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THE ROAD TO SUCCESS

VOL. 2



FEATURING

JACK CANFIELD & DR. TONY BOGGESS

WITH OTHER LEADING ENTREPRENEURS AND PROFESSIONALS FROM AROUND THE WORLD

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Published by CelebrityPress®, Orlando, FL.

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Printed in the United States of America.

ISBN: 978-0-9975366-3-8

LCCN: 2016942368

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CelebrityPress®
Winter Park, Florida

CHAPTER 4

PRECISION MEDICINE: CLUES TO BETTER HEALTH EXIST WITHIN US

BY DR. TONY BOGGESS

No real sense of where I was going or how I would get there. That was me in college. Due to a difficult family life in California, and an ill father in Montana, I was essentially on my own by fifteen. To secure a summer job my final year of high school (and to upgrade my car stereo which matters at that age in small-town Montana), I impulsively signed the dotted line with the Army recruiter. After a summer of drill-sergeant style whooping, I matured a bit and earned numerous accolades in leadership, including the coveted Army Medal of Achievement for graduating first in my class. From then on, I was basically hooked on “high marks” as the primary indicator of my success.

As a result, my grades in college were too perfect! I went from struggling to finish high school to having an unhealthy perseveration for getting A's in college. Graduating with high honors from my college pre-med program, I saw medicine as the next notch in my achievement belt, so to speak. While I sincerely wanted to be a doctor, I admit it was for all the wrong reasons at first...

They often say it is the trials and tribulations in our lives that bring out our best qualities. For me, it was getting sick—really sick! It hit me like a lightning bolt out of nowhere, and it wasn't easy to appreciate or embrace in the moment.

It's not uncommon to feel like sickness and hard times come out of nowhere. **One day we're happy and healthy, and the next day we have a serious problem.** I'll never forget it. I was a thriving medical student at the peak of my youth. Then suddenly I'm dealing with psychiatric illness due to an antibiotic! I had developed what is called a metabolic encephalopathy, which in basic terms is a sudden change in the brain's electrolytes and chemicals. It was perplexing, yet there I was being contemplated over by several doctors—my future peers—sensing I was like a roulette wheel and they had to spin me to see what drug to offer next. I was told there were no other choices. But it only made things worse...

Eventually, I learned that I had a genetic weakness in certain detoxification pathways. This explained a lot! Why I had such a bizarre reaction to an antibiotic. Why my father, who owned an auto-body shop, suffered a midlife crisis that never ended. AND why, for some of my extended family, success and happiness was written in their stars, and for others, misfortune and triggered mental illness was their lot. Tracing back to our royal European roots, we Boggesses had always known we carried some type of genetic blessing or curse, but that it was a crap shoot which one you'd get.

THE JOURNEY BEGINS

My original plans for becoming a doctor were methodical, and a series of to-dos, which had been interrupted by my sudden adverse reaction. The events that derailed me took two years to recover from, and I surrendered my hard earned slot in MD school. They invited me to return, but I declined and chose a more holistic track in Osteopathic Medical School. Once there, I started right where I left off and I resumed my quest for the academic top of the class and ultimately ranked in the top 5 percent. I earned interviews at all the top institutions for residency (Harvard, Mayo, Michigan, Stanford, et cetera). Apparently, I hadn't learned enough yet. As this young, ambitious, and "sought after" doctor with "high marks," I felt like nothing would derail me again...

Then a second health crisis happened. This time it rattled me fully. It was so unexpected, and far worse than the first episode. I was brought to my knees as I anticipated the end of my education, future career, and possibly even my marriage. During this trying time, I was gifted with a number

of emotional, mental, and spiritual milestones that exploded healthier motivations and a grander appreciation for life. Luckily I bounced back after taking leave for a second time from medical school—this time without medications! That is when I realized that it wasn't about strength or being smart. It was about knowing who you are. Your weaknesses, your strengths. AND specifically in my case, allowing myself to be molded into something worthwhile to others.

Today I recognize this second episode as the greatest blessing in my life because it changed my entire perspective. Emotionally. Professionally. With new inspiration I began focusing on learning all I could about the alternative approaches that had become my saving grace. I was motivated for the right reason because I realized that true professional and personal fulfillment would come through offering unique solutions to others. Competing to be the best in the class fell to the wayside as I began to develop unique skills for the purpose of helping myself and serving others. I finally knew exactly why I was studying to be a doctor!

