

Dr. Brimhall's Six Steps to Wellness Protocols™

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STRUCTURE

Step 1: Re-establish Structural Integrity, "The Foundation of Health".

Nerve and Structural interference happens when nerves or tissue are interfered with causing the life energy, which flows through them, to be blocked. It can be produced through trauma such as an accident or fall, fractures, surgery, emotional stress, etc.

If our tissues, muscles or fascial movements are restricted it can cause interference with the electrical impulses moving through them. Pain and disease are not the initial cause, but are actually key indicators of nerve interference.

Re-establishing structural integrity is the foundation of health. 80% of all conditions improve when the structure of the body is properly re-established to allow a free flow of vital energy.



ELECTRICAL POLLUTION

Step 2: Rebalance Electromagnetics

We live in an ocean of electromagnetism. Our bodies have their own electromagnetic field much like a magnet has north and south polarities. Every cell has north and south polarity that affects all functions of the cell. Our fields should be synchronized with the natural rhythms of the earth, moon and sun etc.

When electromagnetic pollution from power lines, appliances, computers and TVs, microwave communications devices, and even the electric clock by the bed begins to accumulate, our entire system becomes stressed to the point of exhaustion. Our vision declines, our cells no longer know how to build and repair the body properly, and illness can set in.



NUTRITION

Step 3: Rebalance Nutrition

- A. Reset Adrenals & the General Adaptive Syndrome (GAS)
- B. Replenish Nutrition for Organs, Glands or Systems Weakness.
- C. Reduce Infective Organisms in the Body.
- D. Replace Enzymes and/or HCL to Aid Digestion, Assimilation and Elimination.
- E. Restore Proper Bowl Flora to Optimize Colon Function

Surveys show that 20% of the US population never eats vegetables, and 40% rarely consumes fruit or fruit juices. 80% of the population never consumes whole grains or high-fiber foods. All forms of refined sugar lower the immune system's function and interfere with the ability of the white blood cells to destroy unfriendly bacteria.

The standard American diet, which contains food grown on depleted soils, has left Americans deficient in many nutrients important to health. In 1936, U.S. Senate Document 264 noted that 95% of Americans are deficient in one or more major minerals and many trace minerals, which have been proven to be necessary for bone mineralization. Of course we are much worse at this time.



ALLERGIES AND SENSITIVITIES

Step 4: Reprogram the body for any Allergy or Sensitivity

Conventional estimates suggest that 35 million people in the US suffer from allergies of different kinds. As we remove the interferences to your health, reset your adrenal glands, and correct your nutrition and digestion we must correct allergies and sensitivities. We also use a technique referred to as ASERT or use the ASA for neutralization to help reduce triggering your immune system back into interference. This is a very significant stage of healing and cannot be ignored.

Listed here are three causes of allergies:

1. A substance in the environment such as dust, mold, pollen, etc.
2. Foods or food additives such as corn, milk, soy, etc.
3. Metabolic Byproducts (bodily fluids and tissues).

Allergic reactions can mimic a wide range of diseases and disorders and lead to confused immune system responses referred to as molecular mimicry and can be killing off our own healthy cells. Infective organisms and drugs such as NSAIDS are linked to leaky gut syndrome, or excessive permeability of the GI tract. These leaky walls in the digestive tract allow incomplete digested food particles into the blood stream. Food particles in the digestive tract are normal, but food particles in the blood stream are reacted to as foreign invaders and can set up autoimmune reactions.



EMOTIONS AND STRESS

Step 5: Re-evaluate Emotional Patterns & Remove Limiting Belief Systems

Emotion has been shown by the latest research to be a complex reaction between the body and mind. These reactions result in chemical changes in the brain and cells, which produces energy made of electrical and magnetic nerve signals. These energies or emotions literally have a frequency, which radiates outward from our energy field. These signals or blocks may be referred to as energy cysts or energy blocks.

The mind is a field of energy made up of the brain, the body, and the entire energy field. These chemical and energy patterns are stored in the mind-body field and this is called emotional memory. Patterns of thought and behavior are caused by one's perception. Perceptions and beliefs are represented by the stored configurations of memory held in an electromagnetic field we call our mind.

Past experiences and perceptions of them control reflex emotional responses. These emotional reflexes can then be re-played and create interferences to normal functions in life and limit one's ability to perceive situations properly.



TOXICITY

Step 6: Remove Heavy Metals and Other Toxins from the Body

Toxic metals are widely used in industry, food processing, and agriculture, and find their way into our air, food, and water. Exposures to these toxins are not blatantly obvious to us and are hard to pinpoint as a cause for illness. Some toxins are naturally occurring chemicals that our body has had a hard time breaking down. When accumulated in our cells these toxins can cause mutation or death. These can be harmless in small quantities, or possibly deadly in large amounts.

Researchers and experts in environmental medicine tell us that it is not a question of if our bodies are burdened with toxic overload but "how bad is it." Common problems of toxicity include: headaches, fatigue, general joint and muscle pain, skin disorders like rashes and eczema, and asthma and allergies. Many toxins are neurotoxins like monosodium glutamate and mercury and affect our brain functions such as memory, quick thinking and moods...