

Optimal Health Systems presents

6 STEPS TO WELLNESS SEMINAR

\$295
EACH INDIVIDUAL

Dr. John Brimhall
BA, BS, DC, FIAMA, DIBAK



also presenting:
Doug Grant
Founder/Formulator of OHS

HOTEL RESERVATION:

Hyatt Place Philadelphia/King of Prussia
440 American Avenue
King of Prussia, Pennsylvania 19406

HOTEL GROUP NAME:

Optimal Health Systems Meeting

WHEN: August 22nd - 23rd, 2020

HOTEL RATE: \$129

CALL: 484-690-3000
(Ask for Reservations)

ABOUT DR. JOHN BRIMHALL

Dr. John Brimhall also known as the "Father of Wellness" in chiropractic has been lecturing with some of the world's greatest advocates of health and wellness since the 70's. He graduated a cum laude Doctorate in Chiropractic from the Palmer College of Chiropractic in 1971.

He is also a best selling author of "Solving the Health Puzzle with the 6 Steps to Wellness," eloquent lecturer, researcher, consultant, patent holder of two chiropractic instruments, and nutritional supplement formulator of over 100 products, including a therapeutic line of formulas through Optimal Health Systems.

Dr. Brimhall has pioneered the most advanced program for improving treatment outcomes being taught today. Doctors trained in the Brimhall protocol report tremendous improvements in their practice... healthier patients, enhanced profits, and more confidence when faced with difficult cases. The Six Steps to Wellness program encompasses structural imbalance, electromagnetic radiation, nutritional deficiencies, allergies and sensitivities, emotional issues and toxicity.

THE SIX STEPS TO WELLNESS

1. Structural Interference
2. Electrical Pollution
3. Nutritional Interference
4. Allergies/Sensitivities
5. Emotional Stress
6. Toxins



Call us at 800-890-4547 to register today

Six Steps To Wellness

Seminar: OUTLINE

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

Pennsylvania - August 22nd - 23rd, 2020

Day 1

8:00 - 9:00 am

Doug Grant – 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 - 10:40 am

Enzymes, Probiotics; Gut Health and Immune System; Replenish Nutrition for organs, glands and system weaknesses.

10:40 - 11:00 am

BREAK

11:00 - 12:00 pm

Check and balance the Endocrine System, including the hypothalamus-pituitary- axis, thyroid and iodine, with male and female considerations.

Emotional stressors and BrianTap for reduction (developed by Patrick Porter, PhD), 5-minute Phobia cure, Positive Point Therapy and Breathing techniques.

12:00 - 1:00 pm

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 - 4:00 pm

Cervical, Thoracic and Lumbar Discs; Categories I, II, III for pelvic subluxations and balance. Introduction to the fascia and how it houses the four Nervous Systems (central, peripheral autonomic and cutaneous), the acupuncture meridians and the organs.

4:00 - 5:00 pm

Identify and correct fascial restrictions, with fascial percussion and manual techniques.

5:00 - 6:00 pm

Day 2

8:00 - 9:00 am

Latest research on Nutrients that improve function by Doug Grant

9:00 - 10:00 am

Percussor hands on, step by step, through the craniosacral system and recurring subluxations. percussor for the spine, cranium and organ function.

10:00 - 10:40 am

Visceral Manipulation in relations to recurring subluxations, the Percussor/Vibracussor and Adjustor/ArthroStim.

10:40 - 11:00 am

BREAK

11:00 - 12:00 pm

Addressing Allergies/Sensitivities, recurring subluxations, dysfunction and dis-ease.

1:00 - 2:00 pm

Doug Grant on step by step implementation on all that was discussed to have smooth clinical flow and patient improvement.