

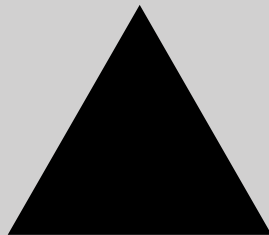
BODY EPIPHANIES PRIMER MANUAL



# FOUNDATIONAL STRATEGY

---

WELLNESS RESTORATION RESOURCE



BODY EPIPHANIES STRATEGY & TACTICS



## INTRODUCTION

Before reading further just remember, happiness and peace of mind will take you further than most anything else. This can be more easily accessed via breath-retraining and awareness.

## FULLNESS OF MANUAL

- Master Regulators
- Hierarchy of Needs
- Sugar Journaling
- Dis-ease Is A Teacher
- Chewing/Breathing
- Human Technology
- Cortisol Adaptation
- Systems of Thinking (*tactics*)
- Treatment Philosophy
- Breath Mastery Introduction
- Apple Cider Vinegar Tonic
- Adrenal Cocktail (*electrolyte*)
- Allostatic Load (*how we get sick*)
- Ginger & Gut Motility (recipe)
- Lymph Intro + Gentle Cleanse
- Detox-Enhancing Baths
- Neurotransmitter Assessment
- Podcast/Video/Book Learning
- Top 5 Health Tips (under \$40)
- \$200 Grocery Gift Card Info



**Welcome Comrade,**

Nathan Drake is cheering you on for your dive into discovering your very own Body Epiphanies. In this report you will find a comprehensive overview of treatment philosophy, systems of thinking, guiding influences, and neurological impact. This is really just a primer to give you a sense of how to think like a clinician with ancestral principles being at the forefront of this manifesto. You'll also find some additional learning resources in way of podcasts, books & videos.

Here to simply help further you along your journey towards optimal health. This should bring you one step closer to clarifying some of the clinical reasoning towards getting to the root to your chief concerns. Additionally, it comes with ways to buy time (*bandaid approaches*) in order to bring about a better quality of life without the side-effects of pharmaceuticals. This will be part of a much bigger strategy in getting to the root(s) of your conditions, which is done in one on one consultation. I am confident that you'll find this helpful and worthwhile returning to. Treat this all as a journey as you adopt new strategies towards a more optimal state ^ \_ ^.

Noblesse Oblige,

Brandon A. Trean BCTMB, HHP, NC

P.S. Read to the end to learn of a groovy way you can be continually entered in to receive a 1 in 9 odds at being the recipient of a \$200 Grocery Gift Card.

# MASTER REGULATORS IN THE PHYSICS OF WELLNESS

---

Regardless of what your main takeaway(s) might be from this educational mother-base. Know that there is a top-down approach to healing and a bottom-up approach to healing. I recommend you begin utilizing both approaches. Both of these are pathways of our Nervous System which ultimately determine health & vitality status.

The primary one I wish to bestow to all of my clients is breathing. Because through the conscious slow Three Dimensional Breathing we engage the parasympathetic nervous system (*rest & digest*) via the mechanism of the sinoatrial stimulation which tones the vagus nerve. This is **THEE book** to start with, it can change your life! Remember that the path to healing has to do largely with how the vagus nerve interrupts the limbic system's recycling of past traumas subconsciously and unconsciously (*e.g. relationship conflicts, death of a comrade, illness, past embarrassments, regret, heavy metal intoxication, dysbiosis, etc.*).

## Examples of Top-Down Approaches

*(Primarily by 1st brain [vagus nerve regulation 10th cranial nerve])*

- Breath Regulation (*create a bias towards longer exhalation for slow breaths*)
- Forced Gargling (*neurological bio-hack to tone the vagus nerve*)
- Photobiomodulation (*1st AM sunlight, blocking artificial light at night etc.*)
- Positive Social Relationships (*be with people that uplift you, support & challenge you*)
- Meditation (*one of the most powerful ways to reduce inflammation in the body*)
- Laughter/Happiness (*a great way to increase vagal nerve tone*)
- Mantra (*the literal vibrations of the pronunciations of mantras tones the vagus nerve*)
- Singing (*the exercise of the vocal cords tones the vagus nerve*)
- Fasting (*intermittent fasting, therapeutic fasting dramatically reduce inflammation*)
- Sleep (*one of the most critical areas to improve vagus nerve tone*)
- Art/Creation (*one of the most overlooked of ways to improve health is honest self-expression*)

## Examples of Bottom-Up Approaches

*(Primarily by 2nd brain modulation [microbiome, enteric nervous system], lymphatic-flow, etc.)*

- Probiotics (*specific spore-based species and sometimes select lacto and bifido species*)
- Grounding/Earthing (*changes in cortisol levels, blood glucose levels, etc.*)
- Medicinal Teas (*nervine tonics*)
- Fermented Foods (*homemade kvass, fermented brines, etc.*)
- Adaptogenic Herbs (*rhodiola rosea, medicinal mushrooms, etc.*)
- Specific Amino Acid Use (*depending on neurotransmitter balance would determine use*)
- Gut Mucosal Healing Foods (*rich in mucin, glycoaminoglycans, elimination diets, etc.*)
- Seasonal Eating & Rotating Foods (*the seasons alter our biological response to food*)
- Integrated Movements Strategies (*exercise, stretching, self-myofascial release, etc.*)
- Detox Baths/Cold Exposure (*heat-shock & cold-shock protein to lower inflammation*)

\* Not an exhaustive list



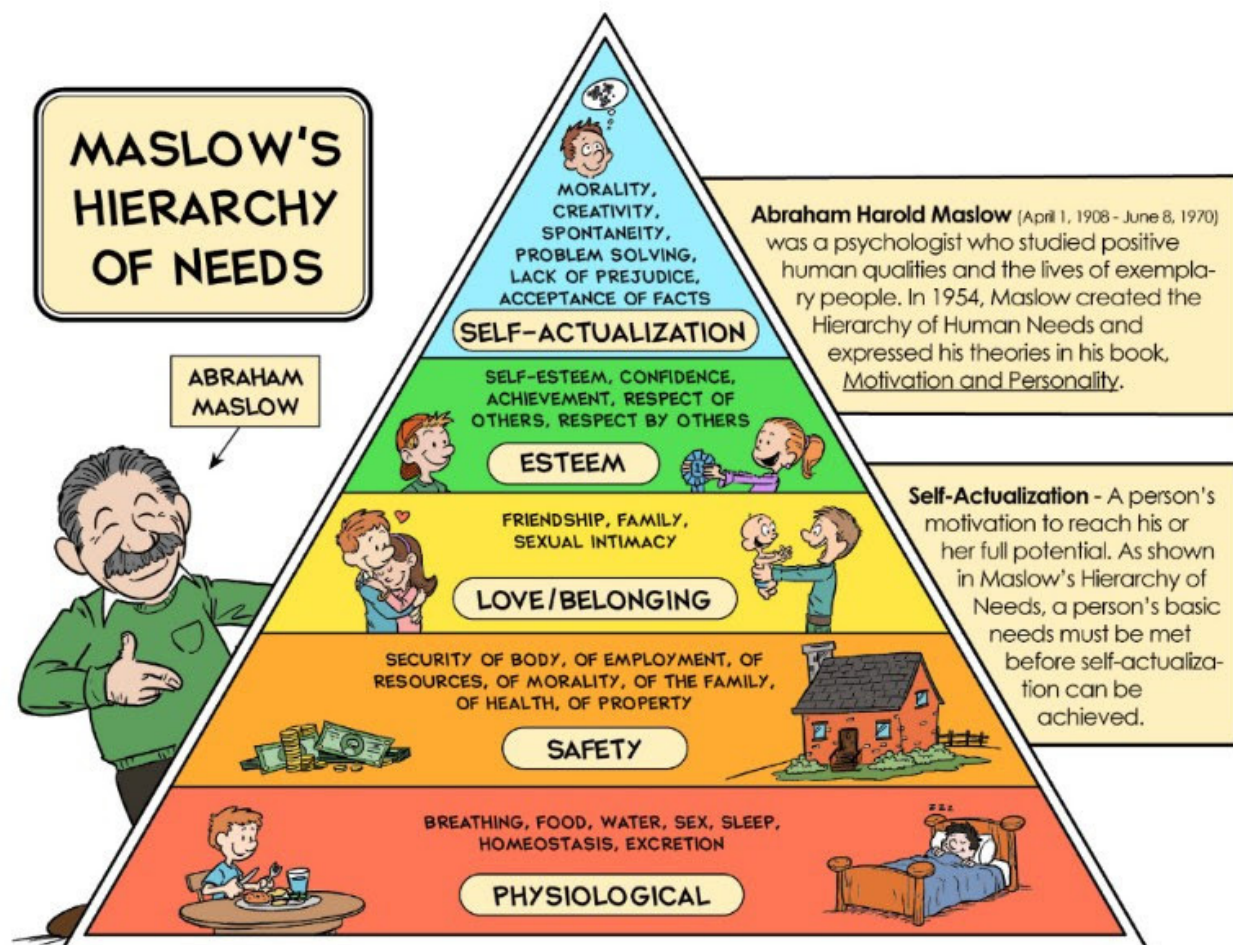
# Maslow's Hierarchy Of Needs

The below pyramid is pivotal in embodying a greater strategy towards optimal health. Many of us have a strategy for finances, home life, family, personal development, etc. The one area that is often lacking is a wellness strategy. Why use the word strategy?

