

AZ - April 17-18, 2020 SIX STEPS TO WELLNESS SEMINAR OUTLINE

Dr. Brimhall's 6-Steps to Wellness Protocol (14 hours)

By John W Brimhall, DC, BA, BS and Doug Grant, BS

Day 1

- 1:00 - 2:00 pm Doug Grant – Proper systems to introduce nutrition into a Clinical Practice.
- 2:00 - 3:00 pm Introduction to “The 6 Steps To Wellness” – Structure, Nutrition, Emotional Stress, Electromagnetics, Allergy/Sensitivity & Toxins. Begin Nutritional Evaluation, Reset Adrenals/ GAS (General Adaptative Syndrome) and balance electromagnetics.
- 3:00 –3:40 pm Enzymes, Probiotics; Gut Health and Immune System; Replenish Nutrition for organs, glands and system weaknesses.
- 3:40 –4:00 Break
- 4:00- 5:00 pm Check and balance the Endocrine System, including the hypothalamus-pituitary- axis, thyroid and iodine, with male and female considerations.
- 5:00- 6:00 pm Emotional stressors and BrianTap for reduction (developed by Patrick Porter, PhD), 5- minute Phobia cure, Positive Point Therapy and Breathing techniques.

Day 2

- 8:00-9:00 am Re-establish Structural Integrity, The Foundation of Health, Instrument Adjusting for the Cervical, Thoracic, Lumbar Spine and Extremities.
- 9:00 – 10:00 Cervical, Thoracic and Lumbar Discs; Categories I, II, III for pelvic subluxations and balance.
- 10:00 – 11:00 Introduction to the fascia and how it houses the four Nervous Systems (central, peripheral autonomic and cutaneous), the acupuncture meridians and the organs.
- 11:00 – 12:00 Identify and correct fascial restrictions, with fascial percussion and manual techniques.
- 12:00 – 1:00 pm Latest research on Nutrients that improve function by Doug Grant
- 1:00 – 2:00 pm Lunch
- 2:00 – 3:00 pm Percussor hands on, step by step, through the craniosacral system and recurring subluxations. percussor for the spine, cranium and organ function.
- 3:00 – 4:00 pm Visceral Manipulation in relations to recurring subluxations, the Percussor/Vibracussor and Adjustor/ArthroStim.
- 4:00 – 4:20 pm Break
- 4:20 – 5:20 pm Addressing Allergies/Sensitivities, recurring subluxations, dysfunction and dis-ease.
- 5:20- 6:00 pm Doug Grant on step by step implementation on all that was discussed to have smooth clinical flow and patient improvement.