This awareness quite honestly liberated me and punctuated my career goals. Yet it also showed me how traditional medicine viewed “docs like me.” To many of my colleagues, then and now, alternative medicine isn't legitimate because it lacks double blind, placebo-controlled backing. Well the hard truth is: it never will earn such backing; at least not what I do. It is too personalized and too dynamic to fit into such a tiny box. It moves with, and is unique to, each patient and circumstance—and that is exactly why it has the potential to be so effective.

BUCKING THE SYSTEM

During my hospital training years, I was not fully understood by many of my mentors and colleagues for my out-of-the-box thinking, but I didn't let it bother me much. Ultimately, I gained the support of my program director and certain faculty members to offer alternatives like acupuncture to patients at the University of Michigan.

At the conclusion of my training, only a select few considered my aspirations viable. But those who knew me well, knew I was passionate about my goals, and supported them. My gumption did ultimately win out and when I completed my hospital training I did what only one in thousands do right out of residency. I opened up my own practice. Less

than 10 years later, that practice has developed into a reputable Integrative medical clinic, attracting patients to Ann Arbor from all over the country and even outside the U.S.A.

PRECISION-BASED SOLUTIONS

As a result of working with patients who needed me to go the extra mile, I realized my clinical decisions needed to be guided by more than just the prevailing ideas of alternative medicine. With life lessons propelling me forward, I started looking wholeheartedly into how the knowledge of genetics could assist with complex patients (often at their wits end). It is as if someone had turned on the light for me to assist with increasingly challenging and refractory patients finding their way to our clinic. Soon my entire approach began to center around genetic susceptibility.

You see, we all have unique areas where our biology and chemistry may not keep up. For my family it was weak detox pathways. For others (many more than who realize) their weaknesses are also things that are easy to accommodate for, once they know. Then there are others who suffer differently, with abnormalities in their immune systems, hormones, or a predisposition to diseases such as cancer or arthritis, for example. Why the differences? Is it by chance? No, it's due in large part to individual genetic weaknesses.

Think of your body as an engine. If we push it hard we might break something. Perhaps a piston will go or maybe a gasket. Why? Over time, engines reveal their weakness. If you want to find the weakest part of your car's engine sooner, for example, put it in park, and redline the RPMs until something blows! Whatever breaks first is the weakest part.

With Precision Medicine, we begin by identifying what your genetic susceptibilities are before the imbalance or dysfunction goes from hidden to obvious. How we feel. Our energy, mood, sleep, digestion, physical pain, etc. are ALL like engine warning lights that something is breaking. Once you understand the genetic blueprint, much akin to a mechanic's manual, you can heed the warning and address the problem.

With Precision Medicine, the approach is individualized. Not one size fits all. Not one diagnosis fits all. We need to know who you are genetically, then know your "condition." When we know the cards we hold around

the game table of life, we can play a better game. As doctors, we can also coach a better game. In order to succeed, we need to approach from the perspective that what breaks in us is not only determined by what is injured by our environment, exposures, and lifestyles, BUT also by what is weak in us to begin with.

INDIVIDUALIZED APPROACH TO TREATING “DIS-EASE”

We have witnessed this “Precision” approach providing real answers and solutions for desperate patients when all else had failed them. Approaching the problem first from the perspective of genetic weakness also helps people to stop spinning their wheels when trying to figure out their health dilemmas; especially ones that run in the family. Like mood problems, autoimmunity, hormonal, learning, and neurological problems often do.

Through our efforts at Natural Balance Wellness Medical Center, we are helping people who haven’t been helped otherwise by being precise and careful. We identify genetic susceptibilities using cutting edge polymorphism and point mutation testing. Those results are then cross-referenced with equally cutting-edge medical testing (of the blood, urine, stool, saliva, etc.). We essentially leave no stone unturned, which makes the difference!

Ideally, what we offer is something that everyone would seek out before illness hits. However, we usually work with people who are already quite ill and exhausted. AND sadly, most people don’t know what they need to know in order to fix themselves based on who THEY are.

OUR MOTIVATION

Many people seek out a doctor’s advice and get the “standard-of-care.” For me, the wisdom I bring comes from my own experiences, both personally and professionally. I’ve been where my patients are. All our stories are different, but the underlying themes are similar. We simply can’t ignore the genetic cards we’ve been dealt.

