



**Dr. John Brimhall  
&  
Dr. Brett Brimhall**

**SOLVING THE HEALTH PUZZLE  
WITH  
THE 6 STEPS TO WELLNESS**

*Dr. John Brimhall*  
**BESTSELLING INTERNATIONAL AUTHOR,  
LECTURER AND INVENTOR**



## **WHAT PATIENTS AND DOCTORS ARE SAYING ABOUT SOLVING THE HEALTH PUZZLE WITH 6 STEPS TO WELLNESS**

### **Autoimmune Disease**

Dear Dr. Brimhall,

Words cannot adequately express the thanks and appreciation I feel for what you have done for me, but knowing the dedication you have in helping people to heal, perhaps my story will help others.

In 1998, I went to Mayo Clinic in Minnesota and was diagnosed with an “unspecified autoimmune disease.” This, my doctor explained, was why I was suffering with flu-like symptoms, arthritic pain in all my joints and lack of energy. He told me the treatment for autoimmune disease would not be wise at that time because the treatment was far worse than the disease. I asked if there was anything I could do to make things better, and he suggested rest, diet, exercise and to accept the fact that there would be days where I would feel like I had the flu all over my body. I left feeling like this was my “lot in life” and that I needed to make the most of it. Within a year, my symptoms had increased in frequency and intensity and my local rheumatologist, who had taken care of me for more than 15 years, diagnosed me with lupus. He explained that, at any time, my autoimmune disease could attack my kidneys, lungs, heart or brain. He immediately prescribed cortisone and said he would consider other medications for me as well. I filled the prescription and took it with me on an extended summer vacation but was concerned about taking the pills.

That summer I tried my best to “make memories” with my husband because I could see the deterioration of my health. We had altered our lives around my health and had even cancelled the building of our yacht.

By the first of September 2000, I was getting worse and my local chiropractor felt I needed a far more aggressive approach. He said

if he were in my position, he would go to the Brimhall Clinic. My husband insisted that I call the clinic. I was told the soonest they could schedule an appointment for me was in January 2001. That was more than 3 months away!

Meanwhile, my rheumatologist scheduled a CAT scan of my brain. The result of having that scan created an unbelievable reaction. Not only did it intensify my symptoms, it made me totally weak. If I went near power lines, the computer, or fluorescent lights, I got worse. (I later learned some medical doctors do not suggest that a patient in a heightened autoimmune state have such a scan because there is evidence of adverse reactions.) I had reached such a low point - I was unable to drive, work in my home, and most of my days were spent in agony. I felt the medical arena had nothing to offer me but tests that would make me worse and medicine that would eventually kill me.

At my husband's insistence, I called the Brimhall Clinic and asked to personally speak to Dr. John Brimhall. When he returned my call, I told him my history and that I truly didn't feel I would be alive if I didn't get in before my January appointment. He said he felt he could help me and would see what he could do to get my appointment moved up. The next day his office called with an appointment for October 30<sup>th</sup>. My body was worn out, and my state of mind was not hopeful. I felt I had to go to the Brimhall Clinic at least for my husband's peace of mind.

The first day we arrived I felt as if I was in an emergency room. Dr. Brimhall and his fantastic team began work on me. They helped me to unload all types of toxins from heavy metals to emotional toxins and began to restore my electromagnetic field. By day two, I had renewed hope, and by day three, I felt energy I hadn't felt in months and months! I was still very sick; after all, I had been with this condition for years, and the mere fact that in three days I could have renewed energy was miraculous!

I was so thrilled with my progress I wanted to make up for lost time. I was ready to go to the Grand Canyon that weekend. Dr. Brimhall, in his wisdom, drew a chart for me explaining there would be peaks and valleys for a while. Of course, he was right. He explained the road to "Wellness" was not a destination but a journey. There were "tough" days, but my faith and trust in Dr. Brimhall and his techniques kept me dedicated, focused and on track to do what

was needed to restore my health. He had proven without doubt that I could be helped – it was up to me to stay the course.

