

# HEALTHQUEST

## Welcome to Dr. David C. Kolbaba & Associates

We are driven to attaining excellence in ourselves every day. We encourage our patients to attain goals and reach heights they wouldn't have experienced otherwise had they not walked through our door.

Our office provides a comprehensive, complimentary, and integrative healthcare approach performed with sincere loving care for you and your family's health. Our specialties include chiropractic medicine, nutrition, health coaching, acupuncture, applied kinesiology and rehabilitation.

While looking beyond the treatment of your signs and symptoms, our doctors will search for the root cause of your health concerns. We will work with you to develop a personalized strategy program to regain your optimal health status.

Our hope is to motivate and inspire you. Your experience with us can be life changing.

Our Clinic Director, **Dr. David C. Kolbaba**, is a **Natural Healthcare Practitioner, Chiropractic Physician** as well as a **Board Certified Clinical Nutritionist** and **Certified Addiction Professional**. Dr. Kolbaba's first and foremost passion is to help bring out personal health strengths while improving longevity factors, insuring the highest quality of life through better health and lifestyle changes.

In addition, **Dr. Kolbaba** is founder and show host of **HealthQuest Radio**, Chicago's longest running health news and science show, which is unique in the presentation of natural therapies, nutrition and functional integrated health care. **The show airs every Saturday at 11:00 am on AM 560 WIND and 1:00 pm on 1410AM WRMN.**



Our Clinic Associate, **Dr. Thomas M. Mitchell** is a **Chiropractic Physician, a Functional Rehabilitative Specialist** and **Certified in Applied Kinesiology**. Dr. Mitchell's qualifications include health coaching, guest lecturing and family practice. Functional and Sports Medicine as well as Clinical Nutrition are areas of his expertise.

# Our Clinic Services and Resources



Our HealthQuest goal is to “Make your life an **Adventure in Health** not in sickness and disease.” Our New Patient Strategy Consultation is the first step toward your personal “Adventure in Health”.

Dr. Kolbaba will meet with you to discuss your personal health issues and concerns. The next step is a **Nutritionally Based Comprehensive Physical Exam** that may include X-rays. A **Report-of-Findings** appointment will follow your exam where Dr. K will thoroughly explain the results and findings of your examination. This completes the first phase of your comprehensive healthcare program. We provide X-rays and blood work in our office for your convenience.

*We provide a variety of services in our office to meet the many needs of our patients.*

## Conservative Chiropractic Care

Your best bet for prevention, correction and relief of your current back pain and discomfort is **Natural Chiropractic Care**. This is your first line of defense for your festering back symptoms. Chiropractic care is not a quick fix, it's the **RIGHT FIT** for you and the health of your spine!

**Schedule your exam today and feel better tomorrow!**

## Our Detoxification Program

Our program is an important and powerful tool in facilitating your health and healing. Nutritionally balanced medical foods accompanied by expert knowledge and years of experience guide and support you through weekly **Health Coaching** sessions. A customized nutritional protocol is created for you based on your personal needs, medical symptoms and lab work results.

This **Detoxification program** is designed to help your body eliminate toxins while addressing vitamin and mineral deficiencies. This will allow your body's own repair systems to recover and function effectively. Reduction of pain and inflammation, increased energy and mental clarity will be noticed as well as improved nutrient absorption within your body.

Dr. Kolbaba and Dr. Mitchell provide help and support with nutritional counsel, chiropractic education and sound, professional advice.

## Find Your Personal Health and Well Being

**BioImpedance Analysis (BIA)** gives you a personal assessment of your current body's health. This is a non-invasive, diagnostic test used to monitor the impact of all the healthy choices you are currently making. It gives us a projected impact trend for you to follow thru with greater success than you've ever experienced before.