Because being a tactician isn't comprehensive enough to sustainably step you closer to living with the vitality that you wish to have. The difference between a tactician and a strategist is the strategist looks at all of the incremental pieces in a more complete way. Strategy is the foundational basis of wellness.

The strategist isn't looking for one tactic (*a supplement, a single diet modification, exercise, etc.*) to bring about wellness so that pathology (*state of dis-ease*) reverses its course. In this, the strategist requires patience and a steadfast resolve to embody a fuller body of actionable knowledge that lines with a Physics-Up approach to eudaimonia (*human flourishing*).

Keeping this in mind as you move forward is important. As you integrate one lifestyle change after another, you begin to align your self with the fundamentals necessary to experience greater states of well-being. Dis-ease is but a teacher...



www.timvandevall.com | Copyright © 2013 Dutch Renaissance Press LLC.

# Sugar Science

The following will detail how sugar interrupts mitochondrial functioning(1) and increases inflammation throughout the body(2). This isn't to be confused with a healthy inflammatory response when we eat(3).

Let it be known that if we fail to have a mild inflammatory response to food, it could be a sign of a bigger issue. We want a balanced inflammatory response to choices(4), our environment and our thoughts(5). We need inflammation in short-bursts to protect the body and repair tissue. It's when it becomes unregulated and chronic that it begins to tax the body and thus the birth of a pathology(6).

Just because I list the 5 food physics above doesn't mean I want you to view them as bad, because there are sugars that are proven very beneficial for the body, dairy that is, grain that is and even in some instances alcohol that is. Processed foods are typically the ones lacking the most vitality. However, in excess or in the presence of chronic inflammation (*swelling, pain, lack of freedom in the body*) or impaired circadian rhythms (*energy production, mental energy, etc.*) any one of the top 5 foods above can prove more of a hindrance than an efficient energy source. That being said, pay attention to how you feel after eating the foods that you choose to consume. Your body is always talking.

When it comes to dairy, ghee, butter and yogurt (*low in sugar like Siggi's*) will be the least immunoreactive of the dairy. If you're dealing with a sluggish digestive system then I would recommend that you take into consideration eliminating all cheeses and milk from your diet. Primarily because dairy's (*primarily just cheese's and milk [ice cream]*) unique relationship with chronic functional constipation(7). It isn't entirely understood why this happens but there is a suspicion that it's the casomorphin's found within the dairy which may partly responsible for the slowed motility(8).

I can't not touch upon some of the health benefits of dairy either. There is good evidence that low-sugar yogurts such as Siggi's to be beneficial for the intestinal flora in those without *legitimate* food allergies. Yogurts can actually *improve* constipation (*less casomorphin's in yogurt, plus its fermented which increases bacterial species which can help gut motility*) in many individuals(9).

1) <https://www.sciencedaily.com/releases/2016/02/160225135710.htm>

2) <https://www.sciencedaily.com/releases/2016/01/160104080034.htm>

3) <https://www.sciencedaily.com/releases/2017/01/170116121912.htm>

4) <https://www.sciencedaily.com/releases/2017/06/170612153607.htm>

5) [http://www.psyneuen-journal.com/article/S0306-4530\(16\)30134-2/fulltext](http://www.psyneuen-journal.com/article/S0306-4530(16)30134-2/fulltext)

6) <https://www.sciencedaily.com/releases/2017/07/170712072801.htm>

7) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3571647/>

8) <https://www.ncbi.nlm.nih.gov/pubmed/25093576>

9) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4113128/>



# Journaling Sugar Intake

*(Actionable Awareness)*

Journal all added sugar content (*processed foods, drinks, etc.*) daily for an entire week. If you feel you fell off the bandwagon, start another journal. You cannot strategically change that which you do not measure.

Once you have the 7 days worth of sugar, divide it by 7 to get your mean average of sugar content of the week.

Begin decreasing on the following week by 25 grams each week until you reached a threshold of below 15 grams of sugar a day. You want to titrate because if you move too quickly your body's detox pathways are apt to lead to less pleasant symptoms. Granted it's difficult to avoid entirely the symptoms of withdrawal (*headaches, irritability, fatigue, weakness, body pain*) from the drug of processed sugar, it can be mitigated.

The more ideal range is 0 added sugars to your day. You want the sugar to come from whole fruit sources (*not concentrate juice sources*). Because the fiber content in the fruit will *slow* absorption along with all the phytonutrients that alter the uptake and utilization of the sugars.

## Titration Schedule Example

200 grams down to 150 grams the 1st week.  
150 grams down to 125 grams the 2nd week.  
125 grams down to 100 grams the 3rd week.  
100 grams down to 50 grams the 4th week.  
50 grams down to 25 grams the 5th week.  
Play with below 25 grams from here on out.

The above titration schedule is an example if you are consuming 200 grams a day on average then this would be a great example of how to effectively titrate without stirring the hornets nest of withdrawal to abruptly.

## Supplement To Assist w/ Withdrawal

The following supplement is an outstanding aide in helping with withdrawal symptoms.

It is recommended to carry this bottle and if you really need additional help simply open a capsule partially onto the tongue in the presence of sugar and it should immediately alter your taste for sugar.

**Sugar Destroyer**  
by LifeSpa

*You shouldn't do things differently just because they're different. They need to be... better.*

*Elon Musk*



# Educator of Dis-ease



The reason you came to see me may have to do with ridding a dis-eased state, recognition of a void inside or sheer curiosity of a Physics-Up approach in living life. The next thing to take into account is that whatever lead you to me, it has opened a avenue of accelerated learning in the realm of wellness and dogma-destroying means in tending to this vehicle you call your body.

That being said, this is a point in your journey that could prove pivotal depending on how ready you are for taking a deeper step into caring for your vehicle. I tailor my suggestions to my clients as best as I can, taking into account for persona and its relationship *with* the practices. Dis-ease can feel like a complexity near-impossible to guide ourselves out of. While what I suggest i unlikely *to* do so overnight. You may find it a more peaceful and kind approach to your body and mind moving forward.

The way dis-ease teaches us, is that through negative feedback loops it encourages us to come to understand that we have been living outside of the physics of wellness, thereby inviting in symptoms of illness. It is through awareness that we recognize something is wrong and we need to change our course. The question is how do we do that?

We can look through an intuitive lens using science, clinical findings and historical observations in ancient medical systems like **Ayurveda** and **Traditional Chinese Medicine** to cross-reference habits that better align with states of greater vitality and lowered inflammation. We connect this to our awareness of *how* our body works along with how "focus" changes outcomes via **placebo** & **nocebo** effects. By doing this we increase the level of resilience within our limbic system. Thereby stepping away from illness.



*Facebook has a variety of interesting content that we both create and curate. We'd love to see you there ^\_^.*

*To handle yourself, use your head.  
To handle others, use your heart.*

*Eleanor Roosevelt*





# Chewing Food & Breathing While Eating

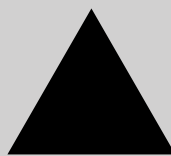
*(Actionable Awareness)*

**G**et enough food to make for the same meal twice. Eat the first meal as you normally do. Next day make the same meal, this time blindfold your self once its all prepared in front of you and you're seated. The next step is a two part thing. First off do 1-3 slow diaphragmatic breathes then when you begin your first bite, chew it until its liquid before swallowing each serving. Once you feel full, take off the blindfold and see how much food remains on the plate/bowl.

This is done for several reasons. Chiefly to increase enzymatic breakdown of the carbohydrates found within the food as well as lessening the job of the stomach, pancreas, liver and small/large intestine. By being gentle to your digestive system you slowly begin to restore its function. You will find you'll likely eat less food and eat till your about 80% full instead of eating until your 100% full. This is also helps restore a parasympathetic nervous system response which is that rest & digest response you want for healing the body.

You also reduce the potential for food intolerances when eating in a relaxed space and decrease the overall inflammatory(1) burden when eating in a space of calm. The stress response your nervous system is engaged in, is reflected onto how well that food will be digested. You might not even feel stressed, you may simply feel driven to get stuff done in a day. This may be seen when eating, as a stressful situation by your nervous system.