I also remember what it was like to miss out on parts of my life, so I am highly compelled by the fact that so many people miss out because

they are burdened with aches, pains, and conditions that have not YET been resolved. Getting to the root cause of that suffering drives me to continually refine this craft. I know that after years of suffering and frustration it is easy to become downhearted and give up. But I encourage you not to.

By reframing illness into something more meaningful and manageable through our team's educational efforts, we encourage patients to keep trying. By addressing the rational and motivational component, we are able to transform "hopeless" into "hopeful," because full understanding of one's suffering is, in fact, therapeutic.

OUR MISSION

Our clinic wants everyone to understand their biological weakness and strengths! Regardless of the diagnosis or stated illness (or how much you believe you already know about your condition), there is a next-level explanation we want to teach you.

In our efforts we focus on three main areas of education, which include:

- 1. *Consumers*** via our public online video clinic and self-starter member's area. Through consumer awareness, we hope to change the conversation and the expectations that people have for their doctors and with respect to their overall health status.
- 2. *Patients*** via our group education and our patient-only video library. By cross-referencing genetic susceptibilities with individualized medical testing and thoroughly educating our patients, we are able to restore hope and heal perplexing conditions.
- 3. *Physicians*** via our VideoPrescribe consulting services. By educating and acting as consultants to physicians about patient-centered education and precision solutions we are able to influence health and healing in the broadest sense possible.

All of these things are why every day is a new day for our clinic, our patients, our website members, and our physician clients. There are literally endless opportunities to reach others and help as many people as possible become more informed, healthier, and happier.

A parting snippet for your consideration: When it comes to rehabbing your health it needs to be stepwise and precise. You have to build the dam brick by brick to hold back the water. Things that happen overnight, fall apart overnight – friendships, houses, and half-cocked health solutions included. Patients who have successfully navigated our program would attest it is worth taking your time and healing well, rather than opting for mass crowd solutions. By offering this next-level awareness, partnering with patients, and motivating them to learn who THEY are, our team has the privilege to play witness to people's greatest successes in becoming healthy again. This really speaks to what has made us unique and successful. And, yes, I still love the fact that I'm getting "high marks" (from patients that is).



About Dr. Tony

Dr. Tony Boggess is a Physical Medicine and Rehabilitation (PM&R) physician, speaker, and writer who specializes in Nutritional and Biomedical Rehab for adults and children. He and his wife, Lilian founded Natural Balance Wellness Medical Center, which has developed into a nationally-recognized center known for its individualized and multimodal approach to patients.

Dr. Boggess earned his Doctorate from Northwestern University in Chicago, completed his specialty training at the University of Michigan, and earned additional certification in Medical Acupuncture through Stanford University. He has a long list of academic accolades, including the Army Medal of Achievement and many letters, lists, and honors related to his undergraduate and graduate careers. As a physician, he has received multiple Patient Choice and Compassionate Care nominations and awards since the clinic first opened its doors in 2008.

Known for his pioneering approach to assessing genetic predisposition, Dr. Boggess is the visionary back bone to the center's "Precision Medicine & Advanced NeuroCare" programs, attracting patients to Ann Arbor from all over the US and abroad. Recognized for its reputation for addressing perplexing illness, the Natural Balance Wellness Medical Center is able to boast successes in helping patients and families with problems considered unsolvable, or otherwise not fully addressed by other doctors and clinics.

As the medical director of Natural Balance, Dr. Boggess is interested in a wide variety of clinical approaches, but he especially enjoys leading patient education sessions for his Precision Medicine clinics. He is passionate about teaching and his enthusiasm rains through in his style of facilitating both small and large group seminars. He also has a special affinity for working with families, especially those with struggling children, and he strives to help them understand their genetics as a unit. His story is a labor of love and the novel programs and medical center he has created were born from overcoming his own personal health challenges and professional frustrations.

His professional mission can be summarized as an effort to educate patients and the public about genomics and other novel approaches to health and healing through his medical center and video clinics. He also assists other healthcare professionals, doctors, and clinics to provide patient-centered education services through his third-party consulting company, VideoPrescribe.

To learn more about our clinic, doctors, or video clinic, visit: nbwellness.com
To learn more about our consulting services and VideoPrescribe visit: videoprescribe.com