

Chronic Debilitating Problems
Share Biological Imbalances

- Chronic Pain
- Fibromyalgia
- Abd pain
- Fatigue
- Depression/anxiety
- Migraine
- Neurodegenerative
- Neuropathy
- Dementia
- Autoimmune
- CFS/ME
- Etc.

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Chronic Debilitating Problems
 Share Biological Imbalances

**Identify and Treat
 The Underlying
 Biological Imbalances**

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Identify The Underlying Biological Imbalances

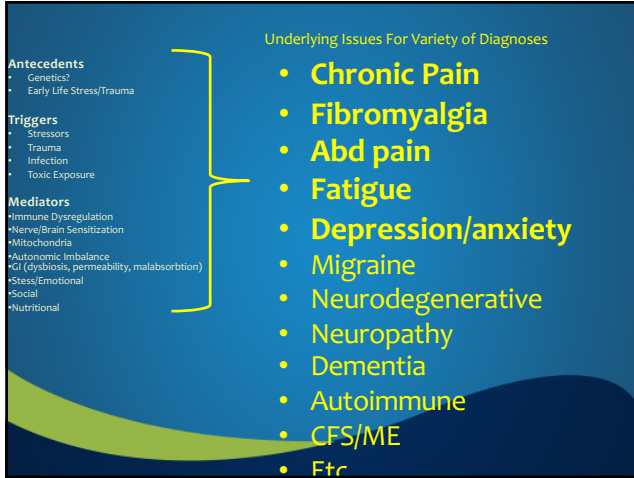
- **Antecedents**--Foundational Principles That **Set The Stage**
- **Triggers**-- Transient Events That **Shift The System**
- **Mediators**-- Persistent Changes That **Keep You Sick**

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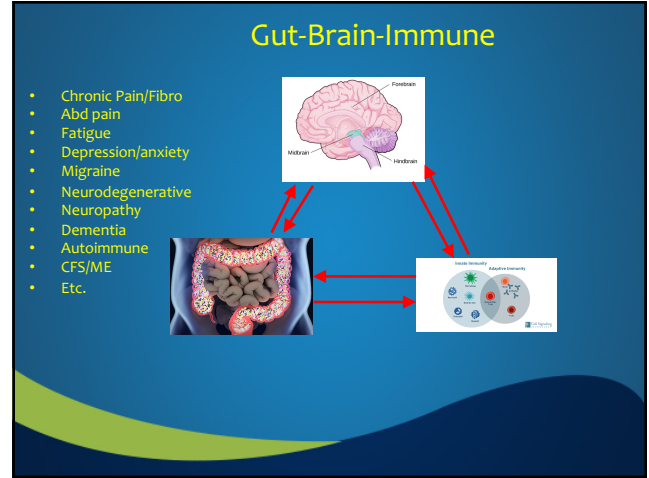
Antecedents	Triggers	Mediators
<ul style="list-style-type: none"> • Genetics? • ACEs/Trauma • Illness/Exposure • Lifestyle 	<ul style="list-style-type: none"> • Stressors • Infection? • Trauma • Toxic/Drug • Illness 	<ul style="list-style-type: none"> • Immune Dysregulation • Nerve/Brain Sensitization • Mitochondria dysfunction • Autonomic Imbalance • GI (dysbiosis, permeability, malabsorption) • Stress/Emotional • Social situation • Nutritional deficiency



