

August 22-23, 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 Saturday

8:00 - 9:00 am Doug Grant (DG)– Proper systems to introduce nutrition into a Clinical Practice.

9:00 - 10:00 am 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.

10:00 - 10:15 am Break

10:15 am 11:00 am Enzymes, Probiotics; Gut Health and Immune System; Replenish Nutrition for organs, glands and system weaknesses.

11:00 - 12:00 noon Evaluate and balance the Endocrine System, including the hypothalamus-pituitary- axis, thyroid and iodine, with male and female considerations.

12:00- 1:00 pm Emotional stressors and BrianTap for reduction (developed by Patrick Porter, PhD), 5- minute Phobia cure, Color/Sound Integration, Positive Point Therapy and Breathing techniques.

1:00 pm - 2:00 Lunch

2:00- 3:00 pm Re-establish Structural Integrity, The Foundation of Health, Instrument Adjusting for the Cervical, Thoracic, Lumbar Spine and Extremities.

3:00 pm -4:00 pm Cervical, Thoracic and Lumbar Discs; Categories I, II, III for pelvic misalignment

4:00 pm – 4:15 pm Break

4:15-5:15 pm Introduction to the fascia and how it houses the four Nervous Systems (central, peripheral autonomic and cutaneous), the acupuncture meridians and the organs.

5:15 – 6:00 pm DG: Latest research on Nutrients that improve function and assist corrections of subluxations.

Day 2 Sunday

8:00 -9:00 am Identify and correct fascial restrictions, with fascial percussion and manual techniques.

9:00 – 10:00 am Percussor hands on, step by step, through the craniosacral system and recurring subluxations. percussion for the spine, pelvis, cranium and organ function.

10:00 – 10:15 am Break

10:15 - 11:15 am Visceral Manipulation removing subluxation triggers, the Arthrostim and Vibracussor.

11:15 – 12:15 am Addressing Allergies/Sensitivities, recurring subluxations, dysfunction and dis-ease.

12:00 – 1:00 pm Doug Grant and Dr Brimhall with a step by step implementation of all that was discussed to have smooth clinical flow and patient improvement.