Take the practical steps of taking a few slow diaphragmatic breaths at the start of each meal (*be grateful, put energy into the food, pray, meditate, etc.*) whatever it is that anchors you into a relaxed space. As well you may find merit in continuing that breathing throughout the meal or between bites. It redirects blood-flow and nerve-flow via the vagus nerve to digestive organs. Gastric emptying and food intake regulation are all impacted by the status of the vagus nerve(2). What we eat also affects how this vagus nerve functions(3).



- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2868080/>
- 2) <https://www.ncbi.nlm.nih.gov/pubmed/24566540>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/26959077>





# Human Technology

## *(Fundamental Structure of Self-Guidance)*

**Intuition:** How you intuitively feel about something will determine largely the success of that something. The unconscious and subconscious sense of knowing are incredibly powerful forces. Honing conscious and un-conscious decision-making can be invaluable for your energy-balance because it relieves the logical centers in the brain from overworking. Intuitive decision-making based on expertise may deliver better results than analytical thinking alone(1). Subconscious access to truer states of self is one way of defining intuition. It is the ability to understand something immediately, without the need for conscious *reasoning*. The area of the brain thus found to be most active in what scientists classify as the location of intuition, is within the head of the caudate nucleus(2) within the basal ganglia (*a set of interlinked brain areas responsible for learning, executing habits and automatic behaviors*). Taking our hunches seriously reinforces this caudate nucleus which can increase its reliability(3). It's no surprise that they are even finding that intuition alone is enough to make the right choices per individual's sense of values(4). When overviewing all this data, keep in mind what your gut says about it all. The gut is considered the 2nd brain(5) after all -\_^.

**Gratitude:** This is a technology that generates a magnitude of incredibly potent governing forces(6) that can impact mood, which can impact our cardiovascular systems(7). You don't have to have to express gratitude in the same ways everyone suggests or even what you may find on my website here. However, I think bringing it to the forefront of your mind is important on a daily basis as well as expressing gratitude in the ways that YOU personally resonate with. Some people write letters, others say a kind word, some gift to friends and family, others do a kind service, some simply check in with people, others may pay it forward to a stranger anonymously, etc. There are endless ways to do it, and I think so long as you do it daily you will make your heart and soul more resilient. Actually feeling it may take time for some, but the acts are no less beneficial for those around you. Expressing and silent gratitudes are important in any reversal of disease simply because positivity begets positivity.

- 1) <https://www.sciencedaily.com/releases/2012/12/121220144155.htm>
- 2) <https://www.ncbi.nlm.nih.gov/pubmed/23197739>
- 3) <https://www.sciencedaily.com/releases/2008/03/080305144210.htm>
- 4) <https://www.sciencedaily.com/releases/2012/11/121108131724.htm>
- 5) <https://www.sciencedaily.com/releases/2017/05/170519124014.htm>
- 6) <https://www.sciencedaily.com/releases/2017/04/170411104712.htm>
- 7) <https://www.sciencedaily.com/releases/2015/04/150409093940.htm>



# Human Technology

## *(Fundamental Structure of Self-Guidance)*

**Optimism:** My personal favorite of these technologies. This is that resolve to remain optimistic about your future regardless of what your present circumstance demonstrates. The power in this technology is that it's the Alchemist within the mind, much like how the microbiome is the Alchemist within the body as well as literal Alchemy(8). Being optimistic about success in a specific, important domain may promote better immunity against some infections(9). Optimism is also associated with an overall lowered risk of stroke(10). Blending with some of the gratitude research they even found those who are more optimistic in perspective have healthier cardiovascular systems(11). You might be wondering where optimism might be located in the brain? In a recent study it shows that the rostral anterior cingulate and amygdala(12), which are the same areas that malfunction when depressed (state on brain/gut inflammation).

Remember that you can choose each day which perspective you wish to identify with. If you find road-blocks, then it is apt to be you're dealing with neuro-inflammation, neurotransmitter imbalances and possibly an impaired limbic response. The thing to be optimistic about knowing the above, is that you can change each one of these ^o^. There is evidence that points to optimism being our default state, so the question you might want to ask is what is hindering you from this default state(13) if you're not feeling optimistic that is ^\_^. There is a physics to wellness and this strategy layout is to help illustrate some of those physics so you can confidently move forward knowing you have a deeper grasp on those physics.

*"Prospective studies have shown a positive relationship between optimism (one facet of psychological well-being) and heart disease, including a 2017 study showing older women in the highest quartile of optimism had a 38 percent reduced risk of heart disease mortality. Additional studies since 2012 have associated a perceived higher purpose in life with lower odds of having a stroke. In the four health behavior components, the most optimistic patients were less likely to be current smokers 12 months later, and high levels of psychological well-being were associated with regular physical activity."*(14)

8) <https://www.sciencedaily.com/releases/2012/10/121002150031.htm>

9) <https://www.sciencedaily.com/releases/2010/03/100323121757.htm>

10) <https://www.sciencedaily.com/releases/2011/07/110721163025.htm>

11) <https://www.sciencedaily.com/releases/2015/01/150109123502.htm>

12) <https://www.sciencedaily.com/releases/2007/10/071024130436.htm>

13) <https://www.sciencedaily.com/releases/2009/05/090524122539.htm>

14) <https://www.sciencedaily.com/releases/2018/09/180910142500.htm>



# Cortisol Adaptation Practices

*(Actionable Awareness)*

Ground outside (*bare contact with the earth*) for at least 5 min first thing in the morning while looking towards the sun(1) (*not at it but towards it*), this helps with the sunlight entering the eye to set your circadian rhythm so your melatonin production is scheduled properly the rest of the day. This can go a long way in reestablishing proper cortisol levels as seen in this study(2). Earthing/Grounding has shown a variety of healthy benefits(3), (4), (5). (*See video for a short intro into science by Laura Koniver M.D. and how even just 1 min of grounding can impact physiology.*)

Order the **blue blocking glasses** and make religious use of them if in front of a computer or it's after 5PM and your environment has artificial light on. This makes a huge impact on melatonin production and cortisol response throughout the day. If you live out of synch with the natural biorhythms of the earth your body naturally becomes more stressed(6).

Install **IRIS software** on your computers (*go into settings and set the kelvin below 1600, with the ideal being 0000*) this will dramatically impact blue light exposure as well as protect your eyes. You can also set it in strict mode to interrupt you every 30 min for 3 min break so your body doesn't go to stagnate when using computer work.

*We must use time wisely and forever realize that  
the time is always ripe to do right.*

*Nelson Mandela*

- 1) <http://www.bioopticsworld.com/articles/2012/10/blue-light-exposure-boosts-stress-hormone-response-in-sleep-deprived-teens.html>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/21469913>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/21856083>
- 5) <https://www.ncbi.nlm.nih.gov/pubmed/22757749>
- 6) <https://www.ncbi.nlm.nih.gov/pubmed/26374931>



# Systems of Thinking

*(Tactics That Make A Strategy)*

**Titration:** In medical speak when you see this word it means incremental gradual increase from low dose to higher doses to find your minimal-effective dose to move the needle to reach an outcome. This is done to both save money but most importantly to be kind to your body, increase body awareness and to not muscle your body into a direction but rather gently nudge your body towards a more resilient homeostasis (*internal balance or essentially a state of cellular equanimity*). The notion of a little is good, more must be better is rarely the case. I have attempted to push this envelope countless times and can attest that few things work this way. I'll assist you in striking the proper balance of titration and a therapeutic dose to move the needle towards your goal.

**Throttling:** This tactic when part of a bigger strategy can be incredibly useful. Some products & practices you may want to throttle (*alter dose of say for example rhodiola rosea adaptogen on days you have more planned stressors e.g. deadline at work, reunions, outings, etc.*) Once you allows your self to take this into consideration, you'll add a bit of creativity to your strategy towards a more optimal state. Another example would be to meditate or do breathwork 10-20 min earlier in the day on workdays or days where more will be asked of you(1). This acts as an internal adaptogen (*a natural substance considered to help the body adapt to stress and to exert a normalizing effect upon bodily processes*) endogenously generated (*growing or originating from within an organism*) which is great because it's free.

**Sequencing:** This tactic may be the queen of all of the tactics. Just remember that all tactics are just that, they are minimally useful without a bigger strategy that holds them together. An example of where this could be important would be you wouldn't want to take antioxidants post working-out. Why? Because you want that oxidative stress you put on the tissue to encourage new muscle growth(2). When you dampen that inflammation by immediately drinking a protein shake rich in antioxidants, you lose some of the benefits of a healthier hormetic response(3) (*a theoretical phenomenon of dose-response relationships in which something [as a heavy metal or ionizing radiation] that produces harmful biological effects at moderate to high doses may produce beneficial effects at low doses*).

