

## **Information Sheet for Prospective Patients**

Thank you for your interest in my professional services. I am honored and thankful for the opportunity to collaborate with you in improving your health. My patients are very important to me and it is my objective to provide the best care as possible. I have created this information sheet to help you understand more about me and what I do. I do not accept everyone that consults with me because not everyone is a candidate for the type of care I provide. The initial consultation is a no fee, no obligation appointment to discuss your health concerns with me, and for us to determine whether or not my approach is good fit for your condition.

### **About Dr. Owusu:**

- 1999 Graduate of Penn Hills Senior High School
- 2003 Graduate of Penn State University (*BS, Kinesiology*)
- 2007 Graduate of Palmer College of Chiropractic (*Doctor of Chiropractic*)
  - Post-Doctorate
    - Board-Eligible Clinical Neurology (*American Chiropractic Neurology Board*)
    - Board-Eligible Clinical Nutrition (*American Clinical Board of Nutrition*)
    - Completing required hours/coursework for Board Certification as a Clinical Nutritional Specialist (*Certification Board of Nutritional Specialists*)
- Private Practice, *Healthy Living Chiropractic, East Lansing, MI (2007-2013)*
- Group Practice, *Back To Health Chiropractic, Zeeland, MI (2013-2015)*

### **Professional Services:**

- **Functional Medicine**
  - A Functional Medicine approach evaluates and addresses the underlying causes of chronic symptoms/illness instead of just treating symptoms. Considerable time is spent face-to-face with the doctor, evaluating past medical history, objective tests (blood, saliva, stool, urine, etc), and the interactions between, genetics, environment, diet, and lifestyle that influence long-term health.
- **Functional Blood Chemistry Evaluations**
  - Have you been told your lab tests are normal, but you still have symptoms? There is a difference between dysfunction and disease, this fresh look at your testing will help show you the difference and explain why you feel the way you do.
- **Non-Invasive Neuromodulation Therapy for Chronic Headaches, Migraines, and Face Pain (Trigeminal Neuralgia)**
  - Neuromodulation is the process of improving nerve and brain function through application of specific electrical or mechanical stimuli to a specific nerve or brain area. In our facility, we use a variety of neuromodulation techniques, and tailor our approach to your individual needs.
  - All of our techniques are non-invasive, requiring no surgery or additional medications. For many headache or neuralgia patients, we use a low voltage electrical current (micro-current) over the specific nerves involved in your pain. We also use other sensory modalities such as vibration, temperature, and mechanical pressure to stimulate specific types and networks of nerve endings. The sites to be stimulated depend upon your specific needs and pain patterns. As the nerves and muscles are stimulated in these specific ways, it helps to change brain "plasticity." Plasticity is the ability of the brain and nervous system to change, adapt, and grow. Our primary goal is to optimize brain and nerve function to reduce pain and suffering.
- **Holistic Chiropractic Care**
  - Specific for the reduction spinal misalignments (vertebral subluxations) to decrease neck/lower back pain and related conditions, increase joint movement, and improve neuromusculoskeletal function.