



Boost Your Immune System

How about we just skip flu season this year?



WELLNESS PARADAIGM

TREATMENT PARADAIGM



Disability



Symptoms



Signs



Awareness



Education



Growth

PRE-MATURE DEATH

NEUTRAL
POINT

HIGH-LEVEL WELLNESS



BODY SIGNALS = SYMPTOMS

Symptoms are the
“Tip of the Iceberg”

Big Thoughts on the Current Health Crisis

1 Definition of Health

2 Responsibility?

3 Re-active



Your Health is Your BONFIRE

- ✓ **FUEL:** How you EAT
- ✓ **AIR:** How you MOVE
- ✓ **SPARK:** How you THINK



COMPOUND HEALTH

FUEL [EAT] + **AIR** [MOVE] + **SPARK** [THINK]

TIME

DO'S AND DON'TS



STOP DOING

SLOW DOWN

START DOING



FUEL How You EAT

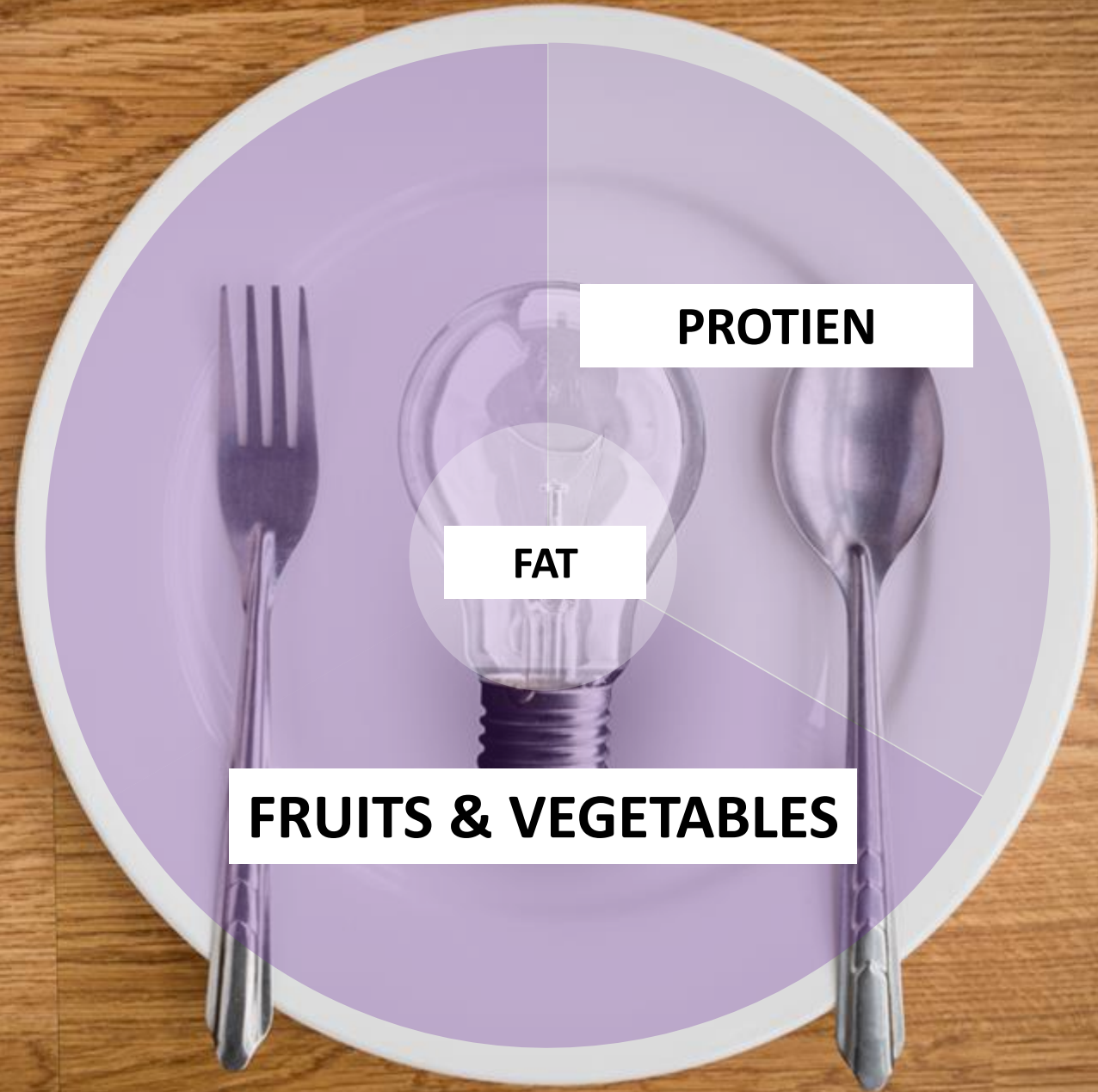
- Essential Nutrients
- Whole Foods
- Toxic Food Burden



CORRECT Fuel

- Unlimited Vegetables
- Abundant Lean Natural Meats
- Some Fruits, Nuts, and Seeds
- Limit Starch & No Sugar

Where's the
Plants, Fat and
Protein?