1) <https://www.ncbi.nlm.nih.gov/pubmed/23724462>

2) <https://breakingmuscle.com/healthy-eating/do-antioxidants-impede-the-benefits-of-exercise>

3) <http://www.sciencedirect.com/science/article/pii/S1568163707000384>





# Systems of Thinking

**Incrementalism:** This tactic may be considered the king as it is the way towards creating sustainable changes within your life. If we fall into the "quick fix" mentality, we fall prey to illusions that masking symptoms as a solo-tactic will lead to a sustainably greater quality of life. This is a falsehood seen on the daily within the USA. In order to move towards wellness, we must utilize the tactic of incrementalism (*gradualism*) and in this we can find confidence in the structure and methodical nature of this tactic when part of a bigger strategy. This is aligned with the old healing systems of Ayurveda and Traditional Chinese Medicine. This is also a principle behind adaptogens as a first line of strategy which we will get into later. The more in a rush you *are* to heal, the slower that healing will go. The nervous system responds best when we move *gradually, not suddenly*. *Move one step at a time and always start where you're at.*

**Patterning:** In this tactic we look to those who are achieving an unusual level of success in the areas we desire and/or look towards those who curate a great deal of actionable information so as to learn more effectively. This tactic is a way to condense some of our learning. It's not a substitute for our own critical thinking by any means, it simply serves as templative-learning. Yes, slightly made up wording there. Essentially with the perspective of non-attachment you can navigate the dogma found within many of the health communities (*vegan, paleo, ketogenic, etc.*) and learn valuable things from each one. Some will hold truer in adoption of habits that better fit your needs and that's why I am here, to help demystify some of that in order to remove some of the decision fatigue that comes from processing all of the information necessary to design a healthy strategy that fits your needs at this current time.

**Intermittency:** You may have heard of intermittent fasting, however have you heard of intermittent movement, intermittent breathing, intermittent gratitude? The beauty of implementing this tactic into your daily strategy is that it is this tactic that keeps momentum going regarding motivation into all other areas. It's how to refuel your self throughout the day. Examples would be if using the computer, install IRIS and use their strict mode that blocks out your screen every 30 min for 2-3 min so you can get up do some movement, gentle exercise or high intensity exercise for just a couple of minutes. This can make a dramatic change in your performance throughout the day. Additionally this can be applied to breathing, meditation, hydration, etc. One of the most interesting mindfulness educators sets a reminder on his phone every 30 min to take a deep slow belly breath (*vagal nerve toning*) for 2 min. These kinds of strategies sound like they might take a bit of time away from your productivity however I think, like me, you'll come to find it is a great way to refuel your body/mind to remain present and create the life that is closer aligned with your true values. I like having my technology remind me to take a min to breathe, or move, etc. Being mindful throughout every given moment would be ideal but for the time being as you're putting together all of this, it's helpful to let your past self (*scheduling reminders for intermittent movement, etc.*) to inform your future self to stay present.

# Treatment Philosophy

*(Tactics That Make A Strategy)*

**Gentleness:** First do no harm. One of the oldest principles in medicine. Yet how often do treatment strategies actually adhere to this philosophy? Even in the functional medical realm, I see it time and time again, going for kill-phases for gut issues to rid the body of dysbiotic bacteria, only to leave the client with an even more sensitive gut and very little in solving *their problems*. This philosophy is the leader of how I employ *strategies* for *all of* my clients. If someone wants to move fast, I kindly ask them to work with another client, as this isn't how the nervous system begets healing forces. A relaxed yet ready state is needed to come to a state of cellular balance within the body. I'm not suggesting our persona's necessarily have to be balanced or even that we need to try to have a balanced life. What I am suggesting is that your body seeks balance regardless if you do or not. Being a person of extremes in many regards I go to greater lengths than most to provide my body with the space and tools to decompress. The beauty of it is there are many ways to do this. In acute cases there may call for acute care, but the majority of what ails humanity can be approached from a gentler philosophy.

**Nuanced:** Details are what make successes in nearly all treatment strategies. This philosophy is important because as accurate details begin to stack, so do the odds in your favor. This is to be kept in mind and is a great part of the reason why this Wellness Strategy you're reading right now is so methodically designed to walk your persona through a bottoms-up and top-down perspective simultaneously. The synopsis at the top is designed so you can skip to whatever section you wanted clarity on as you move forward in your incubation of said wellness strategies. This is also where labs come into play, as well as online assessments to determine what might be out of balance.

**Transitory:** This is something modern medicine is good at. Providing temporary band-aides which actually can be a fantastic tactic but terrible strategy. This is actually a very important part of the strategy, bringing awareness to you of ways to mitigate some symptoms but not necessarily get to the root of the issue. Sometimes unlocking the mysteries of the origin story behind a pathology can be challenging and it's very helpful to be able to provide tools that act as aides in such challenge even if it doesn't get to the root(s) of said issue. There will be some product suggestions based on this philosophy just in order to move the needle to improve quality of life.

*We accept the love we think we deserve.*

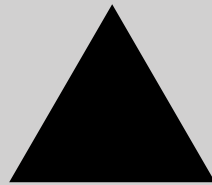
*Stephen Chbosky*

# Treatment Philosophy

*(Tactics That Make A Strategy)*

**Indirectness:** Paradoxically inclined. The human body can often feel like a paradox sealed within a 3D labyrinth. Confusing and relentlessly poignant in its expression of diseased states as it were. This being said, the first few steps to addressing a pathology may call for indirect treatments. The reasoning behind this is that for example if you're dealing with a case of dysbiosis in the gut, you may be better off altering the terrain (lining health) along with foods you consume before simply trying to eradicate the dysbiotic bacteria. It has more to do with the terrain than it has to do with exposure to infectious agents. As counter-intuitive as it might seem, if you take a slightly slower approach you're less likely to deepen said imbalances in the example above. This goes in hand with titration tactics as well and throttling tactics so as to be less direct in certain circumstances. Most disease processes are unmitigated inflammatory cascades, often times driven by infection or trauma. If the trauma has been removed, the inflammation lingers, the sole answer isn't to just take anti-inflammatories but maybe investigate retraining the limbic impairment from the trauma along with incorporating an indirect low-inflammatory diet, exercise gently to increase endorphins, etc. Adaptogenic herbs are a great example of this because they don't directly treat anything. They act as metabolic modifiers which normalize dysfunctional states into more functional states.

**Root(s):** There lies rarely a singular cause to chronic disease. The allostatic load bucket theory of wear & tear explains this very well. Once we drop this illusion of seeking the root cause we open the door to the cause(s) of being stuck in 1st gear as it were. Running labs can be incredibly helpful because we want to identify which systems are most compromised and if there are any pathogens or imbalances within the body. However that being said, unless the issue is pressing, it is best to embody some of the fundamentals before getting to concerned with labs. The reason behind this is that once you live in accordance with the physics of wellness many of your symptoms may cease or reduce significantly. This also encourages lifestyle changes that are sustainable.



*Physical bravery is an animal instinct; moral bravery is much higher and truer courage.*

*Wendell Phillips*

# Breath Mastery

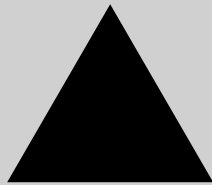
## *(A Primer On Breath Re-Education)*

Breath re-education, also known as pranayama, yogic breathing, Buteyko breath method, Wim Hof Method, etc. There are many ways to enhance your breath method. What I really want all of my clients to get out of this information is that no matter how good your sleep is, how good your nutrition is, how good your exercise is, how good your hydration is, etc. Without proper foundational training in a Three Dimensional Slow Diaphragmatic Breathing, you will be missing out on the most powerful endogenous medicine in the body. That being the benefits of carbon dioxide and oxygen utilization.

The place I suggest my clients start are with Dr. Belisa Vranich in her book [Breathe](#). The next place I recommend people consider to move into is Patrick McKeown's book [Oxygen Advantage](#). Below you will find a variety of resources to look into at your level of curiosity and time. If you find your self in stressful situations, just go back to slowing your breath down, you might be amazed at what it does to your relationships the longer you practice it.

