Basic Treatment Guidelines

Some “Natural Laws” to Live By
Why do people get “ill”?
Mechanistic causes in nature that can be potentially understood and cured by the application of the scientific method

1. Organic breakdown or deterioration (e.g., tooth decay, heart failure, senility)
2. Obstruction (e.g., kidney stones, arterial blockage due to plaque build-up)
3. Injury (e.g., broken bones, bullet wounds)
4. Imbalance (e.g., too much or too little of specific hormones and salts in the blood)
5. Malnutrition (e.g., too much or too little food, not enough proteins, vitamins, or minerals)
6. Microbes (e.g., bacteria, viruses, fungi, amoebas, worms)
7. Toxins
8. Stress
9. Lifestyle – (lack of exercise, smoking, lack of sleep etc)
So these common “triggers” often manifest in chronic disease MANY years later (but they are not the cause)

Miasm
- Psoric
- Sycotic
- Tuberculinic
- Syphilitic

Temperament
- Sanguine
- Lymphatic
- Choleric
- Melancholic

Constitution

Life of Diseases: Distorted Energy Programs
Imagine an object coming near your eye. The conscious mind picks up 40 environmental stimuli per second. The subconscious mind processes 20,000,000 environmental stimuli per second. Thus the blink is due to a learned perception, not a conscious action.
This is about perception of the event

Why do people get ill?

Mechanistic causes in nature that can be potentially understood and cured by the application of the scientific method

So...

THE REAL CAUSE IS...
So…. The Real Cause is…

VIOLATION OF NATURE’S LAWS
So…. The Real Cause is…

What are some of NATURE’S LAWS in regard to Health?
Chronic disease is the #1 cause of death of our patients. The primary cause of disease is Violation of Nature’s laws such as excessive eating, too much alcohol, coffee, tea, overwork, night work, fear, worry, poor air quality, lack of exercise, loveless marriages.
"The art of medicine is amusing the patient while nature cures the disease"

Voltaire
(1694-1778)
BASIC TREATMENT GUIDELINES

- Outside 30+ minutes a day (sunshine)
- Play, have fun daily
- Deep Breathing
- Water
- Movement (lymph)
- Hydrotherapy - dry skin brushing, castor oil packs
- Sleep hygiene

- Apple cider vinegar
- Diet- AI, IR, GF, CF blood type, EAV, allergy free, Carrol etc.
- EFA’s - flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO
- Probiotics
- Minerals, vitamins
GO OUTSIDE and ENJOY SOME SUN
“Brief but unfettered exposure to sunshine or its equivalent several times a week can help to ward off a host of debilitating and sometimes deadly diseases, including osteoporosis, hypertension, diabetes, multiple sclerosis, rheumatoid arthritis, depression and cancers of the colon, prostate and breast.”
DID YOU
HAVE FUN
TODAY?
Rule #1
Have Fun Every Day!
Breathing

- Daily Consciousness of breath is essential for health
Deep Breathing

One example would be:

* Inhale for 1 count.
* Hold for 4 counts.
* Exhale for 2 counts.

Example: if you inhale for 2 seconds, you hold for 8 and exhale for 4. Do sets of 10 breaths, several times a day.

MINIMUM of 100 DEEP breaths a day
How much should you drink every day?
Water is essential to good health, yet needs vary by individual.

ONE half your body weight in OUNCES.
Movement

30 MINUTES A DAY IS EASY

10 MINUTES + 10 MINUTES + 10 MINUTES = 30 MINUTES

- Brisk walking to and from the coffee shop
- Of stretching
- Brisk walking to the car which was parked a little further away
- Physical activity for the day
Walk your dog every day

Walk with your partner
HYDROTHERAPY

Removable Shower Head is key
Twice as much lymph fluid in your body as blood.
- Continuously bathes each cell and drains away the debris in a “circulatory system” powered only by your breathing and movement.