It has all been well worth it – as I have my active lifestyle back. We were able to get back to boating extensively. When there was no hope – it was given! When there was no good health – it was restored!

Less than a year after my initial treatment with Dr. Brimhall, I returned to Mayo Clinic for an assessment of my autoimmune condition. My doctors were able to see a symptom-free patient with an ANA blood test in the normal range for the first time in years! My husband and I have continued to go to the Brimhall Clinic for annual checkups or “tune-ups” as my husband refers to them with Dr. Brett Brimhall. I have maintained my good health, I have taken my children there and have recommended the clinic to many friends. One of my medical doctor friends, after observing my restored health, was amazed and went to the clinic and found the treatments very beneficial. It has been such a joy to see the help my children and friends have received.

We are so very thankful for the dedication and work of the Brimhall System of Wellness.

— Judie B.

### **The Standard American Diet**

My health challenge began three years ago when an already depleted body, caused by 55 years of the standard American diet and “normal” life stresses, contracted several bouts of flu while on a foreign work assignment. Medical doctors there prescribed normal pain and fever reducers, and I got on with my work and life (I thought!). These bouts left me with chronic diarrhea, nagging kidney pains, sharp gall bladder/liver pains and intestinal pains. By the end of my six-month assignment, I was beginning to lose weight and was suffering from fatigue. When I returned to the States, I checked in with my primary care physician, who thought I might have contracted a parasitic infection and immediately put me on an antibiotic therapy. It didn’t get better! Over the next two years, I consulted with 18 different doctors who scheduled a total of five colonoscopies, four upper endoscopies, seven CT or MRI scans, and multiple blood, urine and stool studies at a cost

of over \$30,000 to my insurance company. Finally, after visiting the Mayo Clinic in Rochester, Minnesota, I was diagnosed with Irritable Bowel Syndrome and told there was no cure. I started investigating alternative medicine channels. It was at this time that Dr. John Brimhall's Wellness Center was recommended by my local chiropractor. Dr. Brett Brimhall treated me daily for two weeks with amazing results. I decided to return to the Brimhall Wellness Center for whatever time it took to really get a state of wellness back. Now, at the end of this three-month program, I know the path to wellness. I now feel I have been given the skills to continue on the path of a lifetime of wellness.

— Frank T.

### **Depression**

I hope my story will help whoever reads it. I was living a perfect life with happiness, joy and a love for the Lord like no other. But then my father was diagnosed with kidney cancer and passed away. I fell into a deep depression, which led to drugs and other disastrous things. My world went from joy to hell in a matter of weeks. I was living in an apartment with about five people. I was doing lots of cocaine and other things. I wasn't eating right. My body pretty much shut down. I could hardly stand up straight. I was having severe panic attacks and I was very skinny. Finally I decided, with God's help, to walk away from hell on earth. That's when I came to Dr. Brimhall and Dr. Reed for help. They taught me how to get well again through nutrition, vitamin supplements, adjustments and positive, good thoughts. I believe that the Lord worked through both of those people.

— Tim B.

### **Stunted Growth**

Dear Dr. John,

You will remember our little grandson, Tyler M., son of Ed and Marie M. from Ketchikan, Alaska. He was the 5-year-old who spoke like an adult but looked like a 3-year-old. Because of Marie's concern that Tyler was not growing normally (1/4 inch in the previous year),

she brought him to you in early June of 1998. She asked that each of your staff treat Tyler, as we had told her that each of the doctors in your clinic had a special talent. So all of you will be pleased to know that since you treated him during June and they returned to Ketchikan, he has grown *1¼ inches* in the last three months. We want to thank you for all you have done for us, our children and our grandchildren who have been helped so much at the clinic.

— Kent C.