## Videos Introductions

- [3 Min Introduction with Dr. Belisa Vranich](#)
- [TED Talk with Dr. Belisa Vranich](#)
- [Dr. Mercola Interview with Dr. Belisa Vranich](#)
- [TED Talk with Patrick McKeown](#)
- [TED Talk Breathe to Heal with Max Strom](#)
- [Bulletproof Interview with Patrick McKeown](#)
- [Buteyko Breath Training in 3 Minutes with Patrick McKeown](#)
- [Unblock Your Nose in 5 Minutes Buteyko Training](#)
- [VICE Documentary on Wim Hof \(IceMan Breath Method Cold Training\)](#)
- [How To Never Get Sick Again Wim Hof Science](#)



*Equanimity is the hallmark of spirituality. It is neither chasing nor avoiding but just being in the middle.*

*Amit Ray*



# Breath Mastery

## *(Breath Research)*

Respiratory research documents that reduced breathing rate, hovering around 5–6 breaths per minute in the average adult, can increase vagal activation leading to reduction in sympathetic activation, increased cardiac-vagal baroreflex sensitivity (BRS), and increased parasympathetic activation all of which correlated with mental and physical health.(1)(2)(3)

The slow breathing-induced increase in BRS could be due to the increased tidal volume that stimulates the Hering-Breuer reflex, an inhibitory reflex triggered by stretch receptors in the lungs that feed to the vagus(4). In addition, the slow breathing increases the oxygen absorption that follows greater tidal volume, as a result of reduction in the effects of anatomical and physiological dead space(5)(6). This might in turn produce another positive effect, that is, a reduction in the need of breathing. Indeed, a reduction in chemoreflex sensitivity and, via their reciprocal relationships, an increase in BRS, have been documented with slow breathing (7)(8)(9)(10)(11).

In a randomized, controlled pilot study, led by Anup Sharma, MD, PhD, a Neuropsychiatry research fellow in the department of Psychiatry at Penn, researchers found significant improvement in symptoms of depression and anxiety in medicated patients with major depressive disorder (MDD) who participated in the breathing technique compared to medicated patients who did not partake. After two months, the yoga group cut its mean Hamilton Depression Rating Scale (HDRS) score by several points, while the control group showed no improvements. HDRS is the most widely used clinician-administered depression assessment that scores mood, interest in activities, energy, suicidal thoughts, and feelings of guilt, among other symptoms.(12)

*At the end of the eight sessions, the intervention was associated with significant increases in the students' life satisfaction, as well as a significant decrease in depression and anxiety, when compared to students who did not participate in the training. There was also an overall drop in alcohol use between the students who took part in the mindfulness program and the control group.(13)*

There is a statistically significant increase in all the above mentioned pulmonary functions following yoga training. Yoga practice can be advocated to improve pulmonary functions in healthy individuals and hence to prevent respiratory diseases in future.(14)

The results of this study revealed a significant decrease in asthma daily symptoms, a significant improvement in PEFR, and Control pause test in group (A), while there was insignificant change in group (B). It can be concluded that BBT produce a significant improvement for patients with bronchial asthma as regard daily symptoms, PEFR and Control pause test.(15)

# Breath Mastery

(Breath Research)

- 1) <https://www.hindawi.com/journals/ecam/2013/743504/>
- 2) <http://online.liebertpub.com/doi/abs/10.1089/acm.2005.11.711>
- 3) <http://erj.ersjournals.com/content/32/2/387.short>
- 4) [https://link.springer.com/chapter/10.1007%2F978-0-387-73693-8\\_68](https://link.springer.com/chapter/10.1007%2F978-0-387-73693-8_68)
- 5) [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(97\)10341-5/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(97)10341-5/fulltext)
- 6) <http://www.nature.com/hr/journal/v33/n7/full/hr201074a.html?foxtrotcallback=true>
- 7) <http://hyper.ahajournals.org/content/47/1/51>
- 8) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC296947/>
- 9) <https://www.ncbi.nlm.nih.gov/pubmed/11725167>
- 10) <https://www.ncbi.nlm.nih.gov/pubmed/19091913>
- 11) <https://www.ncbi.nlm.nih.gov/pubmed/10918045>
- 12) <https://www.sciencedaily.com/releases/2016/11/161122182357.htm>
- 13) <https://www.sciencedaily.com/releases/2017/04/170420090204.htm>
- 14) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4316242/>
- 15) <http://www.sciencedirect.com/science/article/pii/S0422763812000520>

*To raise new questions, new possibilities,  
to regard old problems from a new angle,  
requires creative imagination and marks  
real advance in science.*

*Albert Einstein*

# Apple Cider Vinegar Tonic

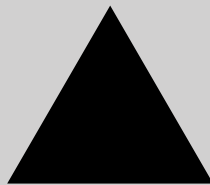
## *(A Primer On Digestive Power)*

Apple cider vinegar (Bragg's) is one of the most powerful and affordable tonics you could make daily use of to improve digestive health. It improves gastric emptying (motility) which improves digestion(1) and overall detox organ health in the long-term. Be sure after you use the apple cider vinegar to rinse your mouth out with water at least 3 swishes so as to prevent the acetic acid from the apple cider vinegar from causing erosion on the teeth(2). Vinegar's in general have unique health benefits like increased skeletal muscle uptake of glucose(3). There are some interesting anti-obesogenic effects from apple cider vinegar as well which protect metabolism by improving cholesterol levels while improving satiety(4).

When it comes to the benefits or risks of any substance. It has to do with many variables, however for a general rule I don't recommend more than 2 Tbsp a day (6 tsp a day) however the beauty of this, is you can split that up 2-3 times a day with 2-3 of your meals and have a consistent digestive aide with greater ease than most other tonics. Like any tool, treat it with respect and it'll treat you with respect.

## The Tonic

- Mix 1-2 tsp in 2-4 ounces of water 15 min before your meals
- Add a small amount of raw or manuka honey if desired
- Rinse mouth out 2-3 times afterwards to remove acidic residue from teeth
- If sensitive mucosa do not continue this if you develop sensitivities in the mucosa
- Consider avoiding honey if dealing with dysbiosis, SIBO, or otherwise fungal overgrowth
- Consider using **Apple Cider** capsules when traveling by Natural Factors



- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2245945/>
- 2) <https://www.ncbi.nlm.nih.gov/pubmed/23373303>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/26064976>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/27209492>



# Adrenal Cocktail

## *(A Primer On Electrolyte Balance)*

The following adrenal cocktail can be a great addition a few times a week to provide sufficient electrolytes, primarily sea salt (Real Salt company) and potassium from cream of tartar. As with anything listen to your body and see how you feel as you add this in. Sea salt can be protective against hypertension and kidney damage unlike processed salt which causes strain on the kidneys(1). Maca has been shown to improve cognitive function, motor coordination, and endurance capacity, accompanied by increased mitochondrial respiratory function and upregulation of autophagy-related proteins in cortex(2). Granted this was in a animal study so one ought to take this sort of research with a grain of salt as it were. Below you will find the ingredients and a video explaining some of the benefits ^\_^.

Coconut water when compared to traditional carbohydrate electrolyte drinks showed greater tolerance (less bloating than commercial rehydration drinks) and equally as effective in rehydration when compared standard drinks such as Gatorade, etc(3)(4). Another component with Maca has been overall hormonal modulation, as with any of these supplements a great resource too look into regarding the current science is Examine(5).

*If you wonder why you get facial bloat and belly bloat, it mostly has to do with dehydration, facial edema (bloat) is your body's attempt to hold onto water essentially. This is a bit of a litmus test which indicates you're in the early stages of dehydration. Another cause is unopposed sodium (never consume table salt as it's osmotic nature is to cause water retention which will make you puffy). Cream of tartar can significantly help balance out the unopposed sodium. As a general recommendation one ought to shoot to have about 1 tsp of Real Sea Salt for every 3/4 of a gallon to 1 gallon of purified water. See this [video](#) to learn more.*

P.S. Do not consume just any pink sea salt, as many have been contaminated with plastics. This is why I currently only recommend Real Salt Company for the time being for US clients.  
(6)

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5328355/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5018343/>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/12056182>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/17883020>
- 5) <https://examine.com/supplements/maca/>
- 6) <https://www.nature.com/articles/srep46173>





# Adrenal Cocktail

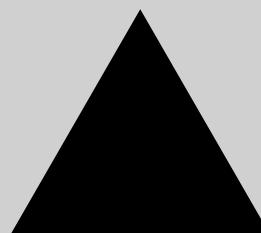
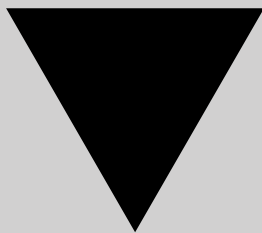
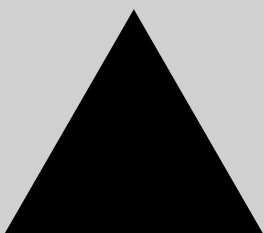
*(A Primer On Electrolyte Balance)*

## The Ingredients

- Coconut Water (*unsweetened*)
- Cranberries (*optional*)
- Real Sea Salt
- Cream of tartar (*potassium hydrogen tartrate*)
- Maca Root (*powder*) (*optional*)
- Potassium Chloride (*substitutue for cream of tartar for people with dysbiosis*)

## The Adrenal Tonic

- 1/4 tsp of **Cream of Tartar** (*Potassium Chloride* substitute for those with GI issues)
- 1/4 tsp of **Real Salt**
- 8-16 ounces of **Coconut Water** (*your choice of dilution, if in a pinch simply use filtered water*)
- 2-3 Tbsp cranberries that have been boiled
- 1/2 tsp of Maca Root Powder (*my favorite blends **Ginger** and **Vanilla***)



*Really pay attention to negative feedback and solicit it, particularly from friends... Hardly anyone does that, and it's incredibly helpful.*

*Elon Musk*

# Allostatic Load

## *(A Primer On The Largest Variable In How We Get Sick)*

Allostatic load is a technical term for "the wear & tear on the body" that accumulates as an individual is exposed to repeated or chronic stress. It represents the physiological consequences of chronic exposure to fluctuating or heightened neural or neuroendocrine response that results from repeated or chronic stress. This is the most important aspect to understand when trying to come to grips with why one person gets sick and another does not when exposed to a toxin, etc. This largely has to do with the optimal functioning or lack thereof the detox pathways in the body and the genetic SNP's that may contribute to this.