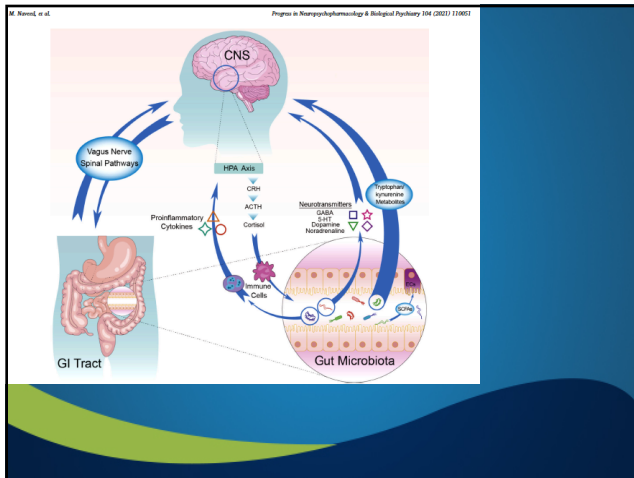
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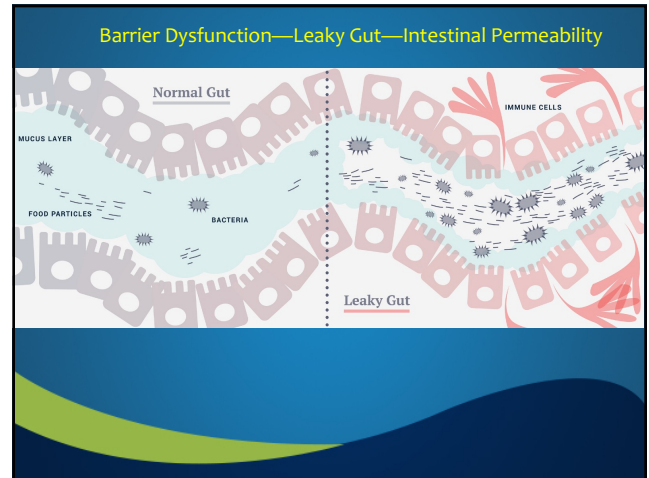
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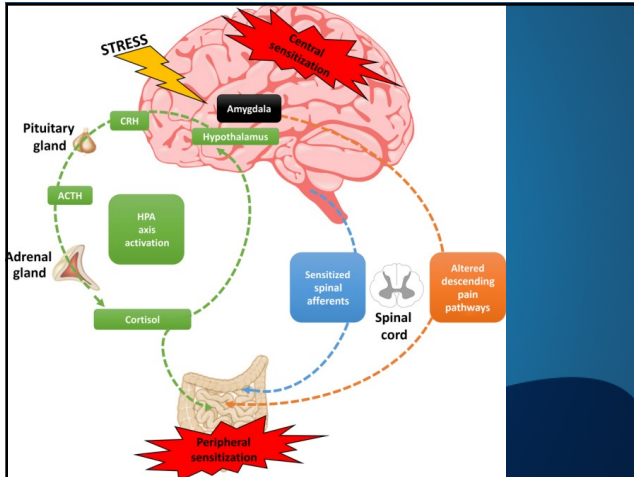
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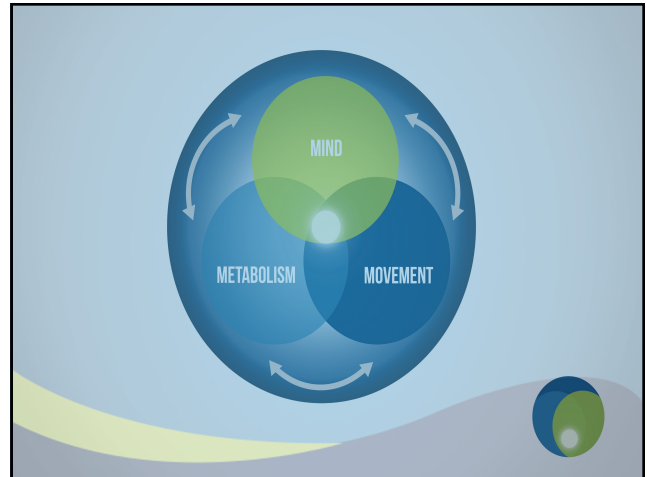
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Metabolic/Biochemical

