

Optimal Health Scan

DR. BRIMHALL'S 6 STEP PROTOCOL™

- I. **Establish Structural Integrity, the Foundation of Health**
(Spine, Extremities, Cranial-Sacral, Visceral, Arthro Stim, Percussion, etc.)
- II. **Balance Electro-Magnetics**
(Multi Polar Magnet, Optimal Digestion, Harmonizer, Total Shield, Cell Solution Chips)
- III. **Balance Nutrition**
 - A. Reset Adrenals and the General Adaptive Syndrome (GAS) (Opti-Adrenal™)
 - B. Nutrition for Organs, Glands or Systems Weakness
 1. Primary Reflex Scan
 2. Secondary Reflex Scan
 3. Endocrine Scan
 - C. Reduce Infective Organisms in the body
(Immune support: Opti-Immune™, Optimal Defense™, Optimal Opti-Cleanse™, Opti-Mito-Force™)
 - D. Give Enzymes and/or HCL to aid digestion, assimilation and elimination (Optimal Digestion™)
 - E. Restore Proper Bowel Flora to Optimize Colon Function (Optimal Flora Plus™)
- IV. **Reprogram the Body for any Allergy/Sensitivities** (A/SERT or ASA Balance)
- V. **Evaluate Emotional Patterns and Remove Limiting Belief Systems**
(Colored Glasses, "Feelings Buried Alive", Tuning forks, Ocular Release, Guided Imagery, REST)
- VI. **Remove Heavy Metals and other Toxins From the Body**
(Opti-Metals Detox, Opti-Enviro Detox, Laser (LLLT), Footbath Detox)

Clearing Procedure

Testing Procedure-complete all of steps 1-4.

1. Using a strong muscle, check the Master reflex for patient testability.
If the muscle is:
 - a. Strong- the patient is not testable.
 - b. Weak- the patient is testable.
2. Check K27's bilaterally for neurological switching.
 - a. Strong- the patient is not switched.
 - b. Weak- the patient is switched.
3. Check the Stretch Reflex for positive General Adaptive Syndrome (G.A.S.).
 - a. Strong- the patient is not in G.A.S.
 - b. Weak- the patient is in G.A.S.
4. Check patient with E.M.F. for electromagnetic sensitivity.
 - a. Strong- the patient is not electromagnetically sensitive.
 - b. Weak- the patient is electromagnetically sensitive.

Corrective Therapy

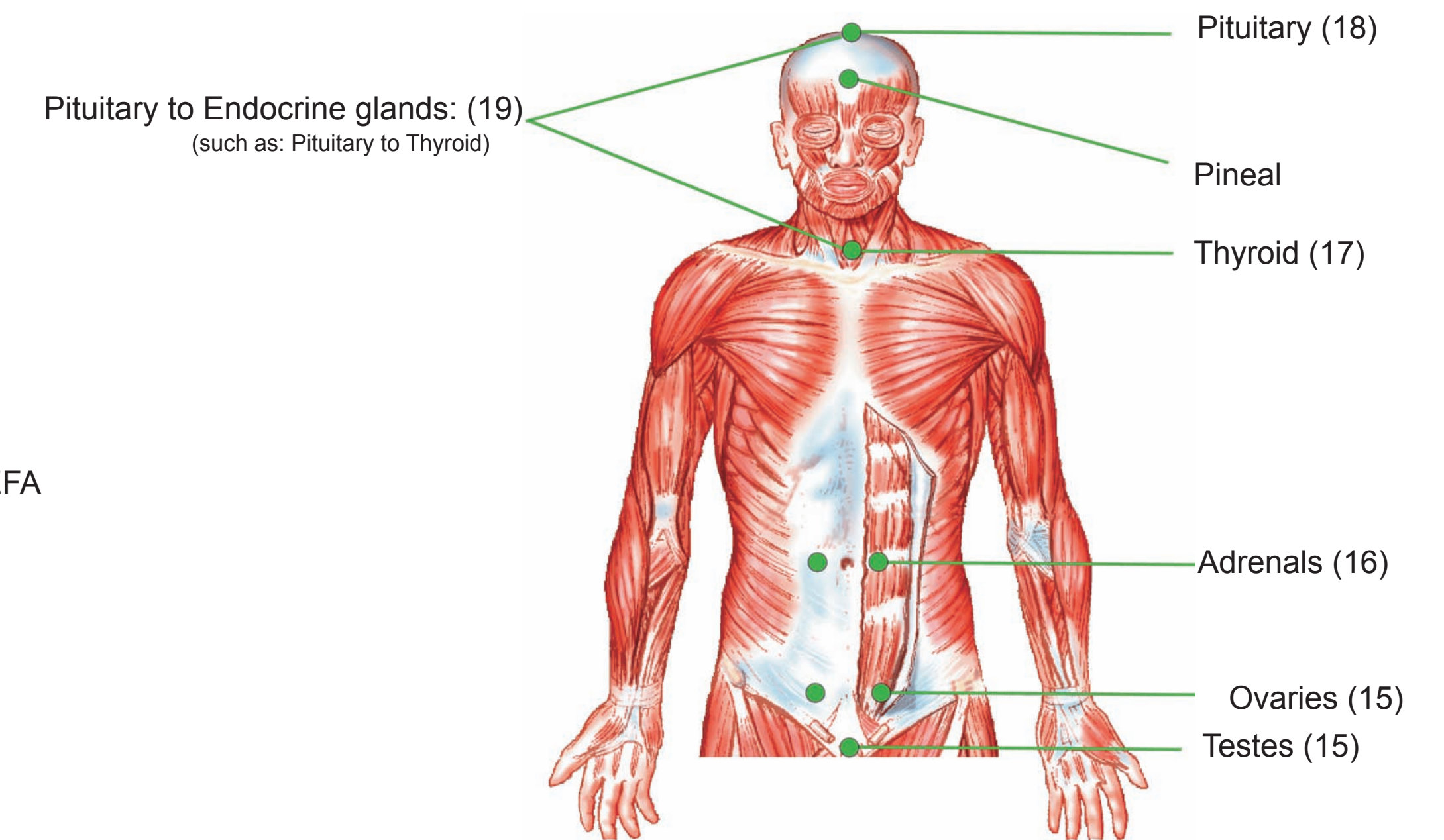
1. Opti-Adrenal™
2. Multi Polar Magnet
3. Water
4. Optimal Defense™