Homeostasis on the other hand essentially coming from Greek "standing at about the same level". Allostasis has a similar meaning but differing in their wording as it means "remaining stable by being variable". The concept of allostasis, maintaining stability through change, is a fundamental process through which organisms actively adjust to both predictable and unpredictable events... Allostatic load refers to the cumulative cost to the body of allostasis, with allostatic overload... being a state in which serious pathophysiology can occur... Using the balance between energy input and expenditure as the basis for applying the concept of allostasis, two types of allostatic overload have been proposed.

If we take into consideration this information we can better understand how a top-down and bottom-up approach can help reduce the allostatic load on the body. If we support our nervous system, we reduce our chances to succumbing to a pathology or pathogen. Hence why ultimately a relaxed yet ready state of mind is something you see in all martial arts, ancient arts, meditation, yogic traditions, etc. To perform or operate at the highest level one must be in a relaxed yet ready state. It is a way to become our own endogenous adaptogen. Likewise supporting our nervous and endocrine systems with adaptogens, we can dampen the impact of the daily wear & tear that we inevitably go through.

If we know without a doubt that stress is a part of life, it's an irreversible investment to have a daily practice in both the top-down and bottom-up approaches at creating resilience which is the counter to wear & tear. This Wellness Strategy is designed as a map for you to come back to when you feel lost so you can better encapsulate what aspect of the physics might be largely holding you back from reaching your goals.

This is why you'll see me routinely say optimal health is accumulative but so is degenerative health. The more we are aware that it's all the small things we do and don't do that stack up, we begin to see how we build a life and neglect to be attentive enough to this body's needs, etc. The beauty is the body is incredibly regenerative so we needn't beat ourselves up for years or decades of improper maintenance of its needs. Rather than focusing on all the things that seem like they cause cancer or are trying to kill us, we simply need to focus on that which generates wellness, happiness and a self-actualization.

# Allostatic Load

## *(A Primer On The Largest Variable In How We Get Sick)*

One example of unnecessary build-up of allostatic load would be increased glyphosate (pesticide a.k.a. Round-Up) content which can be found in foods in **America and Canada**. A recent study on glyphosate exposure in carnivorous fish revealed remarkable adverse effects throughout the digestive system (Senapati et al., 2009). The activity of protease, lipase, and amylase were all decreased in the esophagus, stomach, and intestine of these fish following exposure to glyphosate. The authors also observed “disruption of mucosal folds and disarray of microvilli structure” in the intestinal wall, along with an exaggerated secretion of mucin throughout the alimentary tract. These features are highly reminiscent of celiac disease(1).

Another example of how this toxin build-up continues is with plastics. Bisphenol S (BPS), a substitute for the chemical bisphenol A (BPA) in the plastic industry, shows the potential for increasing the aggressiveness of breast cancer through its behavior as an endocrine-disrupting chemical, a new study finds(2). Another common compound are phthalates that are found in many consumer good items. These are particularly compromising as they cause DNA damage(3).

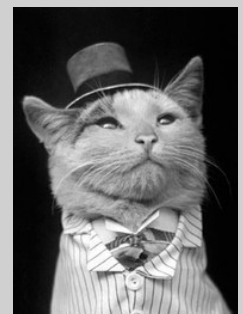
*Everything can be taken away from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.*

*Viktor Frankl*

1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945755/>

2) <https://www.sciencedaily.com/releases/2017/04/170403140605.htm>

3) <https://www.ncbi.nlm.nih.gov/pubmed/12842768>



# Ginger Magic

*(A Primer On Motility)*

## Medicinal Compounds in Ginger

- 6-gingerol (anticancer & antioxidant properties)(1)(3)
- 6-shogaol (anticancer & antioxidant properties)(1)(3)
- 6-paradol (antidiabetic properties)(6)

Ginger has over 400 documented compounds(2). This powerhouse of a food/drug is something to behold. It's anti-emetic effects (anti-nausea) have been shown in multiple studies(4). As has its ability to improve gastric motility(5)thereby improving overall gastrointestinal function. Not to be solely relied upon like any tactics, they are best as part of a bigger strategy. This magical gift of nature can be used in a variety of ways. Teas from roots, dried root extract, concentrated extracts, etc.

Also consider trying this **supplement** with a meal (start with just 1 capsule per meal) to improve motility so that food doesn't sit in your intestines longer than it ought to. A contraindication would be if you have many ulcerations throughout the GI tract, as it might cause the intestines to contract which could cause discomfort. You can always utilize that supplement as a intervention or tool you could use some days a week but not everyday if you desire. It's generally safe to be taken everyday when taken at 2 grams or less in a given day, provided you aren't experiencing symptoms from taking it. It's one of the finer interventions for gastric motility that there is.

- ¼ cup sliced organic ginger root
- 6 cups filtered water
- 2 Tbsp lemon juice
- 1-2 sprigs of mint (optional)
- 2 tbs honey(or to taste)

### Ginger Tea Recipe

1. Put ginger and water into pot and bring to a boil.
2. Cover and let simmer for 20 minutes.
3. Once ginger is decocted add lemon juice and mint and let sit.
4. Add manuka or raw honey to taste and voila - delicious

- 1) <https://www.hindawi.com/journals/grp/2015/142979/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4818021/>
- 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665023/>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/16389016>
- 5) <https://www.ncbi.nlm.nih.gov/pubmed/18403946>
- 6) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5297801/>





# Lymph Tissue

*(A Primer On Lymphatic System)*

## Types of Lymphatic Tissue

- MALT (mucous-associated lymphoid tissue, which lines all the mucus membranes of the body)
- GALT (gut-associated lymphoid tissue, such as the Peyer's patches in the lining of the small intestines)
- BALT (bronchial-associated lymphoid tissue in the bronchi)
- SALT (skin-associated lymphoid tissue beneath the epidermis)
- NALT (nasal-associated lymphoid tissue)
- LALT (larynx-associated lymphoid tissue)
- GCP (glymphatic clearance pathway)(1)

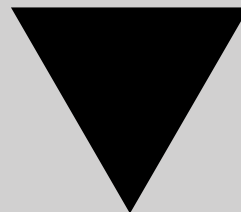
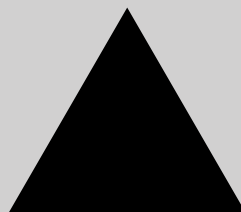
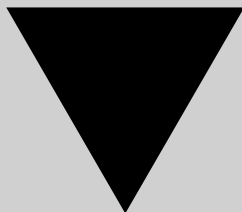
"As a digestive and detox system, the lymph starts as small finger-like projections called lacteals that run along the inside of the digestive tract. The lacteals absorb and transport both nutritional and toxic fats, lipids and proteins off the intestinal tract and into the lymph surrounding the intestines.

Undigested proteins like gluten and casein along with toxic fats can take a major toll on the lymph. Environmental toxins, pollutants, pesticides, preservatives and heavy metals which are all fat-soluble can slowly congest the lymphatic system(2).

If the intestinal skin becomes irritated, the lymph around the gut, called the Gut-Associated Lymphatic Tissue (GALT), can become congested. Many experts agree that this is where 80% of the body's immunity lies. If this major hub of lymph becomes congested, due to poor digestion or stress impacting beneficial intestinal microbes, the entire lymphatic system can become congested(3).

Congested lymph can back up into the Skin-Associated Lymphatic Tissue (SALT), causing a litany of skin concerns, as well as the Mucus-Associated Lymphatic Tissue (MALT), which drains all of the mucus membranes of the body and lymphatic vessels that provide immunity and toxic drainage for every cell of the body(4).

As a circulatory system, the lymph vessels are the drains of the body supporting the more popular venous system. If these get congested, the body will have difficulty draining the waste out of the body, putting unhealthy pressure on the veins and circulation. The lymph is also the carrier of the body's immune system and is typically located just across from any skin that is exposed to the outside world.