### **In Pain**

I distrusted chiropractors. I thought they were quacks who cracked necks. At seventeen, I had had a bad experience with one in Tennessee. Fortunately, good friends introduced my husband and me to Dr. Brimhall. There I found a path to wholeness, peace of mind and relief from pain. I have proof that following the doctor's orders works. My chest no longer feels like something heavy is sitting on it. My neck isn't stiff, it's relaxed and flexible! Recently, while singing a hymn in church, my voice became clear and free for the first time in 10 years. A chronic pain in my right foot had kept me from walking comfortably for several years. Now my foot is as good as new! I no longer have to take anti-acid pills. I sleep all night long!

— Fay E.

### **Prostatitis & Depression**

When I came to the clinic three months ago with severe prostatitis, my life was miserable. I considered suicide on more than one occasion. My feelings were all bottled up, and I felt very depressed. It was a battle most days just to get out of bed. After I left the clinic, everything changed. My depression is over. Suicide is the furthest thing from my mind. My symptoms have almost completely subsided. This is a huge accomplishment when you consider that I had seen some of the leading authorities on my illness, and none of them gave this kind of relief. I love life now, and I owe it all to the Brimhall Wellness Center.

— John V.T.

## **Brimhall Wellness Seminars**

At the Las Vegas show last June, we heard Dr. John Brimhall for the first time. We were so impressed that we drove to his clinic for treatment. Since then, we have been back to see him on two occasions, driving over 2,000 miles from Jupiter, Florida, to Mesa, Arizona. He has proven to be an excellent doctor, very caring and truly dedicated to healing people.

— Francis E.N.

## **Regained the Use of an Arm**

Dear Dr. Brimhall,

I want to thank you for the wonderful care you have given me. At our first meeting less than a year ago, I couldn't lift my left arm. I had been to several medical doctors and had no relief or improvement. Since receiving treatments at your clinic, I have regained about 85% use of my arm, and it's still improving. I have so much confidence in your ability and knowledge that I drive over 2,000 miles to your clinic, and it's really worth the trip.

— Ruth A. L.

## **Fibromyalgia**

Dear Dr. Brimhall,

I was very pleased when I attended the recent Health Show in Las Vegas and finally found someone who can help my mother, Joyce S. of Clarkdale, Arizona, with her fibromyalgia (a chronic, widespread pain in muscles and soft tissues surrounding joints throughout the body). She has been in considerable pain for quite some time, and you certainly have given us hope.

— Dixie C.

## **One Doctor's Story**

Dear Dr. Brimhall,

Thank you for everything you have done for my family and myself. I realize you have done a lot of extra things without charging me for them and have given me breaks on products and tapes, and although I do the same in my own practice every day, it is truly a

blessing to be treated so kindly by another. The dual treatment mode with Mary Pat was something I will hold in my heart for all time. No matter what the future holds, I want you to know what a tremendous impact you have made on my life and my practice. Frankly, there is no way to convey my thanks in simple words – so I will attempt to do it in my stewardship of your teaching and creativity and spirit of giving in my life and in my practice.

— Reid T.

### **Arthritis, Fibromyalgia and Sinus Problems**

To my friends at the Brimhall Wellness Center:

I came to Arizona from Pennsylvania 18 years ago, riddled with arthritis, fibromyalgia and sinus problems. My friend, Enid, begged me to try the Brimhall Wellness Center. She got me an appointment – and the rest is history! I can't explain what happened, but the change in me was hard to believe. Dr. Hansen told me I'd have my taste and smell again. Hah! I hadn't had any for years! I can taste now! I have a new life, and my prayers were answered. My heartfelt thanks to all the wonderful doctors and staff who gave me hope for a better life. At 77 years of age – it's a miracle!

— Kay W.

### **The Quality of Care**

Dear Dr. Brimhall:

It is extremely difficult to express in words how I feel about my week of care in your wonderful haven of health. Every aspect of your office exudes with proficiency, compassion and an indescribable spirit and aura of oneness with the universe.

— Richard E. B.