•If step 1 tests strong, the patient is neurologically "locked up". Give the patient both the Opti-Adrenal™ and the Multi Polar Magnet, and retest the patient.
•If the patient remains "locked up" they may be dehydrated. Give water & re-test.
•If patient remains "locked up" after Opti-Adrenal, Multi Polar Magnet & water do the Heavy Metal and Halogen Protocols.

Check the reflexes individually and then the pituitary to each one.

- Nutrition:** Opti-Thyroid™
Optimal REM Sleep™
Optimal Male+T
Optimal Female+B™
Optimal Natural Vitality, EFA
Opti-Mito-Force™

ENDOCRINE CHECK



I. CHECK FOR TESTABILITY AND SWITCHING

1. Master Point – Opti-Adrenal™, Multi Polar Magnet, Longevi-D™, Water, Heavy Metal/Toxic Halogen Protocols

II. REBALANCE ELECTROMAGNETICS - Multi Polar Magnet

Mini Harmonizer, Total Shield

III. RESET ADRENALS (G.A.S.)***Adrenal Stretch – Opti-Adrenal™

IV. REPAIR NUTRITION

2. Liver: Optimal Liv/Kidney™, Soft Cleanse Custom Pak
3. Gall Bladder: Optimal Liv/Kidney™, Fat Sugar Trim™, Soft Cleanse Custom Pak
4. Cystic Duct: Optimal Liv/Kidney™, Fat Sugar Trim™
5. Heart: Longevi-D™, Opti-Cleanse and Repair™
6. Homocysteine: Opti-Methyl B, Male+T Female+B™
7. Lung: Oxi Pure
8. Spleen: Opti-Adrenal™, Male+T Female+B™
9. Pancreas: Opti-Force™, Fat Sugar Trim™, Optimal Digestion
10. Stomach: Opti-Cleanse & Repair™, Optimal Digestion™
11. Small Intestine: Opti-Cleanse & Repair™
12. Large Intestine: Flora Plus™, Opti-Cleanse & Repair™
13. Bladder: Fruit & Veggie+™, Optimal Defense™
14. Prostate/Uterus: Male+T Female+B™