**The BIA is an integral part of our Detoxification and Health Coach Program.**

*See our Front Desk Coordinators for any questions and to schedule your appointment.*

*Insurance submittance and explanation of benefits are provided for your convenience. See our Insurance Specialist with questions concerning your insurance coverage.*

## Your Kids Care

Our clinic provides comprehensive care for the whole family! Invest in your children's health now and for the future by bringing them in for a **Nutritional Physical Exam and Health Assessment**. In addition to chiropractic care, nutritional support in the way of **Health Coaching** will assist you in finding ways to improve your children's diet and lifestyle choices. We also carry a **full line of supplements just for kids**, including multivitamins, allergy relief, digestive and immune support. **Ask for the OrthoMolecular Springboard Line brochure for details about these high quality supplements.**

**We offer a family plan called the “Saturday Chiropractic Club” to benefit the entire family and features affordable treatment by Dr. Mitchell.**



# Testing and Therapy

## Complete Comprehensive Blood Testing

This test is a complete **blood chemistry, differential blood count, comprehensive thyroid test, a fasting urinalysis** and includes **Homocysteine and High Sensitivity-C-Reactive Protein (HR-CRP) panel**. You will receive a **computer-based interpreted report** that is customized to your specific needs and based on your results. We also provide **AntiMalignan Antibody in Serum (AMAS)** and thyroid testing.

## Hormonal and Glandular Balance Testing

Saliva testing is a convenient, inexpensive and most accurate means of testing steroid hormones in the privacy of your own home. We are able to measure the actual free biologically available progesterone, estrogen, testosterone and DHEA in the tissues of your body using saliva testing. Tests we offer include:

- *Adrenal Stress Index (ASI)*
- *Female Hormone Panel (FHP)*
- *Post Menopause Hormone Panel (PHP)*
- *Male Hormone Panel (MHP)*

Ask for our Newsletter article on "Let's Talk Hormones" or our Saliva Test brochures for more information.

## Comprehensive Body Scan

We're excited to offer this state-of-the-art testing in our office! The **Comprehensive Body Scan** is virtually painless, safe and non-invasive. Whether you are looking to improve a pre-existing health condition through natural means or want to take a more proactive approach to your health and well being, this test is for you!

58 specific acupoints on the hands and feet are measured giving us a read out on your energy circuits. Our CBS Technician will provide a profile of the functional state of your organ systems and health. Test results allow consideration of thousands of herbal, homeopathic and nutritional products that can help you regain a healthy balance.

## Anti-Aging Profile

The **Oxidata Test** is a monitoring system for testing the amount of free radical activity within the body. This test enables you to determine the level of stress on your body caused by free radical activity. By using this simple test, our doctors can determine appropriate nutritional protocols.

Ask for our Oxidata Test brochure for more information.

## Comprehensive Allergy Assessment

Allergies cause some of us to react to our environment in ways that cause discomfort and miserable suffering. If you or someone you love suffers from any kind of allergy symptoms, take the next step! Reserve your **Comprehensive Allergy Assessment**. Help us help you eliminate these allergy symptoms and become allergy-free, once and for all!

Virtually every allergy sufferer has gastro-intestinal challenges! With over 60% of your immune system located in your intestines, it is believed that most allergy symptoms may be due to an intestinal challenge and not a true-allergy-weakness or predisposition! A **Comprehensive Digestive Stool Analysis** may be your ticket to better health and fewer allergies! This test will help us uncover the hidden challenges in your gut that are making your life difficult to cope with.

## Bone Density Test

Our **Bone Density Test (Dexa)** is a safe, fast and easy way to assess your bone mineral density. Osteoporosis is a loss of bone density that can lead to serious fractures, including disabling hip fractures and affects more than 25 million Americans, about 80% of them women. Your report-of findings will guide our doctors in prescribing nutrient supplementation to meet the needs of your bones!

Schedule your Dexa appointment today to find out if you're at risk for osteoporosis.

## Standardized Hair Analysis

Our **Standardized Hair Analysis** can determine if element balances or toxicity may be causing your symptoms. Our hair can accurately reflect where we've been and how healthy we've lived up until now.

In addition, deficiencies or imbalances of essential elements in our bodies can result from toxins, an improper diet, genetic predisposition, maldigestion or malabsorption of food, medications, excess stress or an improper balance of nutritional supplements. Find out if excess toxins are affecting your health by taking this inexpensive and noninvasive test today.

Ask for our Hair Analysis brochure for additional information.