Do's

- Non-starchy Vegetables
- Some Fruit
- Meat, Poultry, Fish
- Range-fed Eggs
- Natural Fats
- Some Nuts & Seeds
- Drink Water



Don'ts

- Refined Carbohydrates
- Cereals & Grains
- Sweeteners
- Bad Vegetable Oils
(Excludes Olive, Avocado, Palm and Coconut Oils)
- Dairy Products
- Soda, Juice, and Alcohol
- Sugar & Immunity



Supplements: Know This

1 Reconcile Deficiencies

2 Wellness Supplements

3 Extra Help (Outside IN)



Supplements

Do This:

- Omega-3 FA Fish Oil
 - Cellular inflammation
- Pro-biotics
 - Gut Flora
- Vitamin C & D
 - Immune System
- Whole Food Supplements
 - Garden of Life

Supplements

Do This:

- Colloidal Silver
 - Antimicrobial
- Garlic & Echinacea
 - Immune Boosters
- Elderberry
 - Faster Recovery
- Ginger
 - Detox
- Ginseng
 - Anti-bacterial/viral benefits



A woman with long brown hair is performing a handstand on a large, light-colored rock. She is wearing a white sports bra, a white and black sports top, and grey leggings with white accents. Her right leg is extended straight up towards the sky, and her left leg is bent at the knee. Her hands are planted on the rock, and her head is tucked down. The background shows a calm blue ocean under a clear sky.

AIR How You MOVE

Movement....

- Required Nutrients
- Stress Reduction
- When Recovering

A photograph of three people jogging outdoors. In the foreground, a man in a red t-shirt is running towards the right, smiling. Behind him, a man in a grey t-shirt is also running. In the background, a woman in a light green tank top and black shorts is running towards the left, smiling. They are on a grassy area in front of a modern building with large glass windows.

Exercise: Know This

- Required Nutrient
- Hormones (Neuro-Endocrine)
- Lymphatic System / Circulation

Expressing Health: Do This

- Rest (Don't Move!)
- Listen to Your Body
- Timing (Sleep)





Sleep: Do This

- Sleep 7-8 Hours
- eFast
- Nap Everyday

SPARK How You THINK

Thought Life and...

- Stress Hormones
- Immune System
- Healing Rhythms





The Premise

- ❑ Healthy is NORMAL
- ❑ Your body is SMART
- ❑ The NERVOUS SYSTEM is the Master System
- ❑ Your Spine is Your SUIT OF ARMOR
- ❑ Modern Life is Unnaturally STRESSFUL



STRESS RESPONSE

BLOOD PRESSURE

HEART RATE

MUSCLE TONE

DIGESTION UPSET

DECREASED SEROTONIN

SENSORY SYSTEMS UP

FEAR AND ANXIETY

IMMUNE RESPONSE

INSULIN SENSITIVITY

BLOOD SUGAR UP

DECREASE HDL

INCREASED LDL

CLOTTING FACTORS UP

SEX DRIVE

Sources of Stress

1 Thoughts

2 Toxins

3 Traumas

A dynamic action shot from an American football game. A player in a blue jersey with the number 57 is tackling a player in a red jersey from behind. The player in red is carrying the football. The scene is set in a large stadium at night, illuminated by bright spotlights that create lens flares. The background shows a crowd of spectators in the stands.