### **A Baby With Difficulty Breathing**

When my son Brett was 4 days old, he stopped breathing while I was nursing him. We dialed 911 ... and were flown by helicopter to Phoenix Children's Hospital. There we spent a horrible week when Brett was seen by five different kinds of pediatric specialists, including



a pulmonologist, neurologist, cardiologist, gastroenterologist and an infectious disease specialist. He underwent four spinal taps, had several different kinds of X-rays and tests, including an MRI, and had blood drawn from his feet and head many times. None of the specialists could figure out what was wrong with him. So Brett came home at 10 days old yoked up to an apnea monitor and an oxygen tank on wheels. When Brett was 6½ weeks old, a friend told me about a holistic chiropractor she had been to the year before. She thought it wouldn't hurt for me to take Brett to see him. I had always been leery of chiropractors but felt like I would try anything. I took Brett to Dr. Brimhall the next day, and our lives changed immediately. I continued to take Brett back to Dr. Brimhall twice a week, and by the end of May his at-home oxygen test results showed levels at 98-99, so he could be taken off oxygen. Today he is almost 7 months old and is a healthy, active little boy who started crawling a week ago.

— Sarah S.

### **A Patient's Foreword**

by Jon Keyworth

*Former Denver Broncos Running Back*

I want to share with you an experience that literally changed my life. It's a proven healing modality or system that works, and it's changing people's lives everyday.

I suffered several major injuries during my football career. I played professional football for the Denver Broncos from 1974 to 1980. During my prime years as a professional athlete, I could run a 40-yard sprint in 4.5 seconds, which was considered exceptional. I was one of the best 5-yard collision running backs in the NFL.

In 1972, while playing college football for the University of Colorado, I suffered a 6-centimeter tear in the rotator cuff of my left shoulder. The injury was never correctly diagnosed, and I continued to play through both my college and professional career with unusual pain. I endured nine major surgeries between 1971 and 1980. Doctors implanted

a large screw into the shoulder in order to prevent the joint from dislocating. Still, the torn rotator cuff remained undiagnosed.

I retired from the Denver Broncos in 1980 at the young age of 31. From that time until March of 2002, I was able to function, yet experienced continual pain. I was taking large doses of over-the-counter drugs and ingesting four extra-strength Tylenol® tablets three to four times a day.

While looking into the mirror one morning in March of 2002, I noticed a hole or deep gap between the top of my left shoulder and my left bicep muscle. I immediately made an appointment with one of the top athletic orthopedic surgeons in the country. After examination, I was informed that I had torn the bicipitous muscle.

My left arm was completely useless. I couldn't raise or use it in any way. The arm was just hanging there. The doctors made it clear that there was nothing they could surgically do to attach the torn muscle. The only recommendation they offered was to completely replace the shoulder joint. They said it might alleviate the pain, but it wouldn't provide any improved strength to my shoulder or arm.

I decided against shoulder replacement surgery, based on my knowledge concerning the long-term adverse effects of joint replacement.

By September of 2002, the pain in my left shoulder hadn't decreased. If I didn't have surgery, my left arm would remain crippled for the rest of my life. I was experiencing real fear for the first time.

Then, in my humble opinion, a miracle took place. In this same month, my wife, Claudia, was attending a special health and wellness seminar sponsored by Dr. John Brimhall of Mesa, Arizona. Dr. Brimhall is one of the most renowned and brilliant innovators in the process of natural healing, and he's been a chiropractor for over 30 years. He's traveled the world to learn and discover successful healing modalities and has incorporated this knowledge into a 6-Step protocol.

What I experienced at that seminar was incredible. Dr. David Lee, one of Dr. Brimhall's top certified instructors, took me aside and began not only to treat me, but to educate

me about what he was doing and why. He taught me that every procedure, process and technique he was using to treat my shoulder was predicated upon sound, proven and scientific principles.

The techniques Dr. Lee used involved new methods and discoveries of light and energy-frequency healing, Nutri-West nutrition and many other non-invasive, non-toxic, natural healing processes. After 45 minutes, I was able to raise and use my arm with full mobility, without pain, for the first time in six months.