# Lymph Tissue

## *(A Primer On Lymphatic System)*

1. Stress has been identified as the cause of about 80% of all chronic health issues. The chemistry of stress is degenerative and lymph congesting. When under stress, the body is forced to manufacture and secrete excess stress-fighting hormones to boost energy. The waste products of these hormones are called free radicals, which may be a leading cause of premature aging. What's worse is that these hormones and the free radicals are very acidic, which alters the blood and cellular chemistry to become less alkaline and more acidic(5)(6).
2. Digestive imbalances may irritate intestinal villi, which is a classic reason for lymph congestion. As the majority of the lymph in the body surrounds the gut (Gut-Associated Lymphatic Tissues - GALT) and the Mesenteric lymph around the small intestine, the function of the upper digestion and the quality of the intestinal skin and lymphatic lacteals are critical for proper lymph flow, detoxification, assimilation and immunity(2-6).
3. Iodine deficiency is also a common cause of lymphatic congestion. Iodine helps to mitigate the effects of a toxic environment and supports the lymph at the cellular level(7).
4. Toxic Environment has been linked to an overwhelmed lymphatic system. In one report, almost 4 billion pounds of environmental toxins are dumped into the American environment each year and 72 million of them are considered carcinogenic."

## What You Can Do

**Rehydration Therapy:** One of the most common causes of lymph congestion is dehydration. Water, and only water, can adequately rehydrate the body. Hot Sips: The best lymph-moving rehydration technique is to sip hot water every 10-15 minutes throughout the day. Do it religiously for one day. If, by the end of that day, you are experiencing a dry mouth and are now thirsty for this once tasteless sip of hot water, this is a good indication you are dehydrated and your lymph is congested.

If this happens, try this rehydration therapy: sip hot water every 10-15 minutes for 2 weeks straight. Keep a thermos of hot water nearby to make it easy to follow this protocol. Daily Ounces: In addition to sipping hot water as part of the lymph-moving rehydration technique, try to drink 1/2 your ideal body weight in ounces per day for 2 weeks. For example, if you weigh 140 pounds, drink 70 ounces of water (almost 9 glasses) per day. This **Thermos** is a great option.

1) <https://www.sciencedaily.com/releases/2012/08/120815142042.htm>

2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914116/>

3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3075575/>

4) <https://www.ncbi.nlm.nih.gov/pubmed/10892714>

5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>

6) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2965625/>

7) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3063534/>

# Detox-Supporting Baths

## *(Exogenous Detoxification Support)*

While there is less evidence for Epsom Salt baths being a therapeutic agent in regards to enhanced detoxification. There is evidence that shows the sulphate and magnesium does cross the skin barrier and increase blood plasma levels of both sulfur and magnesium levels. That aside, this section is more clinically based and less scientifically-based. Primarily because there simply hasn't been much research on this realm of detox support. Hot baths can potentially be a powerful detox tool, albeit like any tool, not for everyone at all times.

When it comes to heat-intolerance, there are a couple ways to overcome this. One thing to take into consideration is that heat acts as a hormetic stressor, thereby increase sympathetic nervous system tone (fight, flight & freeze response) which is typically what someone wants to decrease when dealing with a chronic health issue. However, as counterintuitive as it might seem, one way to raise the body's adaptation mechanisms is by asking it to come to a point of demonstrating symptoms (fatigue, nausea, etc.) with heat then immediately hydrate and go into a room temperature room or cooler area.

When you do this regularly for a couple weeks in a row, you challenge the body through a adaptation stage that increases your resilience to this sort of hormetic effect. If you get just one of these ingredients below, consider the vitamin C as it deactivates the chlorine effectively within under 3 minutes. Next would be clay, as it binds to the sweat that pools into the bath water. The reason this is important is because you want a binder to bind to any potential toxins (heavy metals(1), PCB's(2), etc.) that might come from the heat to be present within the bath water. The clays are less for you to absorb and more to adsorb toxins that come into the water from the heat. This is a great tactic for off-loading bioaccumulated toxic elements(3). Additionally sweating has been shown as an effective means to eliminate phthalates which are in many common consumer products which act as endocrine disruptors(4).

### **Detox Bath Recipe**

- **Carbon filter for bath water** (filters most chlorine, toxins in city water)
- **Ascorbic acid** (put 1 Tbsp in bath water and wait 3 min, this deactivates any remaining chlorine(5) & chloramines thereby reducing toxicity of water)

### **Optional/Variations**

- **Epsom Salt** (magnesium and sulfur levels increase in the body, get in the hot water and wait 2 minutes or so before adding the epsom salt)
- **Dead Sea Salt** (can be beneficial to the body and nervous system)
- **Redmond Clay** (don't use metal when dealing with Bentonite, as it makes it less effective. I mix 2 tablespoons of Bentonite Clay with water in a glass jar with a plastic lid and shake well. I then pour this in to the bath after the chlorine has been removed.)
- **Chaparral** [[see instructional PDF](#)] (very potent for pain relief(6) and reduces the risk of skin cancer(7), tends to detox a greater degree of compounds out of the body than most)

# Detox-Supporting Baths

*(Exogenous Detoxification Support)*

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312275/>
- 2) <https://www.ncbi.nlm.nih.gov/pubmed/22253637>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/21057782>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/23213291>
- 5) <https://www.fs.fed.us/t-d/pubs/html/05231301/05231301.html>
- 6) <http://www.encognitive.com/node/14729>
- 7) <https://www.hindawi.com/journals/ecam/2011/734785/>

**Disclaimer:** If you suffer from heart disease, have a history of stroke, lung disease or have high levels of estrogen we advise taking caution utilizing the baths primarily because bath water is very hot and there are chemical compounds that change the heart rate and it contains lignans (phytoestrogens). Some toxins will release into the blood stream often leaving the person feeling fatigued and it can exasperate a condition initially.

**Chaparral Leaf Botanical name:** *Larrea tridentata*, (creosote) Chaparral is an herb that has been used for centuries by Native American healers. It is one of the best herbal antibiotics that is useful against bacteria, viruses, and parasites, both internally and externally. Chaparral is an aromatic flowering bush found in the deserts of western North America and parts of Mexico. It is also known as creosote bush because it contains a sticky, resinous gum with a strong, distinctive aroma.

**Herbal Properties:** Alternative, analgesic, antibiotic, antiseptic, anti-parasitic, anti-inflammatory, etc.

Chaparral's greatest ability is to move the lymphatic system, this helps to draw toxic chemicals and harmful drugs out of the cells. It is classified as a good blood purifier. It contains a powerful antioxidant that protects against the formation of tumors, cancer cells, and over-exposure to sunlight. It protects against harmful effects of radiation. It has a strong anti-inflammatory effect, great for deep aches. A liniment made from chaparral or a bath made by soaking the leaves in the water is used for rheumatism. It is applied to wounds as an antiseptic. Also excellent for gout, chronic pain, etc.

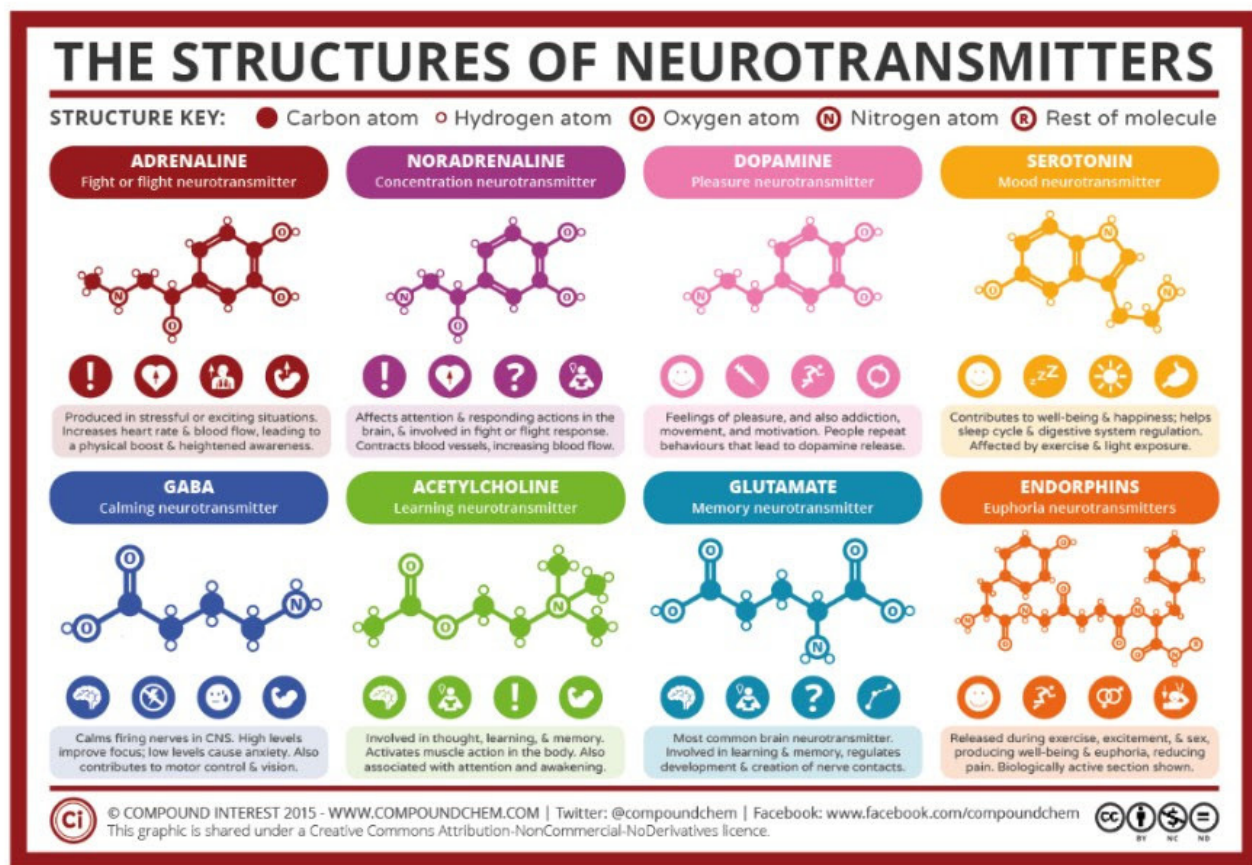
*Just because you do not take an interest in politics  
doesn't mean politics won't take an interest in you.*

