

## GLOWING TESTIMONIALS

Dr. Samuel Yanuck's grandfather, Solomon Lasky, was for many years an allergist in New York City. "His view," says the grandson, "was that a skilled physician should be able to sit with a patient and listen to their story, and by the end of the telling of that story, he should know the nature of the problem."

"Any blood tests and other testing would simply be to confirm what you already know—and that is because, as a skilled physician, you know about neurology, body chemistry, and physiology, and how bodies work. And you're a good listener; you can put the pieces together. He felt strongly that medicine should be patient-centered—and that doctors should not be in such a hurry. That was his sense of things, and how he practiced medicine."

Dr. Yanuck, a chiropractor with post-doctoral training in neurology, non-needle acupuncture, and clinical nutrition, is providing care that would surely win a nod of approval from his grandfather. Over the past 14 years, his approach to health and healing has attracted patients from throughout the Triangle and far beyond, from nearly half the states in the U.S., and from Europe and India.

## RECOGNIZING PATTERNS

For the new patient, an introduction to the practice begins with completion of a detailed, 17-page health questionnaire, and an hour-long visit with Dr. Yanuck that may include neurological, acupuncture meridian, chiropractic, and physical exams, nutritional assessment, and scheduling of lab tests as necessary—all leading to a better understanding of the patient's problem and a plan for treating it effectively. This thoroughness often leads to breakthroughs with patients who have struggled with the same problems for a long time.

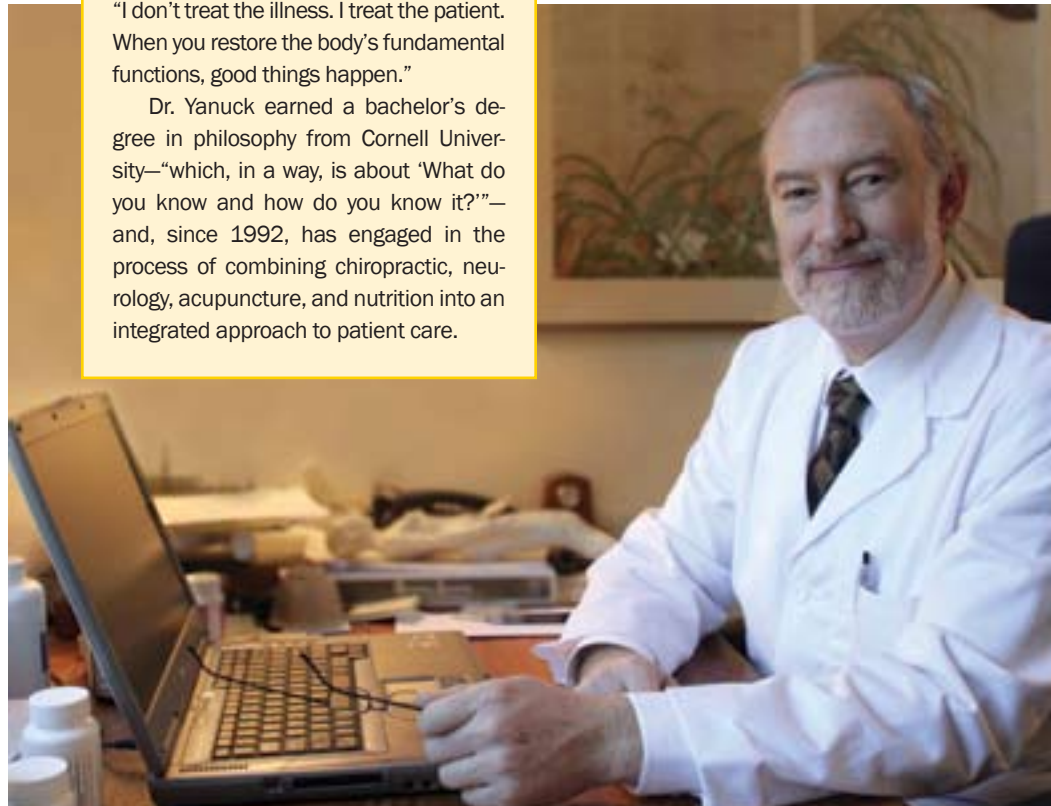
Because each patient's needs are different, there is no standard program applied in every case, Dr. Yanuck notes. "The key is systematically diagnosing each unique situation, and providing the right combination of treatment elements to restore the patient to the fullest possible level of function and abundant health."

