

*A New Year...A New You...*

*Get healthy inside & out with the ultimate in Body Balance.*

## Dr. Edward Wagner lifts the bar on holistic healing.

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Photography by David Sobel

**I**magine a doctor's office with the tranquility of a spa, overlooking the beauty of the Pacific Ocean. Then again, once you enter the front door, the fab view and ultra-coziness prove the least meaningful of all the elements in this high-tech wellness institute. One look around and there is little doubt that this office takes the business of health very seriously. People come here in pain, confused by their illnesses and helpless in their fight to get and stay healthy. While some aches and pains are less serious; many health issues are long-standing and debilitating. Then, there are

people coping with terminal illnesses, alone in their disease and scared of what it may bring. From Hollywood A-listers to NFL players, politicians, physicians, professionals from every field, preachers, rabbis and people like you and me—they put their trust, hope, health and life in hands of the man who founded this integrated healthcare practice. He is by all accounts one of the most renowned and foremost holistic healers in the world, and heads up a dream team of top notch wellness doctors and alternative care experts. Together they combine their years of knowledge, training and experience to solve the mysteries of a bottomless pit of symptoms, and treat health problems from A to Z. They also save lives when Western medicine could not.

Dr. Edward Wagner is one of the most intriguing people I've ever met. For more than 34 years—regardless of the fact that he is one of the most respected alternative healing physicians in the world (Degree in Sports & Recreational Injuries, a licensed member of the American and Californian Chiropractic Associations and Board Certified Fellow of the American Academy of Clinical Applied Spinal Biomechanical Engineering) he does not stop in his quest to restore the emotional, mental and physical health of every person who walks through his door. Wagner's idea of patient care isn't a list of cookie-cutter quick fixes. His plan of action. Decode thoughts and memories, muscles, organs and joints and enlisting every symptom, past trauma and health interruption you've had, to find why your body is angry, stressed and acting out in the form of ill health. Yes it's true. That stream of aches and pains, chronic illness or newly diagnosed disease is not brought on by your bad luck or the hit and miss element of heredity. Your present health challenges are a direct result of the past physical injuries and emotional and mental baggage you are carrying around—and more importantly, not dealing with. The good news is that none of this is any surprise to Wagner. So get ready. You are about to embark on the most physically, mentally and spiritually, well-balanced period of your life.

**ST:** Alternative/holistic medicine has been around for a long time, still some are resistant to its life-changing and life-saving benefits. What do you say to skeptics?

**EW:** There are two kinds of resistance: #1: people who are completely medically oriented and leave no opening for

discussion. And #2: people who've been to several natural healers, not found any answers, have given up and don't believe in it any more. For those into the medical side of treatment, I help facilitate their treatments, making it more successful using natural methods. Over time they see a remarkable change and build trust with me. Many stay under medical care, but I protect them from the side effects and damage to their system because medical care interferes with the natural process of the body to heal itself. Sometimes, however, natural care can't do what is needed or it takes too long, and medical care is necessary. For instance in the case of high blood pressure natural care can lower it, but people won't follow the routine necessary to do it, or it might take a long time to reverse the process that put their health in danger in the first place. For those, we suggest they stay on medical care, but we make recommen-

dations of alternative solutions or remedies that support it. Worse case: they feel better and have less damage from the medication. Best case: they eventually get off medication. For those who have given up on natural care, all that has happened is they have not found the doctor who can discover the cause.

In the 90s, Dr. Wagner published "The Complete Guide to Healing the Entire Body, Mind and Spirit." This was a manual for his seminar attendees to increase their healing knowledge so they could serve their patients better. Also in the 90s he co-founded Macro Greens and later Miracle Reds and Macro Health Bars, all sold in most health food stores and in his in-office natural Health Care Pharmacy. All of Wagner's

products achieve what most on market shelves do not—nutritional balance—the lack of which he believes is the #1 cause of declining health. Of course, to see products on shelves in doctors offices is nothing new, but the minute you enter the sanctuary where Wagner's products are displayed, the atmosphere calms with transformational, nurturing vibes—healing vibes that come from the love and care that went into choosing each product. Also it's hard to miss the incredible collection of healing crystals on display—some the rarest in the world.

**"With patients in denial about their health or those combating the negative effects of medicine, turning to a natural healing program is a process that takes time. I start by rebuilding the body through alignment, then balance organs and glands through diet and treatment to find locations of any emotional trauma that has left them with disabled health issues. We get people to understand how the choices they've made in their lives has affected their present day health."**