I'm now able to play golf and carry on a normal life with a fully functioning arm. My shoulder sometimes gets a little sore, but with occasional, inexpensive treatments, I'm able to function normally in my everyday activities. I'm also gaining new strength in both arms and shoulders.

After experiencing what to me was a miracle, I began to examine and explore the potential of Dr. Brimhall's 6-Step protocol in helping friends and family. I've come to learn that this healing procedure can help treat people who suffer from chronic pain, fatigue, asthma, diabetes, cancer, heart disease, chemical or nutritional imbalances, depression, arthritis, allergies, digestive disorders and many other degenerative diseases. Dr. Brimhall and his certified practitioners don't treat these diseases; they treat people who suffer from these degenerative diseases.

Dr. Brimhall's 6-Step protocol is a natural treatment process using scientifically proven methods. I now know that if you're suffering from diseases of degeneration, depression, stress or other emotional or physical traumas, there's hope. Dr. Brimhall's trained, certified practitioners can help set your body on the correct path to heal itself.

I urge you to seriously consider having a Brimhall Certified Practitioner assist you and your family in your wellness care needs. Many of my friends and family who have done so have discovered a true health care system that works — one that allows them to heal themselves.

— Jon Keyworth

## A Doctor's Foreword

By Don Colbert, MD

Over the course of my medical career, I've had the opportunity to study under some of the top nutritionists, acupuncturists, naturopaths, neurologists, biological dentists, alternative medical physicians and homeopaths in the world. And yet, despite the vast knowledge I gained, there always seemed to be some piece of the puzzle missing. While attending one of Dr. Brimhall's nutritional seminars eight years ago, I found that missing piece. Dr. Brimhall's *6 Steps To Wellness* finally put everything into perspective for me... providing a major "missing link" in the healing process.

What is so stimulating about this type of work is that non-invasive therapeutic devices are used in treating the patient, fulfilling the Hippocratic Oath that states "First do no harm." But non-invasive certainly doesn't mean non-effective. The *6 Steps To Wellness* can be used to address simple illnesses such as the common cold, yet can also help treat extremely serious diseases such as Lou Gehrig's Disease (ALS).

It has been an extreme honor and a pleasure to work with Dr. Brimhall in his effort to bring wellness to the world. I'm certain that patients and physicians alike will benefit from learning the 6 main interferences to healing and the *6 Steps To Wellness* taught in this book.

I truly believe that Dr. Brimhall is one of the most gifted physicians I have ever met.

— Don Colbert, MD

## A PhD's Foreward

Lynn Toohey, PhD

Every once in a very rare while, someone comes along who not only has the knowledge and ability to make a difference in people's lives, but can also TEACH it to others. Dr. John Brimhall is that person. Never before have I met anyone like Dr. John, who I can refer tough cases to, knowing with the utmost confidence that they will improve. His unique skills and comprehension of the complete picture, the "Total Wellness" approach, have helped more people than I could ever begin to count.

The protocol, while easy enough to use, incorporates various modalities that strengthen each other in a genuine, powerful, holistic approach to wellness. I can remember, years ago, being present at one of Dr. John's 3-day weekend seminars. I ran into one of the participants outside the lecture hall and asked, "Are you enjoying the seminar?" As her eyes welled up with emotion and the tears began to fall, she exclaimed, "He's changed my life; I can't believe it." That is how I describe the reaction to Dr. John's teaching - you can't describe it. You have to FEEL it. In my never-ending awe for how he can relate his holistic knowledge so that other people can experience it, I am elated that he now has chosen the form of a book to educate more people about this awesome protocol.

Even though my biggest connection to Dr. Brimhall has been nutritional, I recognize that it is only one piece of the puzzle – but he explains how that very important piece strengthens, and is strengthened by, other modalities such as energy work. Dr. Brimhall has the skills and the know-how to make it all work together, maximizing the potential for using quality nutrition to improve health and make a difference.

If you haven't experienced the protocol, or you have and want to refresh, read this book. But, be forewarned that you must be prepared for it to change your life!

— Lynn Toohey, PhD