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# DR. BOURREE

AND KIRKLAND REGENERATIVE HEALTH

## Leads Clients to Pain-Free, Healthy Living

sponsor spotlight

Written by Jenny Hart Danowski

You've heard of one-stop shopping for your home or office, but Bourree Chiropractic & Massage and Kirkland Regenerative Health offer the same concept for your health and well-being all at one clinic. "Our goal is to help you achieve your optimal health by treating the whole person," says Dr. David Bourree, founder of both. Dr. Bourree first opened his chiropractic practice back in 1990, and he and his wife, Loretta, raised two children as the practice grew.

For 31 years now he has combined basic chiropractic care with cranial and extremity adjusting, rehabilitation, massage, and lasers to treat pain and inflammation and to promote rapid healing. In 1995, he added massage therapy and switched from being a straight adjusting chiropractor to a chiropractic rehabilitation facility. Then 10 years ago, he added a cold laser when he learned it's the only tool that can permanently turn off pain and inflammation and rapidly increase healing. "Now we can get patients healed and out of pain three times faster," he says.

Today, his therapy tables are designed for flexion, distraction, contraction, and decompression of the spine, and the extremity adjusting has given him 20-30 percent better results. "When a first-time patient comes in, we do a full exam and X-rays, and I spend lots of quality time with them," he says. "We look at the spine for the cause of the issue, but as the spine not only travels



to muscles, it also travels to organs, it's common for patients to feel tremendous improvement in their digestive system, sleep, and overall health once adjusted."

Having grown up in a naturopathic household, Dr. Bourree always had an interest in health and nutrition, and recently added the Kirkland Regenerative Health piece, enabling him and his staff to go beyond pain management to essentially "reset" the whole body so patients leave feeling relaxed, healthy, and in control of their well-being. "We do this

through a symptom assessment and toxicity questionnaire that helps us establish where your starting point is so we can fine-tune a program that works well for you," he explains. "We've brought together technology that works on both the physical and mental components of weight loss and inch lost to help you make permanent lifestyle changes."

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To start the journey, patients are taken step-by-step through all the reasons that lead the body to a place of toxic input, including stressful lifestyles. "Once we've established their goals, we take them through a process of personal, one-on-one coaching," explains Dr. Bourree. "We measure them weekly for both visceral and epidural body fat versus muscle mass. We guide them week by week through nutritional changes, and there is no dieting involved. This is eating real food with pure supplementation."

To enhance and complement the nutritional piece, Dr. Bourree and his team take patients through a series of LED light treatments that help release the fatty contents of their adipose tissue, transforming the body from a fat storer into a fat burner. "Then we move them to a vibration platform which actively helps move that fatty acid in the body and activate all the muscle groups. They'll burn 200 to 300 calories in a very short time and eventually burn off that fat as fuel," he explains.

One of the most unique portions of care in their office is the brain mapping that concludes each treatment. "Patients recline

in a relaxed position in a darkened room with music playing," describes Dr. Bourree. "Then we have different ways of stimulating the brain to retrain it through visual, light therapy, and voices that talk to the different lobes of the brain simultaneously to help the patient forever rethink and re-pattern how they think about food and lifestyle," he continues. "They leave feeling refreshed and ready to take on these new changes."

It's basically the best of all worlds under one umbrella. Megan Davies, Health Coach for Kirkland Regenerative Health, says, "It's amazing how things like depression, headaches, and other aches and pains can be affected by dietary changes. I guide people through

the process step-by-step, helping them with dietary changes, giving them recipe recommendations, and taking them through their treatments here," she says. Jen schedules appointments, an outside billing company handles billing and insurance, Ashley helps part time since they are open Saturdays, and Alyssa is their massage therapist. "Yes, we use amazing technology, and, yes, we give you supplements, but, ultimately, we bring you back into balance and boost you to living a healthy lifestyle," says Megan.

Search for Kirkland Regenerative Health and Bourree Chiropractic on Youtube to hear amazing testimonials and learn more.

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