*Pericles*



# Neurotransmitter Information

(Neurotransmitter Primer)



Interested in learning more about neurotransmitter imbalances? Do the [Braverman Personality Type Assessment](#) to discover if you're more Dopamine, GABA, Serotonin or Acetylcholine dominant? Once you get your results, save it as a PDF and e-mail to receive some suggestions for a more adaptogenic approach to balancing neurotransmitters that are not listed in their recommendations. It is recommended to do a nutritional/wellness consult to receive a more comprehensive strategy.

Consider also taking the [limbic impairment assessment online](#).

\* [Organic Acids Tests](#) and [SPECT](#) scans are great for neurological assessment. There can be multiple causes of brain inflammation and so getting to the root of the inflammation and systematically putting the fires out is important for long-term success. Exogenous and endogenous adaptogenic support is the start.

*Optimism doesn't wait on facts. It deals with prospects.*

*Pessimism is a waste of time.*

*Norman Cousins*



# Neurotransmitter Information

## *(Neurotransmitter Primer)*

Many people think depression, anxiety, OCD, mania, panic attacks, Bipolar disorder, anger, hyper-irritability, etc. are primarily psychologically driven. When the science is showing time and time again that it's a variation of causes colliding together such as the following examples of **microbiome dysbiosis, neurological inflammation, neurotransmitter imbalances, nutritional deficiencies, pro-inflammatory diets, insufficient intensity of exercise, excess/depletion of isolated neurotransmitters, insufficient conscious gratitude, lack of established meditation practices, imbalance in omega fatty acid profile, lacking daily breath retraining practices**, etc.

The list goes on in regards to factors that affect mental health. I just wanted to clearly illustrate that "mental health" is more accurately determined by physical health. You can verify this all with labs and three great resources are **Dr. Paul Saladino, Dr. Amen** and **Dr. Brogan**.

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4879184/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4006295/>
- 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4303399/>
- 4) <https://www.ncbi.nlm.nih.gov/pubmed/25855923>
- 5) <https://www.ncbi.nlm.nih.gov/pubmed/27498949>
- 6) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/>
- 7) <https://www.ncbi.nlm.nih.gov/pubmed/11291999>
- 8) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3044190/>
- 9) <https://www.ncbi.nlm.nih.gov/pubmed/19499625>
- 10) <https://www.ncbi.nlm.nih.gov/pubmed/26142611>

In my personal experience since experimenting with a carnivore diet as of July 2018, I have found no greater a mental clarity or emotional well-being than what this dietary intervention has been able to provide. This gets into the theoretical notion that eating a nose-tail carnivore diet eliminates all the anti-nutrients that could disturb the gut and nervous system. As well as eating a nutrient-dense, nutrient-diverse and highly-bioavailable diet can dramatically improve mental/neurological health for many people.

*The only way to find true happiness is to risk being completely cut open.*

*Chuck Palahniuk*

# Podcasts/Videos/Books/Medical

*(Portals of Learning)*

## Podcast Learning

1. Ben Greenfield Fitness
2. Evan Brand Show
3. Optimal Performance
4. FX Medicine
5. Live to 110
6. Zestology
7. The Ultimate Health Podcast
8. The Healthy Gut
9. Bulletproof Radio
10. High Intensity Health Radio

\* See [Instagram](#) for 1,000+ podcasts

## Video Learning

1. Athlean-X
2. Mercola
3. The Truth About Cancer
4. Thomas DeLauer
5. Riddler (physics & science)
6. Mobility Wod
7. Joe Rogan Experience
8. Saladino vs Norton
9. John Douillard Ayurvedic
10. The Energy Blueprint

\* See [Facebook](#) for 1,000+ posts



## Book Learning

1. Fat for Fuel
2. Primal Blueprint
3. Grain Brain
4. Eat Wheat
5. Dirty Genes
6. Metabolic Approach to Cancer
7. Tripping Over The Truth
8. Complete Guide To Fasting
9. Deep Nutrition
10. The Plant Paradox

## Medical Learning

1. Probiotic Paradigm Shift
2. GI Map Testing
3. Ayurvedic Autoimmune
4. Brain-Lymph Connection
5. Candida, SIBO Ayurvedic
6. Placebo & Nocebo Effect
7. Light, Cancer, Metabolism
8. Zinc Acetate & Common Cold
9. The Brain's Warrior Way
10. Motivation of Disgust

# Optimal Health Strategies

*(Check out these 5 simple tips that cost less than \$40 or are free ^o^.)*

**1. IRIS software** (This is why my laptop screen glows red, this will alter your melatonin production so it isn't being suppressed by the blue light in addition it will protect your eyes from the damaging effects of blue light exposure, don't forget to take the kelvin down somewhere between 0-1,600 if you aren't wearing blue blocking glasses.)

**2. IRIS software** (Yeah I know it's on here twice, but in Strict Mode you can make it so it blocks out your screen every 30 min for 3 min which is my personal recommendation as it will keep your blood and lymph moving as opposed to stagnate which is the root of a lot of pain and disease.)

**3. Blue blocking glasses** (This is one of the only companies from my research that is doing it right. Yeah I'm really driving home the blue light toxicity and how it impacts ones circadian rhythms, and it's for good reason because a circadian rhythm out of synch is a major disadvantage for those seeking optimal health, everything from cancer to depression can build-up from too much blue light exposure.)

**4. Mouth taping at night** (This is an incredible tool for many people to explore as it can increase nitric oxide levels significantly which can decrease the amount of work your cardiovascular system uses. This can make a big impact on overall sleep quality as it increases oxygenation to the brain. See this page to learn more on the science of better sleep.)

**5. Take a cold shower** (This is the least likely of the suggestions I could probably convince you of yet currently has the most scientific reasoning behind it ^o^. Even if you just do 30 seconds of cold water, this can improve metabolism as well as help lymph and improve cardiovascular tone.)

\* Follow me on [Facebook](#) and [Instagram](#) to get an idea for more optimal health strategies as I am always experimenting and delving deep into the mechanics and physics behind what it means to live within that [eudaimonic](#) experience.

*In today's rush, we all think too much — seek too much —  
want too much — and forget about the joy of just being.*

*Eckhart Tolle*

# Comrades In Need

Know someone who is in need of this level of attention to detail and care? There are five cool aspects in helping people get in the studio, especially if they are unsure if my therapies may assist them with their problem or not?

You can purchase a **gift certificate** for someone new to the studio and it will count towards the 1 in 9 odds grocery gift card giveaway as listed on #5 ^\_^.

1. They can do a **20 min complimentary assessment/treatment intro** (*free*)
2. They can do a 20 min complimentary wellness interview (*free*)



4. Ask if its ok for you to send us their e-mail for our weekly **self-care/availability e-mails** so they can stay in the loop
5. You get entered in a 1 in 9 odds to receive a \$200 grocery gift card for each referral (*whom is new to the studio*) that completes a 60 or 90 min \*

**\* 3-4 times a year I assign those who refer clients a 1 in 9 odds at receiving a \$200 grocery gift card (Wal-Mart and Albertsons excluded) you essentially get assigned a number and this online **random number generator** decides.**

## **DISCLAIMER: THIS MANUAL DOES NOT PROVIDE MEDICAL ADVICE**

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this manual is to promote broad client understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this manual.