

VIS CLINIC CELEBRATES 10 YEARS



Reflecting on 10 years

DR. CHAD KRIER

It is hard to believe that it has been 10 years ago since the opening of Vis Clinic. Vis (VEES) is Latin for “Force” or “Power” and comes from the Naturopathic tenant “Vis Medicatrix Naturae”- The Healing Power of Nature. I always thought Vis would be a slick name for a Clinic and that it could get the neurons firing in in the cortices of the curious to figure out what the clinic named “ Vis” was all about. I envisioned patients saying hip things like “I just gave my blood to the Vis” or “I was checked out by the Vis” and “The Vis is where it’s at, Man”. My bubble was burst when the community police stopped by for a welcome to the neighborhood visit and both cops asked if I were an eye doctor (get it—Vis, as in Vision). Nevertheless, the name prevailed, and we are here going strong, as the force (Vis) is strong in us (Star Wars pun intended). As a Naturopathic doctor, my challenge and goal is to treat each person I see as a unique individual and not a named disease.

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Reflecting on 10 Years continued...

It is a challenge for some patients to see themselves as something other than their diagnosis which is why I dislike naming illness. I look at function, chemistry, exposures, lifestyle, relationships, sensitivities, allergies, stool (everything comes down to poo), and pee. I try to get people to see that there is a reason(s) they feel off and that if we work on restoring function, removing obstacles, changing lifestyles, and reframing thought processes then health will appear over time. Two people can come to Vis with the same diagnosis but be treated in two vastly different ways because we do not treat disease here, we treat the person. All the Vis Patients are great at referring their friends and family. In fact, we spend almost zero dollars on advertising because our best advertisement is "word of mouth" from our patient family. That being said, can we all work on the "individual

therapy" part a little better when talking to your friends and family? Referred patients come in and say, "you treated so and so's named condition" (ughh) "with herbily-nutrient-doo and I want the same thing". Me: "Wait, didn't so and so tell you that I'm the guy who looks into causes and over time develops a plan based on your unique situation and that no two people are created of the same mold when it comes to illness". Referred patient: "Doc, you're talking hoobideehook, just give me the same thing you gave so and so and I'll be on my way". Me: "It doesn't work that way" -- start process all over -- reboot patients thinking and mindset over time and gradually get them to understand their own function etc.. So, for the 10th year and beyond, I am asking all patient ambassadors to please kindly continue to refer with vigor but explain that going to Vis is a process, a challenge, a deep dive into the inner physiological workings of the body and that all are treated equally uniquely based on their own individual biochemical function.

The one thing that is certain in life is change. We have seen many changes over the past 10 years but our core philosophy of care is not one of them. Therapeutics, procedures, devices have changed over time but the guiding principles of Functional-Naturopathic therapy stay their course. One change we are happy about is the clinic layout. If you haven't been to Vis in a while, we have recently remodeled the clinic just in time for Covid-19 (timing issues). Our goal was to expand lecture seating and to make space for more therapies. We now have private rooms for Naturopathic Hydrotherapy, Auriculotherapy, IR Sauna, Ozone insufflation, Nebulized therapy, Massage chair therapy, and Physical Medicine modalities. We are waiting to completely setup lecture space for now, but hopefully we will be able to have in person lectures soon.

I am a blessed man to work doing something that I can feel so good about, where I am constantly learning and researching and developing. These past 10 years have brought many challenges and rewards. There are many days when it seems I have none of the right answers and other days when it seems all the stars align, and I can heal the world. There are ups and downs and cyclical changes in health and in healthcare practice. I am so thankful to share those times (good, bad, trials, celebrations) with the Vis family. I thank all of you who I have come to know so well for helping Vis Clinic thrive for the past 10 years and look forward to what the next 10 bring.



