to Oregon to study naturopathic medicine at the National College of Naturopathic Medicine, receiving the Doctor of Naturopathic Medicine degree from there in 1993.

During my school years, I worked closely with a medical doctor specializing in acupuncture at the Acupuncture Pain Control Center, which is the oldest pain clinic in Portland. While there, I treated a wide variety of chronic pain syndromes and assisted many clients in rehabilitation from their injuries. I continue to be available there as needed.

In 1995, I opened **Natural Health Services**, which is located in the western part of the greater Portland, Oregon metropolitan area. In addition to my practice, I publish the "NHS Newsletter" every two months (six issues per year), which is sent worldwide via email. You can read all of the back issues by going to <http://naturalhealthservices.info/newsletters>. Locally, I have also written articles for the New Connexion newspaper and speak on a regular basis at the Body Mind Spirit Expo.

I am fully licensed by the State of Oregon as a Naturopathic Physician and am also a member of the Oregon Association of Naturopathic Physicians. I am also affiliated with the International Foundation for Nutrition and Health (IFNH) and have spoken at local Weston-Price Foundation meetings.

One of my long-term goals is to establish a world-class European-style health spa with clinical, conference and retreat facilities on a riverside property surrounded by the beauty of Nature and located in the Western United States. Please ask anybody that you know of with a similar goal to contact me directly.

My health-care practice consists of three major areas of specialty. These are: **Naturopathic Medicine/Clinical Nutrition, Massage Therapy/Physical Medicine and Mind/Body Medicine.**

Naturopathic Medicine and Clinical Nutrition:

Naturopathic medicine is actually an eclectic synthesis of many time-honored traditions of healing designed to bring a person back into balance. The emphasis is placed on increasing the “vital energy” and immune system function of the individual, while removing any obstacles to cure that may be present. Obstacles can be self-induced or environmental in origin. The treatments themselves are non-suppressive in nature in order to best achieve a genuine cure, as opposed to a continual “masking” of the symptoms. This type of medicine is especially appropriate for chronic conditions and those requiring lifestyle changes.

Treatment programs may consist of any combination of: whole food nutritional concentrates, botanical medicines, homeopathic remedies and lifestyle counseling. To develop the most effective treatment plan for your needs, I specialize in a type of applied kinesiology that is remarkably accurate called **Nutrition Response Testing**. With this tool, I am able to develop treatment plans based largely on whole food nutritional supplements suitable for the treatment of any health-compromising condition. In addition, I may perform other nutritional evaluations, depending on the needs of the client. These could include a four-day Diet Diary Analysis, a Symptom Survey Form or Ayurvedic nutritional and lifestyle counseling (Ayurveda is a system of medicine which originated in India).

Massage Therapy and Physical Medicine:

It is almost impossible to think of a health condition that wouldn't be benefited by some type of massage therapy delivered in a sympathetic, caring and knowledgeable manner. This is primarily due to the increase in local and systemic circulation, which allows the body to function more efficiently. With massage, there is an increase in cellular exchange, both of nutrients and wastes, so the body is better able to heal and repair itself. It also relaxes muscles, tendons, nerves and gives the skin valuable tactile stimulation. This provides a wonderful sense of nurturing that is especially valuable in today's fast-paced and often stressful world.

My massage treatments include a combination of Swedish, deep-tissue, cross-fiber myotherapy, trigger-point release, reflexology, passive joint range-of-motion (stretching) and therapeutic exercise prescriptions. On occasion, I will also use a physical therapy modality, such as ultrasound or electrotherapy, in conjunction with my massage treatments. I am also licensed and highly qualified to perform manipulation of the spine and extremities. I use a gentler approach than many chiropractors and have helped many clients who genuinely need manipulation to recover from the trauma of a difficult earlier experience.

Mind/Body Medicine:

Mind/Body Medicine is a term that I use to describe therapies or teachings, which help to bring the spirit, mind and body back into a congruent and functional harmony. Most chronic disease processes have a mental/emotional component at their root, although it may not be obvious to the individual or practitioner at first. So, together we search for the root cause(s), bring them into full conscious awareness and perform healing at the level of the cause using various metaphysical and psychotherapeutic modalities. In this fashion, we are more likely to achieve a true cure, especially when accompanied by the indicated physical treatments.

Some of the modalities that I may employ during any given session could include: **Rebirthing Breathwork, Cathartic Emotional Release, Regression Hypnotherapy, Energy Balancing, or Dream analysis.**

Rebirthing Breathwork, first introduced in the 1970s by Leonard Orr and Sondra Ray, is a wonderful way to release trapped cellular memories, allowing for true healing of the emotional patterns that tend to create physical stresses and tensions. Often, these patterns have their origin in one's birth process or early childhood, hence the name "rebirthing."

Cathartic Emotional Release is a form of mind/body psychotherapy that I have developed based on the principles and philosophy of **Wilhelm Reich**. It enables a person to feel more energetic and fully alive by encouraging the release of any dysfunctional body "armoring" and defense patterns. These will then be replaced with more functional patterns & coping strategies, as well as a sense of increased awareness about one's life. This therapy may be combined with rebirthing breathwork.

Regression Hypnotherapy is an excellent therapeutic tool to reveal & heal the origins of any mental patterns that may be blocking a person from living their life to the fullest. This would include any habitual actions or reactions that are no longer functional, although they may have been at one time in a person's life.

Energy Balancing is a method in which I use my hands in a fashion similar to "jumper cables" to increase energy flow in the body/mind where it is being limited or to decrease it where there is an excess. During this time, my hands may be resting directly on the body itself or slightly away from it. The outcome is a greater sense of balanced energy, peace and serenity.

Dream Analysis utilizes a combination of your own insights, my intuition, the readings of Edgar Cayce and the archetypes of the collective unconscious, as described and explained by Karl Jung.

I look forward to the opportunity of helping you to achieve your health care goals and to create the life that you truly envision for yourself!