## Therapeutic Modalities

We provide a variety of therapies specific to our patient needs. **Acupuncture, Transcutaneous Electrical Nerve Stimulation (TENS), Auricular and Meridian Therapy, Ultrasound and Cold Laser Therapy** enhance your comprehensive healthcare experience.

# Our HealthQuest Staff

*The spirit and central theme of our office revolves around loving care. Led by Dr. Kolbaba, we are unique members of a team of professionals. Our goal is to treat the "entire" patient - physically, emotionally, relationally and spiritually while helping to attain the highest level of wellness possible for everyone.*

**Dr. David C. Kolbaba, DC, CCN, DACBN, CAP** is a 1982 graduate of National College of Chiropractic in Lombard, Illinois and has been in private practice for over 20 years. While earning two undergraduate degrees, a Bachelor of Arts degree in photographic science and a Bachelor of Science degree in human biology, he worked his way through medical school as a law enforcement officer and as a D.J. for a major Chicagoland radio station.

**Dr. Kolbaba** is a member of the **American Chiropractic Association, the Illinois Chiropractic Society and Health Coach International**. Dr. Kolbaba is dedicated to the sharing of the natural healing principles and remedies relating to conservative Chiropractic care, and all of its branches and specialties.

While **Dr. Kolbaba** holds a **Diplomate Certification in Clinical Nutrition** and is a **Certified Addiction Professional**, his experience hosting **HealthQuest Radio** has allowed him access to medical and healthcare professionals as well as best selling authors. Many featured authors share their scientific discoveries and supporting research with our radio audience. This direct link benefits our patients by Dr. Kolbaba's ability to utilize the new science and create an action plan.

**Dr. Thomas Mitchell, DC** is a 2003 graduate of the National University of Health Sciences in Lombard, Illinois. His background includes Chiropractic residency at St. Alexius Hospital in Hoffman Estates. He has served as a healthcare consultant to some of Chicagoland's largest multidisciplinary healthcare facilities.

**Dr. Mitchell** is a member of the **International College of Applied Kinesiology, the American Academy of Spine Physicians, the American Chiropractic Society** and the **Illinois Chiropractic Society**. Dr. Mitchell's dedication and passion to healthcare is deep rooted as he provides optimum patient treatment and education.

Our **Clinical Assistants, Phyllis Graham, Cathy Domanico, Asia Hrabia and Joy Locum** work with **Dr. Kolbaba** and **Dr. Mitchell** providing hands-on patient care. Patient therapies, clinical support and patient education are just a few of their many contributions. Their combined spirit of teamwork and sincere dedication to each patient provide a comfortable experience while helping patients take responsibility for their own health. Cathy also maintains our inventories of medical foods and nutritional supplements.

**Amy Herriges, Carla Boelkens and Margaret Wajowski** are the clinic **Front Desk Coordinators**. Their high level of energy along with patient and loving spirits enable them to keep our front desk procedures running smoothly. They are dedicated to assisting each patient with their recommended schedules of care. Amy also assists in answering our **HealthQuest Radio** hotline during our radio show broadcasts.

**Beverly Kolbaba** is our **Comprehensive Body Scan Technician**. Beverly's expertise with state-of-the-art technology create an exciting addition to patient care and enhance your wellness experience in our clinic.

**Kathy Larson** is our **Business Manager**. Kathy's organization skills, positive energy and encouraging leadership are a motivation to the entire office. Her attention to detail and creative ideas help meet the day-to-day challenges of running our office. She is also the **Executive Producer of HealthQuest Radio**, coordinating all aspects of our Saturday morning radio show.

**Kathleen Frederickson** is our **Insurance Specialist**. Kathy's experience and knowledge of insurance codes and procedures as well as her dedication to follow through on each patient's behalf make her a valued part of our team. As a convenience to our patients, she will verify your insurance benefits and submit your insurance claims.

**Jaye Penoyer** is our clinic graphic designer and photographer. Her creative talents are seen around the office in our **HealthQuest** newsletters, patient handouts and other relevant materials. As **Producer of HealthQuest Radio**, Jaye assists Dr. Kolbaba and Kathy in behind-the-scenes production.