Grateful for the Lessons Learned

DR. JENNIFER MEAD

As I sit here thinking about the last 2+ years here at Vis clinic and the last 12+ years as a practicing doctor, the first word that comes to my mind is gratefulness. I am truly grateful for all the patients that I have gotten to know so intimately over the years. You all have freely shared yourselves with me in a way that has been so incredibly moving. I am honored that I have gotten the chance to be a part of your journey. But you all must know that you too have been a part of My journey. The lessons I have learned both in medicine and in life the last 12 years is because of you. You have taught me that we must use our wisdom from the past to help us create the future we want. You have taught me all about how the WILL to live and thrive can overcome most any diagnosis. These are valuable lessons no book can teach. And it is my honor to wake every morning with joy and a sense of duty to live out these lessons, to walk the talk and teach others so they too can find a higher level of health. It is with such intense love in my heart that I give thanks to you all for shaping me into the person I am today. God Bless you all!





Special Memories From Our Staff

My favorite memory is a patient who was diagnosed with Parkinson's Disease coming to the clinic for treatment. At the beginning of treatment this patient had a very flat affect and would sleep during IV pushes and did not converse with us. This patient's gait was very slow and needed help to get up out of the chair. After 10-12 PK Protocol therapies, this patient began to converse with us during IV pushes and the patient's gait was faster and balance had improved. The patient no longer needed help getting out of the recliner. It was so rewarding for me to see improvement like this over 6 months.

In the short time I've been at Vis Clinic a specific patient has really pulled my heart strings! My grandma died a long time ago and this patient reminds me so much of my mamaw. We talk so long when she comes in...I call it "my therapy sessions". Her warm and compassionate heart is contagious! She always has a smile on her face and gives the best hugs. One day in particular we talked about motherhood and how important being a mother is. It really touched my heart.

When I first met this patient, she was unsure of how to handle her new diagnosis and navigate her new health plan. She didn't know where to start and how to transition into life with so many dietary changes. Through her determination, creativity, and courage, she made great strides to understand the diagnosis and learn ways to live a vibrant and healthy life while healing. She has created beautiful meals and sought out restaurants that can accommodate her. She holds dinner parties for friends allowing her to create a menu that caters towards her dietary needs AND she can still feel safe while socializing around food. This patient has inspired me to use creativity and think outside the box when supporting other Vis patients as they tackle their own health goals.

"Vis" patients are the "Best" patients! Through the years I have enjoyed each patient who have walked through the doors of Vis Clinic, most have left a very special footprint on my heart. Every patient has their own special uniqueness about them and I have loved hearing their stories, meeting their loved ones, and watching them grow in health. If you have been a Vis patient, I do appreciate you and thank you for allowing us to be a part of your lives and trusting us with your health. While Vis has changed somewhat through the years, our quality in healthcare services and love for our patients has stayed the same. Thank you for giving us an amazing ten years, with many more to come!



Thoughts From Our Patients

I first began with Dr. Chad due to osteoporosis issues-years ago. I have also struggled with my weight my entire life. Now with the mito-keto food plan my aches and other symptoms have diminished greatly and I'm shedding pounds. It takes effort but it's well worth it! I so appreciate Dr. Chad and his entire staff. They take such good care of me. I send a big THANK YOU!!

-Karma

YOU HAVE GIVEN ME HOPE AND HEALTH FOR THE LAST SEVERAL YEARS. I'VE BEEN COMING TO VIS CLINIC SINCE 2014 AND I AM GRATEFUL BEYOND WORDS FOR YOUR DEDICATION AND UNDERSTANDING.

-SANDRA

Congratulations on your 10 year anniversary. Dr. Chad has been my #1 Dr. for 15 years. I love the Vis Clinic! My 90 year old mother thought that the sun rose and set in Dr Chad. I am so very thankful for the services provided at the Vis Clinic. The staff is friendly and helpful. I have observed that Dr Chad is a very good family man who has a very sweet wife. They both care about their patients. Keep Up The Good Work !