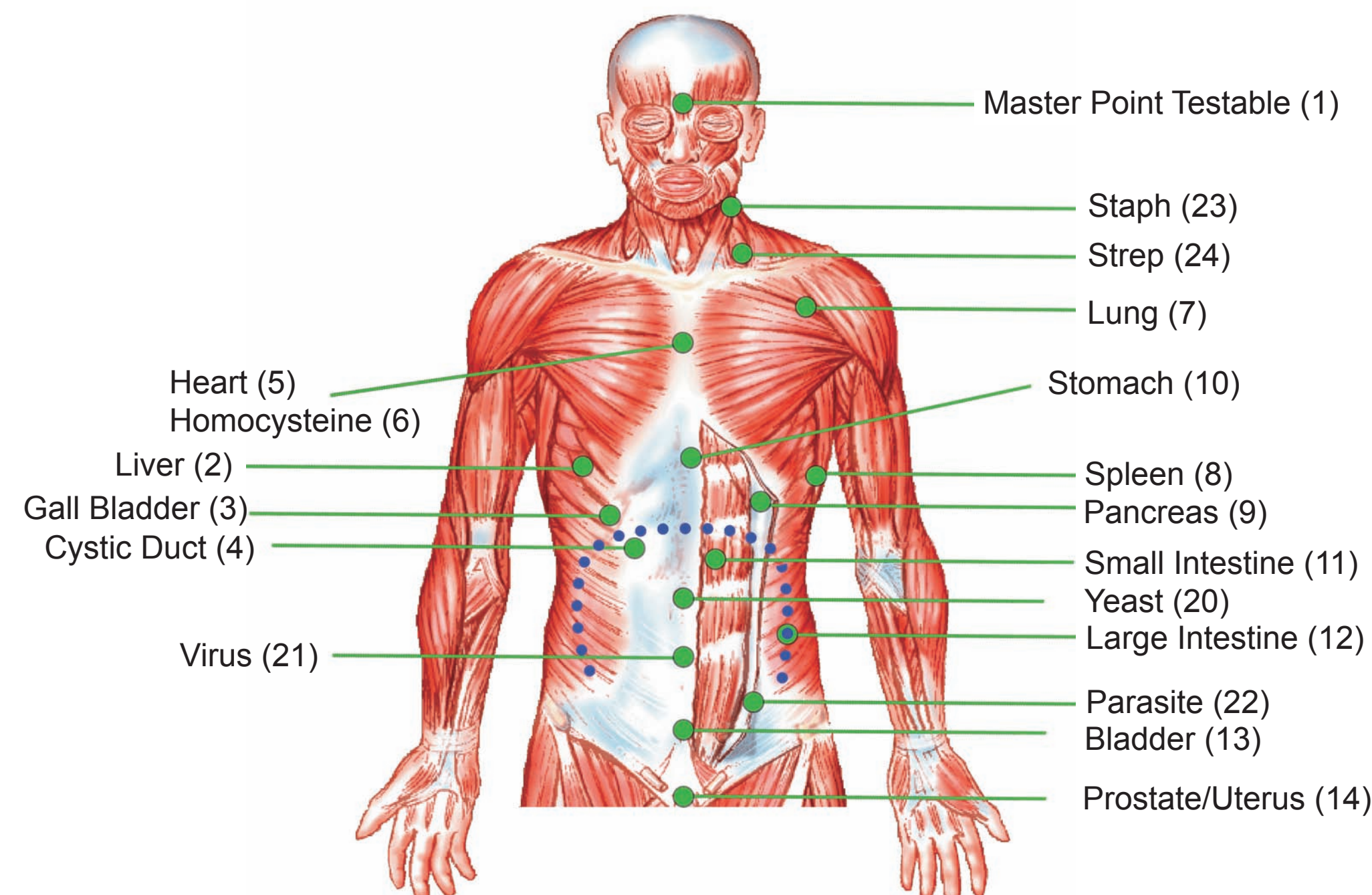
ENDOCRINE SCAN

15. Testes/Ovaries: Female+B, Male+T™
16. Adrenals: Opti-Adrenal™
17. Thyroid: Opti-Thyroid™, Opti-Iodine™
18. Pituitary: REM Sleep™, Opti-Nitric™, Nitric Oxide Package
19. Pituitary to Thyroid: Opti-Thyroid™, REM Sleep™
Adrenal: Opti-Adrenal™, REM Sleep™
Gonads: Female+B, Male+T™, REM Sleep™

V. REMOVE INFECTIVE ORGANISMS

20. Yeast: Optimal Defense™, Oxy Pure
21. Virus: Opti-Immune™, Optimal Defense™
22. Parasite: Opti-Cleanse™, Optimal Liv/Kidney™, Acute
23. Staph: Opti-Immune™, Optimal Defense™, Fruit & Veggie+™
24. Strep: Opti-Immune™, Optimal Defense™

PRIMARY REFLEXES



Bladder: Fruit & Veggie+™, Optimal Defense™

Blood Pressure: Longevi-D™

Blood Vitality: Opti-Methyl B™, Optimal Iron™

Brain: Optimal Natural Vitality, EFA, (Opti Enviro Detox™, Opti Metals Detox™)

Colon: Optimal Flora Plus™, Opti-Cleanse & Repair™

Fluid Retention: Longevi-D™, Opti-Cleanse and Repair™, Optimal Liv/Kidney™

Ileocecal Valve: Optimal Flora Plus™, Opti-Cleanse and Repair™

Kidney: Optimal Liv/Kidney™

Lung: Oxi Pure

Master Point: Opti-Adrenal™, Optimal Digestion™, H2O, Longevi-D™, Heavy Metal/Halogen Protocols

Non-Infectious Allergies: Optimal Liv/Kidney™, Opti-Cleanse & Repair™, Heavy Metal & Toxic Halogen Protocols

Ovary: Optimal Female+B™

Parathyroid: Optimal Bone Plus™, Vitamin D

Primary Hormone: Optimal Male+T, Optimal Female+B™

Prostate: Optimal Male+T™, EFA, Opti-Enviro & Metal Detox™

Testicle: Optimal Male+T™

Thyroid: Opti-Thyroid™, Opti-Iodine™

Toxin: Optimal Liv/Kidney™, Opti-Enviro & Metal Detox™, OptiCleanse and Repair™

Uterus: Optimal Female+B™

SECONDARY REFLEX POINTS