MACRO TRAUMA

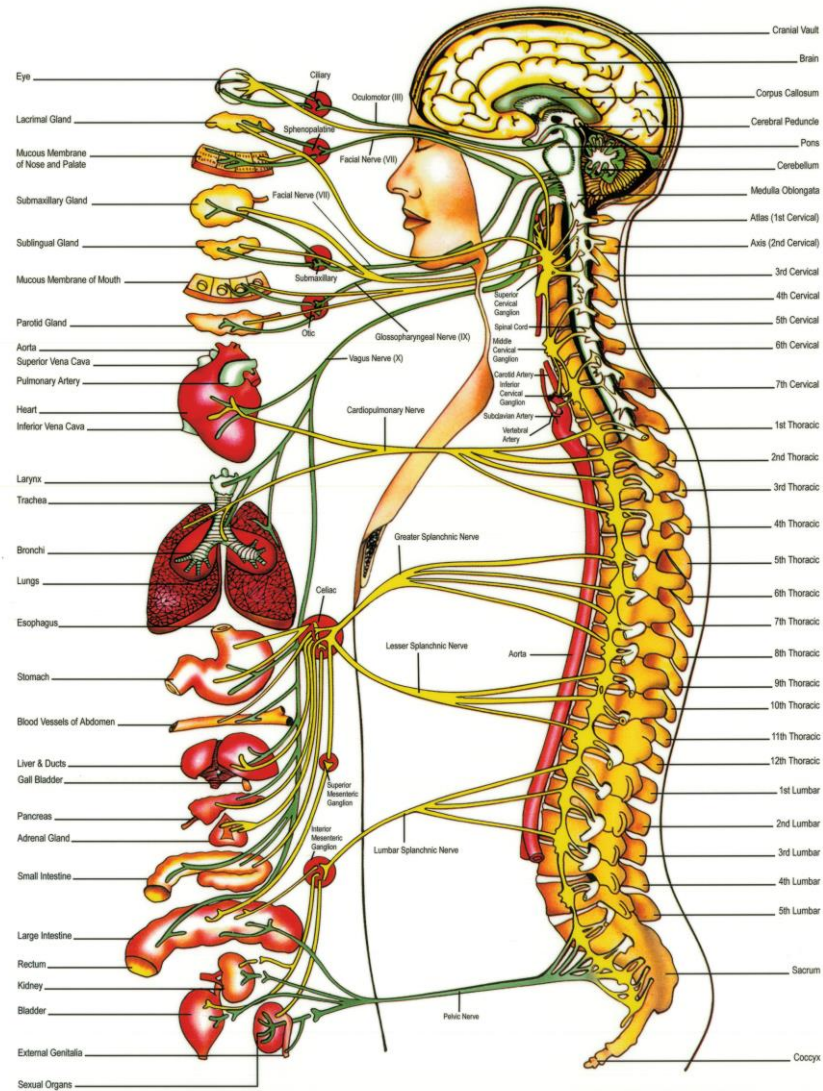


MICRO TRAUMA

Nerve Interference

- Joint Misalignment
- Soft Tissue Damage
- Inflammation / Spasms
- Nerve Irritation
- Lost Imbibition
- Joint Fixation
- Elevated Stress Hormones





AUTONOMIC NERVOUS SYSTEM



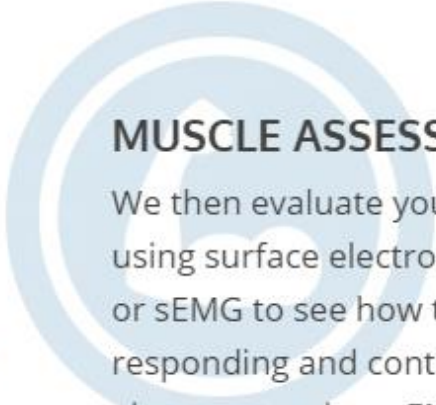
Nerve interference
 does not allow your
 body to communicate
 the way it was
 designed.

How Do You Know if You Have Nerve Interference?



NEUROLOGICAL EVALUATION

Using thermal-infrared technology, we assess your entire spine and nervous system to find miscommunications between your brain and body.



MUSCLE ASSESSMENT

We then evaluate your muscles using surface electromyography or sEMG to see how they are responding and contracting along your spine. sEMG is the exact same technology as an EKG for your heart, only for your muscles.



SPINAL EXAM

A full spinal examination will help us see where structural shifts and subluxations may have occurred.



DIGITAL X-RAYS

If necessary, using our state-of-the-art, digital x-ray system, we are able to find any curves, degeneration or loss of disc space in your spine, which can't be detected during the other evaluations.

A silhouette of a person stretching on a beach at sunset. The person is standing on the wet sand, with one arm raised and bent over their head, and the other hand on their hip. The background shows the ocean and a bright sun low on the horizon, creating a warm, golden glow. A small boat is visible in the distance on the left.

Neurologically-Based Care

- Research
- The Cause
- Long Term

What to Do When You're Already Doing Sick

- Rest (No Exercise)
- Sleep as Much as Possible
- Get Extra Neurological Adjustments
- Limit / Avoid Stressful Situations
- No Sugar & Drink Water
- Simple, Nutrient-Dense Foods
- Broth and Soup/ Vegetable Based Smoothies
- Supplementation
- Give Your Body Time and Take Action!



MO:	TOPIC/BODY SIGNAL:	TITLE:
JAN	ENERGY	HOW TO RECOVER AFTER THE HOLIDAYS
FEB	IMMUNE SYSTEM	BOOST YOUR IMMUNE SYSTEM IN 21 DAYS
MAR	HEALTHIER KIDS	IT'S ALL ABOUT HEALTHIER KIDS: WHAT EVERY PARENT NEEDS TO KNOW
APR	LOW BACK	BULLET PROOF YOUR LOW BACK
MAY	WEIGHT LOSS	GET 15 POUNDS HEALTHIER IN 15 WEEKS
JUNE	SPORTS INJURIES	"RECOVER": END NAGGING SPORTS INJURIES AND GET BACK IN THE GAME
JULY	INFLAMMATION	DON'T BURN OUT: THE TRUTH ABOUT INFLAMMATION
AUG	NECK PAIN	STOP NECK PAIN FOREVER
SEP	HEAD ACHES	END HEADACHES NOW
OCT	SLEEP PROBLEMS	SLEEP BETTER TONIGHT!
NOV	GUT HEALTH	GO WITH YOUR GUT: HOW TO REDUCE YOUR RISK OF CHRONIC DISEASE
DEC	STRESS	STRESSED OUT? THE HOLIDAY RED ZONE