-Barbara

Dr. Chad and Vis Clinic have changed the trajectory of my life. Without Dr. Chad's approach and knowledge, I would likely still be in a drug-induced depression from medications, and I would likely be suffering every day from tremendous, deep anxiety. My health is much better now, and feel like I am able to actually live again. I highly recommend Vis Clinic. I would send my best friend to them in a heartbeat. I used to live closer to the clinic and could drive to Wichita in a couple of hours, but now I have lived in Pennsylvania for some time. For several years I thought I would try to find a doctor nearby who could replace Dr. Chad Krier and his sound advice and nutritional prescriptions. So far, this has been a lost cause. After seeing several other doctors and practitioners, no one has come close to the level of care and information from Vis Clinic. I keep coming back to Dr. Chad through phone call appointments and am never disappointed. He is truly amazing. -Robert



Thoughts From Our Patients

One aspect I really appreciate about Vis is this: During a patient's first visit to the clinic, the doctor listens and converses with him for as much as two hours to get a thorough understanding of his health needs. Then with the patient's consent, appropriate tests are run to pinpoint exactly what his body needs to return to good health. A consultation is scheduled and completed. Then supplements, diet changes, exercises, etc. are recommended. This is an approach to health care that really makes sense and it effective.

-Ginny

WONDERFUL STAFF. VERY HELPFUL AND FRIENDLY. THEY MAKE YOU FEEL LIKE YOU ARE IMPORTANT DURING THE TIME YOU HAVE WITH EACH STAFF MEMBER. MY MENTAL, PHYSICAL AND EMOTIONAL NEEDS ARE ALWAYS MET. IT'S UP TO YOU HOW YOU WANT TO FEEL. NO PRESSURE EVER FROM THE DOCTORS. IT DEPENDS ON YOU. I WANTED TO FEEL BETTER AND START TAKING CARE OF ME.

-DIXIE

Dr. Krier is very knowledgeable with my situation. I feel I'm in good hands. Staff is fun, attentive, very helpful. Relaxed environment. When I'm here, I forget for awhile that I have a medical problem. This is nice. Thank you.

-Kim

WE HAVE ENJOYED OUR EXPERIENCE WITH VIS CLINIC OVER THE PAST 10 YEARS. WE FEEL DR. CHAD DOES AN EXCELLENT JOB EXPLAINING YOUR LAB REPORTS AND TELLS YOU WHAT WOULD HELP IN CERTAIN AREAS THAT NEED HELP. THE NURSES ARE TOP NOTCH AS ARE THE OFFICE PERSONNEL. WE WISH YOU MANY MORE SUCCESSFUL YEARS.

-SANDRA

I can only say I am thrilled to be getting the kind of help I need for this (aged-body)! And thankful for the sweet personalities at the desk, in the lab and through out the clinic. Great work you all do!!!!

-Shirley



Celiac Disease: Symptoms, Diagnosis, and Treatment

Celiac disease is a type of autoimmune disease in which the body creates an inflammatory response to gluten and attacks the tissue in the small intestine. This response causes a disruption in nutrient absorption (which happens in the small intestine) and causes dysfunction in the digestive track which leads to compromised health.

According to the Celiac Disease Foundation, around 1 in 100 people worldwide have celiac disease and, in the U.S. alone, 2.5 million people are currently undiagnosed and at risk for long-term health issues. This disease can be difficult to diagnose since it effects people in different ways. It is estimated that there are hundreds of symptoms related to celiac disease. Some common symptoms include:

- Gas
- Recurring abdominal bloating and pain
- Irritable bowel
- Chronic diarrhea or constipation
- Abdominal bleeding, fatty stool
- Weight loss / weight gain
- Peripheral neuropathy
- Sores inside the mouth (aphthous ulcers)
- Tooth discoloration, loss of enamel
- Fatigue, especially chronic
- Brain fog
- Unexplained anemia
- Abnormal liver tests
- Bone or joint pain, osteoporosis
- Chronic nerve disease of unknown cause
- Chronic respiratory, ear, or sinus infection
- Depression
- Infertility, recurrent miscarriage
- Missed menstrual periods
- Itchy skin rash (dermatitis herpetiformis)
- Vitiligo, alopecia
- Behavioral changes, ADD, autism
- Delayed growth (short stature)
- Failure to thrive in infants

Left untreated, celiac disease can lead to the development of other autoimmune disorders like Type I diabetes and multiple sclerosis (MS), and many other conditions, including dermatitis herpetiformis (an itchy skin rash), anemia, osteoporosis, infertility and miscarriage, neurological conditions like epilepsy and migraines, short stature, heart disease and intestinal cancers.