## HealthQuest Radio

HealthQuest Radio airs every Saturday morning at 11:00 am on *AM 560 WIND* and 1:00 pm on *1410AM WRMN*. For more than 26 years, HealthQuest Radio has been Chicagoland's longest running health news and science show with originator and program host, **Dr. David C. Kolbaba** bringing many years of training and expertise to the *WIND* airwaves. From its start in a small Fox Valley town to broadcasting from the John Hancock building in downtown Chicago, **Three hours of Chicagoland Radio!**

HealthQuest Radio explores varied health related topics aimed at the education and motivation of our listeners. The intended result is increased **health consciousness**. We want to impress upon our listeners the true meaning of the word **PREVENTION** as it is related to their total health and lifestyle. Also featured are a variety of special guests including medical and healthcare professionals and best selling authors.

### HealthQuest Radio CD Library

Our HealthQuest Radio shows are available on CD for your listening convenience. A nominal fee applies.

Call our **HealthQuest Hotline** at 1-800-794-1855 for a complete list of show titles or get your copy at the front desk.

### Foot and Ankle Issues... Periodic Low Back Pain?



Be sure to consider a **Computerized Gait Scan**. This brief, non-invasive, **state of the art** test will help us learn what areas of your feet may need better support. This computerized system records your timing sequences during gait as you walk across the pressure plate. This enables **Dr. Kolbaba** and **Dr. Mitchell** to see a clear picture of your foot mechanics and determine whether you would benefit from wearing custom-made foot orthotics.



### Bring Your Tired, Aching Feet to Us



Your feet have an important job; they carry you throughout the day, with every step making an impact on your body. Based on your **Computerized Gait Scan**, a pair of **prescription orthotic inserts or orthotic shoes** will be created for you. We offer a wide variety of shoe styles, in men's, women's and children's sizes.

**Ask for our Orthotics brochure or visit the Orthotic Shoe display in our office.**

*Dr. David C. Kolbaba & Associates*  
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## Nutritional Supplements

It's obvious that our most common food choices are seriously lacking important nutrients and minerals. How can you decide on the right **high quality nutritional supplements** to take for yourself and how long should you take those supplements?

Ask for our handouts, "**Vitamin Supplements, Why Take**" and "**Our Purity Standard**" explaining ways we help you make informed decisions about your supplement purchasing.



OrthoMolecular Products

We carry a full line of high quality nutritional supplements from companies who adhere to strict standards. In addition to our **HealthQuest Private Label** products, nutritional companies we use are **OrthoMolecular Products, Metagenics, Premier Research Labs, Prozyme** and many more.

**Listen to HealthQuest Radio Saturday mornings for special offers on selected nutritional supplements.**



## HealthQuest Newsletter

Get your copy of our latest **HealthQuest Newsletter** chock full of informative articles, testimonials from our patients, recipes, coupons and inspiration.

# Make Your Destination . . . HEALTH It's Never Too Late to Begin!

## Testimonials

*"The accountability and encouragement attending weekly Health Coaching sessions have been critical to changing my thinking and long standing habits. My health journey with Dr. K and his wonderful staff continues to be an answer to prayer. Thank you!" - Nancy Howser*

*"Weekly Health Coaches keep me accountable and Dr. K and his staff cheer me on every week. I never feel like I'm alone on my detoxification program...every step of the way there is someone to talk to and guide me."*

**- Bianca Poms (on losing more than 100 pounds)**

*"The high point of my week is a visit to Dr. Kolbaba's office. A friendly, loving staff is always ready to cheer my health successes, and at age 83, I have many!" - Martha Cook*

*"Dr. Kolbaba is a master at health coaching, mixing the right blend of encouragement and challenge. I'm happier now than I've ever been and more connected to all that I value most in my life."*

**- Diana Hofmann - (on losing more than 116 pounds)**



**We are conveniently located just east of Route 31  
off Route 72 and Sixth Street**



**Wendall,  
Our Office Mascot**

## Dr. David C. Kolbaba & Associates

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[www.HealthQuestRadio.com](http://www.HealthQuestRadio.com)  
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