"When I'm sitting with a patient, I have five or six different pattern-recognition orientations from which I can understand the relevance of what they are saying. If a patient says, 'I'm sensitive to perfumes,' that's a signal that there's a problem with the patient's body chemistry. 'I'm achier in the morning' is a signal about their neurological function. 'I feel unsteady on my feet when I'm tired' is also a neurological signal. If a person says, 'One side of my tongue swells up when I'm stressed,' that's a signal about a problem in the person's acupuncture meridian system."

"It's important to be able to wear the hat the patient needs for me to be wearing in each

Over several decades, Dr. Yanuck has collected a legion of loyal patients who often offer dramatic testimonials. Their comments about healing and regained health embrace an extraordinary range of health issues, from allergies to brain injuries, arthritis and ADD to autism, multiple sclerosis and discoid lupus, and much more. When asked how he addresses such a wide range of conditions, Dr. Yanuck says, "I don't treat the illness. I treat the patient. When you restore the body's fundamental functions, good things happen."

Dr. Yanuck earned a bachelor's degree in philosophy from Cornell University—"which, in a way, is about 'What do you know and how do you know it?'"—and, since 1992, has engaged in the process of combining chiropractic, neurology, acupuncture, and nutrition into an integrated approach to patient care.



Dr. Samuel Yanuck: expert at reading body signals.

moment—and it can change on the fly. I need to understand and appreciate the clues about body chemistry as if I were a nutrition expert, the meridian system clues as an acupuncturist would, the neurology clues as a neurologist would, and so on. The overall effect is like seeing five or six doctors at once, and having those five or six doctors communicating with each other seamlessly, as I relate all the factors together into a picture of what's going on in the patient's case. Each patient then gets the right combination of treatment factors that match the different parts of their problem."

"Rather than ignoring the problem or masking the symptoms, which medications often tend to do, it's important that treatment gets to the roots of the problem," he says. "My goal is to understand what's causing the problem, and correct those causal elements so they don't continue to develop and come back to haunt the patient later in a larger form."

## READING BODY SIGNALS

"The first step in the process is to take enough time with each patient. I see one patient per hour. Listening closely is probably the most important thing I do. If you let patients tell the story of their problems in their own way, without rushing them, they almost always tell you the key factors that help solve the case. If you make

# Read Body Signals *To Slow Decline*

when you spray extremely hot chlorinated water, like you do in a shower, you make chloroform gas. It turned out she was breathing chloroform every morning and it was causing her headaches. The cure for her migraines was to put a simple chlorine filter on her shower head."

## FINDING ROOT CAUSES

Another key part of the process is to find the underlying cause of each problem. Different patients can have similar symptoms for entirely different reasons.

"Another patient, a middle aged man, came to see me with a long history of back pain and fatigue. In the course of examining him, I observed some scars on his legs that he'd gotten years before as a fireman when he'd fallen through a burning roof. The scars went right through important acupuncture meridian points related to energy level and back function. In addition to treating his back with chiropractic adjusting, I treated the scars on his legs with acupressure (without needles) and his pain and fatigue resolved."

"A patient I'm seeing now, a retired woman, came to see me for back and leg pain and severe fatigue. In discussing her dietary habits, it became clear that, unlike the fireman, her problem was rooted in imbalances in her body chemistry. Her body was far too inflamed and she was unable to turn fat into energy in her cells. As a result, she had chronic pain and low energy and was unable to lose weight."

On bad days, she'd arrive at my office in a wheelchair. I changed her diet, gave her nutritional supplements targeted to her specific needs, and put her on a program of specific exercises. Over the course of the past few months, her back and leg pain have disappeared, her energy is restored and she's out of the wheelchair. Her main problem now is that her clothes don't fit anymore."

"Though the fireman and the retired woman had virtually identical problems, the causes were totally different. The fireman's pain and fatigue resolved with chiropractic adjustments and acupressure. The retired woman's problems resolved with specific changes to her body chemistry using diet and nutrition. In every case, my job is to understand the signals and treat each factor in the patient's problem with the treatment method that matches it correctly." **hkh**

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them rush through it, or ask them questions in rapid fire, you'll usually miss the key clues."

"I remember a patient who had terrible migraines who came to see me one winter. She'd had every workup you can imagine with no results. In the course of telling her story, she remarked that her headaches were worse in winter. She hated the cold weather, so she took extremely hot showers to try to warm up, and came out looking like a lobster. Well, I knew that

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