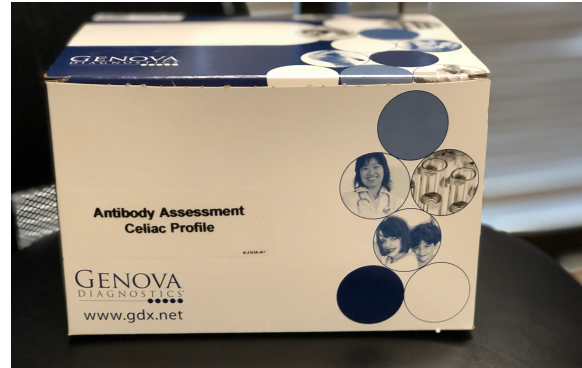
There is currently no cure for celiac disease, however avoiding all gluten (wheat, barley, and rye) can help alleviate symptoms, allow the immune system to repair itself and the intestines to heal. If you suspect that you have celiac disease, schedule an appointment to see a Vis practitioner for screening tests as soon as possible (see page 9 for information on lab offerings). Our practitioners can help confirm any deficiencies and create a treatment plan with quality supplements to help with healing. In addition, our Vis Clinic Health Coach can help you establish a healthy gluten free diet and guide you through life without gluten.



Vis Clinic Lab Offerings

Genova Diagnostics Celiac and Gluten sensitivity:

The Celiac and Gluten Sensitivity test is a blood test that measures important markers to aid in the diagnosis of Celiac Disease including Total IgA, Anti-Tissue Transglutaminase IgA (tTG IgA), Anti-Deamidated Gliadin IgA (DGP IgA), and reflex Anti-Endomysial IgA (EMA IgA). Gluten sensitivity is assessed via Anti-Gliadin IgA and Anti-Gliadin IgG. Along with these results, Genova's unique report configuration provides a simple diagnostic algorithm to aid clinicians in assessing likelihood of disease.



The Celiac and Gluten Sensitivity Test measures the following:

Anti-Deamidated Gliadin IgA (DGP IgA), Anti-Gliadin IgA, Anti-Gliadin IgG, Anti-Tissue Transglutaminase IgA, Total IgA

Conditions and symptoms associated with Celiac disease

- Chronic diarrhea with weight loss
- Steatorrhea
- Postprandial abdominal pain
- Bloating
- Malabsorption with nutrient deficiencies (iron, B12, calcium)
- Irritable bowel syndrome
- Elevated liver enzymes
- Peripheral neuropathy
- Cerebellar ataxia
- Type I Diabetes
- Autoimmune hepatitis
- Autoimmune thyroiditis
- Infertility
- Dermatitis herpetiformis
- Sjogren syndrome
- Addison's disease
- Parathyroid disorders
- Growth hormone deficiency
- Primary biliary cirrhosis
- Primary sclerosing cholangitis

Conditions and symptoms associated with Gluten Sensitivity

- Irritable bowel syndrome
- Abdominal bloating
- Abdominal pain
- Diarrhea
- Nausea
- Aphthous stomatitis
- Alternating bowel habits
- Constipation
- "Foggy mind" or inability to concentrate
- Fatigue
- Headache
- Anxiety
- Joint pain
- Skin rash



Supplement Spotlight

Serenaid: [Click here to shop](#)

A proprietary blend of microbial enzymes, SerenAid® is specifically formulated to assist in breaking down a broad range of plant and animal proteins, including casein (milk and dairy products), gluten (wheat, rye, oats, barley, and other grains), and soy proteins. The inclusion of Exorphinase® differentiates SerenAid® from other digestive enzyme formulas. This proprietary, high-activity enzyme blend of peptidase and protease with dipeptidyl peptidase IV (DPP-IV) activity can assist in hydrolyzing small protein peptides, including casomorphins and gluteomorphins that can adversely affect the central nervous system in some individuals.† The enzymes in this formulation are pH-stable, demonstrating activity over a wide range of pH conditions (pH of 2 to 12)



