



Jenny Hughes Healing

Dear Friend,

Thank you for your interest in ELAN Healing System.

It is my delight to have found an effective system that allows me to gently care for people in a way that significantly increases physical well being, improves mental health and brings higher quality of life.

The research on ELAN work for the past 20 years shows that:

- People who feel healthy and rate their quality of life as high, have bodies that are softer and more flexible than do people who are experiencing struggle and dis-ease. They also breathe more.
- No matter what else we do for ourselves (diet, exercise, medication), our body and mind function more effectively when there is optimal tension in our nervous system. (Not unlike the tuning of a guitar string; to play the correct note, it can't be too loose or too tight.)
- Effective human care with long lasting results can be provided with gentle touch.

You can find the Astonished By The Numbers article I wrote about the ELAN data on my website www.JennyHughesHealing.com in the blog section.

Enclosed you will find the following:

A Statement of Purpose & Clinical Objectives

A History form

Please read and complete all enclosed documents prior to your initial visit.
I look forward to meeting with you!

Warmest Regards,

~ Jenny Hughes

2320 Forster Ln ♥ Auburn, CA 95603 (530) 389-4141



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Statement of Purpose & Clinical Objectives

The purpose in sharing this statement of clinical objectives is to clearly define the ELAN Healing approach to health & wellness to those served in my care. I wish to clearly communicate my responsibilities in this optimistic relationship.

The following concepts are central to the way in which I care for others. I am pleased to share these ideas with you so our purpose can be in alignment from the very beginning.

- There is an intelligence within each individual which not only keeps that person alive, but also coordinates, repairs, renews and heals every cell of the body.
- The nervous system is the main distribution center and coordinating system for this intelligence. Proper coordination, repair, movement, healing and genetic potential cannot be fully expressed when this life power and intelligence is suppressed.
- The purpose of the ELAN entrainments given in this care are to teach the nervous system new strategies for optimizing tension, which allows for improved communication between your mind, body and life. The work we do together promotes better health, vitality and sense of well-being. Everyone, in spite of specific symptoms or ailments, can benefit from more vitality & enhanced wellness.
- Symptoms are not necessarily a sign of illness, they can occur to alert the individual of the need for change. This is central to how I care for others. If you want to become healthier and use your symptoms to motivate change in behavior, you are in the right place!
- By their very intent, various medical treatments may interfere with the functioning of the nervous system. This may include drugs such as pain relievers, muscle relaxers, anti-inflammatory compounds and mood-altering medication. This can often prolong the time required for advancement in care.



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Statement of Purpose continued

- Medication levels may need to change, so please have a good relationship with your medical doctor. I will not venture into the practice of medicine by advising about the need for reduction of medications. You will work with your physician to determine the objectives and goals to be obtained by receiving a particular medical treatment. Your physician may guide you in changing any medication or treatments you are presently utilizing to accommodate your changing body-mind.

Consistent with the above concepts, I care for people using the techniques I believe to be the most honoring and effective. These include breathing exercises, light contacts to the tissues around the spine, and vital life coaching.

Let's find more wellness together!

~ Jenny L. Hughes

I, _____, have read this statement of purpose and understand its contents. *I understand that the care offered in this office is not a replacement for any form of treatment provided by other types of practitioners. I understand that I am not being treated for any condition or symptom.* This practice offers ELAN Healing Systems as a form of wellness care; to promote the natural mechanisms for self-healing and empowerment, as compared to specific target treatment.

Signature: _____ Date: _____

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Name _____ Date _____
Address _____
Phone (H) _____ (O) _____ (M) _____
Referred By _____
Date of Birth _____ Age _____ Height _____ Weight _____
Email _____

1. Do you have any current health concerns? If so, please describe.

2. When did this situation or concern begin? _____
3. Have you ever been hospitalized? Yes No If yes, what was actually done to you?

4. Have you had surgery? _____
5. Do you still have all your body parts? _____
6. Have you consulted a physician or any other health care provider in the past three months? Yes No
7. What is/was the reason for the visit(s)? _____

8. What was done or suggested? _____

9. Please list drugs, when prescribed and reasons for taking them.

10. Do you have any exercise, meditation, prayer, nutritional or dietary programs?
Yes No Please explain:

11. Have you ever significantly injured your body? Yes No
 - a. Date of most significant injury: _____
 - b. What happened? _____
 - c. Date of most recent injury? _____
 - d. What happened? _____



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12. Have you broken any bones or significantly sprained part of your body?

Yes No Please explain:

13. How much confidence do you have in your family MD 1-10? (10 is highest) _____

14. How much confidence do you have in your bodies ability to heal itself, 1-10? _____

15. To what age do you want to live? _____

16. How important is your health? 1-10 _____

17. When stressed, how do you "center yourself" or "re-group"? _____

18. Is there some aspect of your life that very much pleases you, brings you joy, or helps you to feel better about yourself? _____

19. Are there any particular factors or elements about your life, experiences, family, work, recreation, past injuries, genetics, dietary programs, exercises, outlook, etc. that you feel impair your opportunity for full glowing health?

20. Are there any particular factors or elements about your life, experiences, family, work, recreation, past injuries, genetics, dietary programs, exercises, outlook etc. that you feel give you an edge, or adds to your health?

21. How do you rate your physical health?

a. Excellent Good Fair Poor Getting better Getting worse

22. How do you rate your emotional / mental health?

a. Excellent Good Fair Poor Getting better Getting worse

23. If you consider yourself ill, why do you feel you are ill?

24. If you consider yourself well, why do you feel you are well?



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25. What are some of your healthy sources of energy?

26. Where do you get energy that does not really serve you, or is actually unhealthy?

27. Where are you most irresponsible? _____

28. What are you addicted to? (Alcohol, sugar, adrenalin, etc.)

29. Why are you considering hiring me as your health advocate?

30. How will you know when your reasons or goals for being at this office have been met?

31. What consumes your time that does not give you a wonderful present or future?

32. Is there anything else you wish to share which may help us to better understand you or why you have chosen to be seen by an ELAN Healing practitioner?

Thank you for considering my services. I look forward to assisting you on your journey of health, wellness and an enriched life!

~ Jenny L. Hughes