

BLUESTONE HEALTH GROUP

BCA-Body Comp Analytics

Bluestone Health Group is changing the way people look at health by bringing the focus back to the physical examination and patient centered care. It's our new, cutting edge system, Body Comp Analytics, that allows us to have unparalleled patient outcomes. Body Comp Analytics is a true deep dive into the individual. The protocol assesses, measures and tracking over 70 different bio-parameters such as hormone balance, tissue health, muscle mass, fat mass, frame mass, water content, water distribution, and acid/alkaline balance. This new analytics tool allows hyper individualized and customized weight loss and health programs to evolve in a new and never before seen way.

[More Details....](#)

Leanness & Health

The scientific community has held lean body composition as one of the 4 tenets in maintaining good health for decades. Yet, we are the fattest nation in the world. The weight loss industry is booming and failing all in the same. Lifestyle diseases are taking over our healthcare system with no definitive forms of treatment while at the same time, expensive drugs are failing our families, communities and nation. Why? The answer is lack of an effective way to assess, track and treat body composition. The better your body composition and cellular health is, the better you feel, the better you look, and the better you can be a role model for those you care about. It might be considered vain to want to look great! If that's the case, then we at Bluestone Health Group are 100% OK with that. Whatever your reason for changing your body composition, weight loss, health or vanity, we're on board!

Being Lean for Health and Vanity ='s Healthy Vanity!

Dr. Kurt has coined the term "healthy vanity" to popularize the realization that looking and feeling good are often one in the same, that we shouldn't feel guilty for making and wanting our insides, and our outsides, to be healthy as well as aesthetically pleasing.

The 7(21) Program

The 7(21) Detox program works by creating a full metabolic reset geared towards facilitation of hormone optimization and balance as well as toxicity and fat removal. Toxins are fat soluble and often need targeted nutritional strategy for long-term weight loss to occur; this is why many people do not lose weight even on calorie restricted diets with exercise plans until they use proper nutritional protocol. The 7(21) Detox allows for fat cells to be released and disposed of while at the same time adding deficient nutrients back into the tissues, helping you to not only lose weight, but reach optimal health and hormonal balance at the same time.

[More Details....](#)

The 7(21) Detox

The 7(21) Detox is an intensive detoxification week followed by a 21-day maintenance program. All 7(21) programs are completely customized. Customization of patient programming is dependent upon results reported following the Body Comp Analytics assessment. Following the intensive 7-day period Bluestone Health Group shepherds clients into the 21-day maintenance portion of the program. Specific diet and lifestyle counseling is given for these weeks to ensure the continued success of the patient.

Why We Chose Detox as our Primary Method of Treatment

An interesting study was published in the 90's and it talked about the signs and symptoms of chronic poisoning. The signs of chronic poisoning were found to be the same seen everyday in medical offices and homes around the country, fatigue, headaches, inability to lose weight and many more...

Bluestone Health Group uses detoxification as a baseline for treatment. Conventional medicine looks to add and add substances and drugs into the body in order to elicit change. Bluestone Health Group has a different approach. We utilize the latest in detoxification and biotransformation techniques to help pull toxic substances out of the body. When toxins are eliminated from the body, energy systems work more efficiently and create a happier and healthier environment in the body.

Why The Emphasis on Removing Toxins

There are over 80,000 registered chemicals in the atmosphere, and for the most part, the information and science is lacking in regards to how they affect the human body, as well as our environment. Toxins have been linked to almost every disease imaginable on some level or mechanism. Toxins are direct mitochondrial poisons, meaning they drastically affect how your body produces the energy it needs to live and thrive.

Science over the past 20 years has identified a huge number of specific toxic compounds, ubiquitous to the environment that fall into the category of endocrine disruptors or excitotoxins. Those terms refer to toxins which either affect the brain, or the way your body produces and uses hormones. Once we are able to rid the body of toxicity, many ailments resolve themselves without pharmacological treatment or disease progression.