- First fungal-based enzyme formulation to offer dipeptidyl peptidase IV (DPP-IV) activity formulated to support the unique proteolytic needs of children on the spectrum.
- High serine proteinase DPP-IV activity, to cleave the post-proline bonds and prolyl bonds near the N-terminus of proteins and peptides.
- Post-proline and prolyl bond cleavage supports proteolysis of casein, gluten, and their exorphin peptides, casomorphins and gluteomorphins.
- Proprietary, patented combination of peptidase and protease enzymes with DPP-IV activity to support hydrolysis of exorphin (opiate-acting) peptides.

November Webinar

Celiac Disease: Symptoms, Treatment and Living Gluten Free

November 18, 12:00-1:00 pm

Cost: \$20.00

[Click here to register](#)

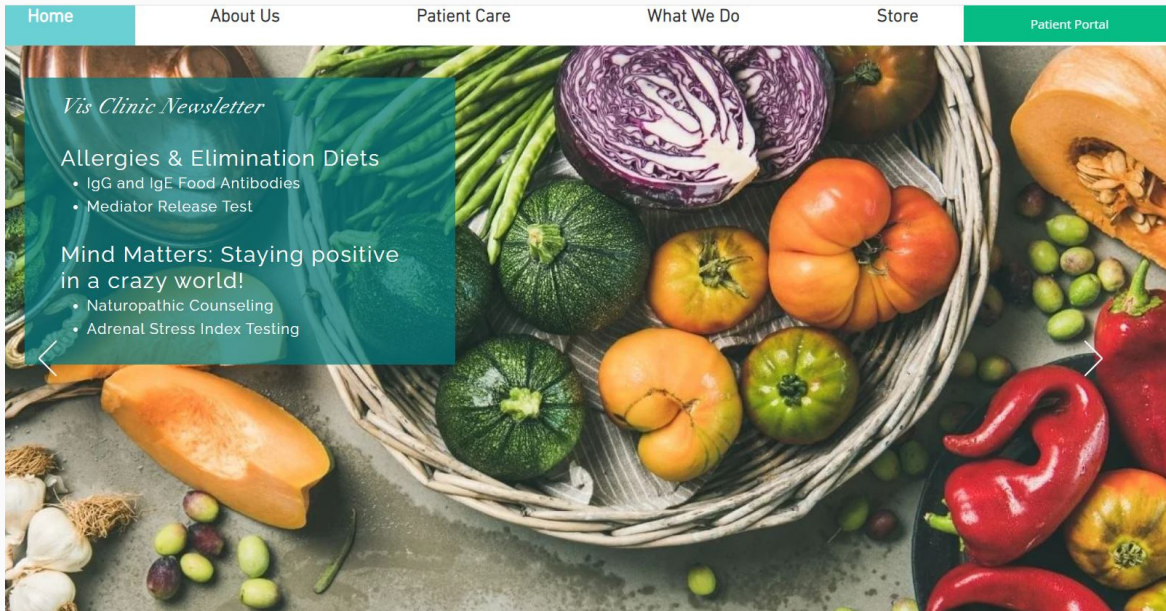
Join Dr. Jennifer Mead and Health Coach Dana for a deeper look into Celiac Disease, a serious genetic autoimmune disease that is triggered by gluten. It is estimated that 1 in 133 people in the United States have celiac disease and 83% of the people with celiac disease go undiagnosed. Left undiagnosed, individuals are at risk for other serious health consequences. In our webinar, we will discuss signs and symptoms, what type of treatment works best to heal the gut, and how to live gluten free.



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20% OFF
SUPPLEMENT SALE
NOVEMBER 30-DECEMBER 4

SALE does not include any of the Naturethroid or WP thyroid products.

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Or we can also mail it to your home!

Call us at 316-425-3729 or email at info@visclinic.com

Supplement Store Hours

Mon - Thurs 8:00 am - 5:00 pm

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