- Deep breathing
- Regular exercise (movement)
- Castor oil packs
- Dry skin brushing
- Lymphatic massage
Castor Oil Packs

A key to lymphatic health
If you get less than eight hours of sleep a night, you are operating impaired; your alertness, productivity and creativity, and general health are all affected.

"Between the seventh and eighth hour is when we get almost an hour of REM sleep, the time when the mind repairs itself.

If you’re a six-hour sleeper, you’re missing that last, important opportunity to repair and to prepare for the coming day."

Sleep in **TOTAL darkness**

**NO** Wi-fi in the room
Raise the head of your bed 4-6” to improve EVERYTHING.

How do the leaves at the top of this tree get their nutrition?
Benefits of Meditation

- Improve focus & memory
- Gives a sense of purpose
- Improved outlook on life
- Anxiety & stress relief
- Improved sleep
- Increase happiness
- Enhances relationships
- Reduce Depression
- Strengthened immune system
- Aides in pain management
**BTGs (aka Natural Laws) Summary**

- Be outside 30 minutes per day
- Do something FUN everyday
- Take 100 deep conscious breaths per day
- End showers with a cool spray
- Movement: walk, gym, yoga, stretch
- Castor oil packs: 30-40 minutes in the evening
- Dry skin brushing before bed
- Be in bed by 10:00 PM, sleep in total darkness with no wifi devices in the bedroom
- Raise the head of the bed ~ 6” to improve circulation
- Daily prayer and meditation will help your immune system, heart, nervous system and lymphatic system. Make it a part of your daily rituals, just like brushing your teeth
Some **Diet** “Laws” to Live by
Some Basic Eating Suggestions

It is essential that your digestive system be ready to digest the food you are eating.

Regular meals and NOT grazing is important to follow. Include the following:

1. Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
2. Smell the food cooking
3. Think about the food you are about to eat
4. Chew extremely well (31 times for each bite is preferred)
5. Put down your fork between each bite of food
6. Do not drink with meals, NEVER drink anything cold
7. Give thanks before eating.
8. Eat in a peaceful place, no outside distractions, no TV, play relaxing music if possible
9. After eating, sit and relax for 10-15 minutes
Organic Apple Cider Vinegar (ACV)

- An acidic solution produced by the fermentation of apples. Organic Apple Cider Vinegar contains pectin and the perfect balance of 19 minerals, including potassium, phosphorus, chlorine, sodium, magnesium, calcium, sulfur, iron, fluorine and silicon. The cider is made from apples and then turned into vinegar where acetic bacteria convert the alcohol in the cider to acetic acid.
Unprecedented Opportunities Exist for Expanded Use of Foods and Components to Achieve Genetic Potential, to Increase Productivity and Decrease Risk of Disease
What is the BEST diet For YOU?
10 different colors will reduce by upwards of 60% of heart disease, cancer and other chronic illnesses.
Anti Inflammatory ideas

- Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
- Try to include 10 different colors of vegetables and fruits
- Preferred whole grains are quinoa, amaranth, millet, teff, brown rice, wild rice, buckwheat
- Chicken, turkey, salmon, cod, halibut, sardines, grass fed beef, lamb, tofu are preferred protein sources
- Include organic, non-GMO soy products (tofu, Edamane, miso, soy milk, tempeh, etc)
- NO raw foods in evening, cooked foods for evening meal, do not eat within 3 hours of bedtime
- Use olive oil, coconut oil, avocados, nut butters, seeds (flax/ chia or pumpkin seeds)
- No dairy, processed sugar, gluten, flour products, chocolate, coffee
- Drink a minimum of 64 ounces of water daily including green tea
Paleo Diet Suggestions

- Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
- Try to include 10 different colors of fruits and vegetables daily
- Include lots of cruciferous vegetables such as broccoli, cabbage, cauliflower, Brussels sprouts, collard greens, kale, red and white cabbage
- Tubers - Sweet potatoes, yams, Jerusalem artichoke, jicama, taro
- Protein- Chicken, duck, turkey, salmon, cod, halibut, tilapia, grass fed beef, lamb, eggs
- Carbs- minimal quinoa, amaranth, millet
- Use olive oil, coconut oil, avocados, nut butters (almonds, cashews, pistachios), seeds (flax/ chia / pumpkin/ sesame/ sunflower)
- NO raw foods in evening, cooked foods for evening meal, do not eat within 3 hours of bedtime
- No dairy, processed sugar, alcohol, gluten, flour products or sodas
- Drink a minimum of 64 ounces of water daily including green tea
Ketogenic Diet Suggestions

• Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
• A ketogenic diet keeps carbohydrate intake between 20-60 grams per day. The daily protein will be moderate, with the balance of calories from fats. These ratios ensure that most people go into ketosis and stay there, which is the main objective of the ketogenic diet.
• The nutrient intake on a ketogenic diet typically works out to about 60-65% of calories from fat, 20-25% from protein, and 5-10% from carbohydrate on a daily basis when calories are not restricted.

• Healthy fats include:
  - Olive oil, coconut oil, Brazil nut oil, cocoa butter, olives
  - Flax seeds, chia seeds, hemp seeds, pumpkin seeds, macadamia nuts, walnuts, jungle peanuts, almonds
  - Free range chicken and duck eggs
  - Grass fed beef, lamb, chicken, turkey, wild game, sardines, salmon, mackerel, halibut, cod
The Important ESSENTIAL FATTY ACIDS

Linoleic Acid

- Sesame
- Sunflower
- Pumpkin

B3
B6
Vit C
Zn
Mag

GLA (Borage, EPO)

DGLA

PGE1

Alpha-Linolenic Acid

- Flax
- Chia
- Hemp

B3
B6
Vit C
Zn
Mag

EPA (Marine Lipids)

PGE3
PGI3
**Probiotics**

8 facts you should know

- **70%** of our immune system resides in our gut.
- Probiotics in our body outweigh our brain. The typical human brain weighs about 3 pounds, and a healthy human body will have over 3.5 pounds of probiotic bacteria and organisms.
- **Between 60 and 70 million** Americans are affected by digestive issues.
- **8 out of 10** adults reported having a digestive issue for which they purchased a product.
- Our digestive system is home to **500+** different types of microorganisms. The majority of these contribute positively to human health and are called “probiotics”.
- There are **10x** more intestinal microorganisms than human cells in the body (10 trillion microorganisms vs. 10 billion human cells).

**Benefits**

- **Protection**
  - Pathogens (bacteria, parasites, viruses)
  - Toxins
  - Infections
  - Cancer
  - Gut lining

- **Absorption**
  - Vitamins like B12
  - Minerals like iron and magnesium
  - Glucose
  - Fatty acids

- **Probiotics**
  - Intestinal motility (healthy bowel movements)
  - Bile creation and gastric secretion
  - Gatekeeper of what’s allowed in blood stream
  - Immune function

- **Production**
  - SCFA butyrate
  - Vitamin K2
  - Enzymes
  - B-vitamins

- **Modulation**
  - IgA and IgG immune cells
  - B cells and T killers cells
  - Inflammatory response
Basic Treatment Guidelines

- Diet - AI, IR, GF, CF blood type, EAV, allergy free, ketogenic etc.
  - Minimum of 10 colors is the goal daily
  - Apple cider vinegar
  - EFA’s - flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO, borage oil, etc
  - Probiotics
  - Minerals, vitamins
Conclusions - Summary

• Following these Natural Laws, healthful diet suggestions (10 colors) may improve upwards of 50% of many patients chief challenges/symptoms (in my clinical experience)

• So first, YOU must include these in your daily life, AND then teach them to your patients, no matter what their health issues are.
QUESTIONS?