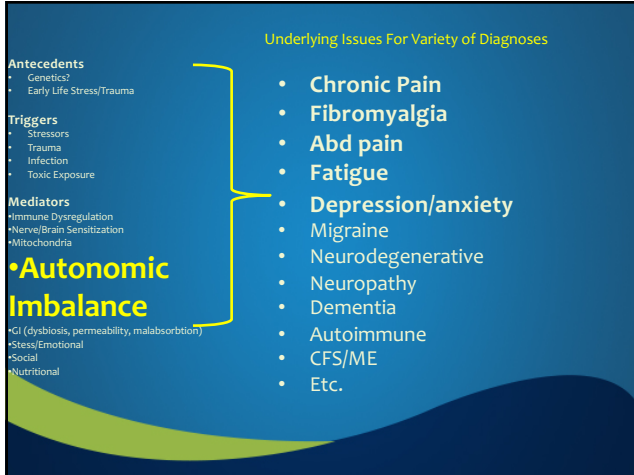
- Diet—sensitivities, nutrients, low antigen high polyphenol
- Adrenal support-botanical
- LDN—IBS, inflammation, pain
- Stress—adaptogens, nutrients
- GUT
 - Dysbiosis—probiotic, prebiotic
 - Leaky Gut—nutrients
 - Biofilm—disruptors

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Movement/Mechanical

- Movement is Medicine
 - Hormones
 - Inflammation
 - Sleep
 - Pain
 - Neurotransmitters
- Aerobic
- Stretching/Strength
- Mindful Movement

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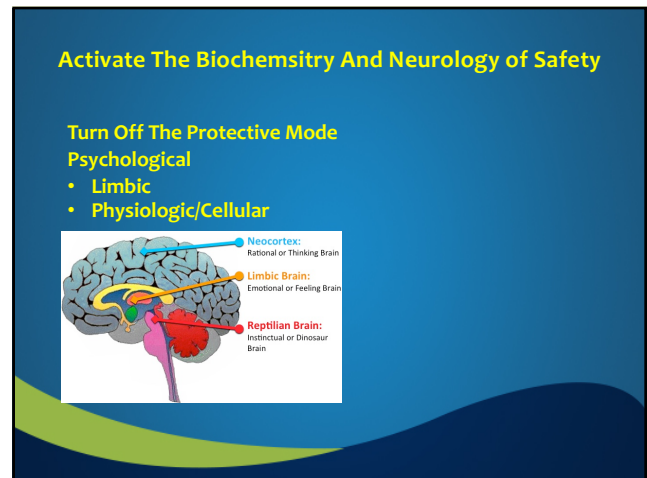
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Turn Off The Danger Response

6 Steps MindBody Healing

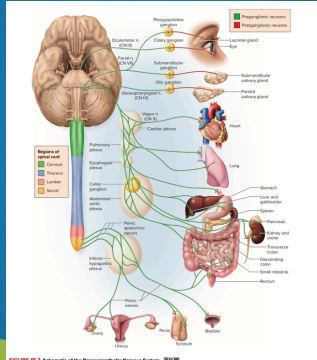
1. Relaxation
2. Mindfulness
3. Body Awareness
4. Insight—Inner Map
5. Heart- and Soul-Power
6. Transformation

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MindBody Healing

- Relaxation
- Mindfulness
- Imagery
- Therapy

Don't Forget The Vagus Nerve



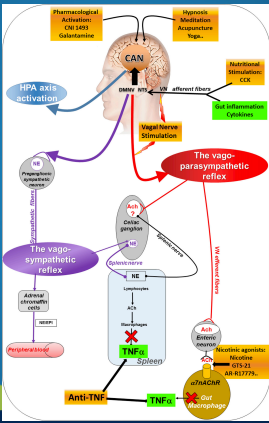
Bonazz B, Bazin T, Pellissier S. The Vagus Nerve at the Interface of the Microbiota-Gut-Brain Axis. Front Neurosci. 2018 Feb 7;12:49. FIGURE 10 | Anatomy of the Parasympathetic Nervous System. (10/1)

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MindBody Healing

- Relaxation
- Mindfulness
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Vagal Parasympathetic Anti-Inflammatory Pathway

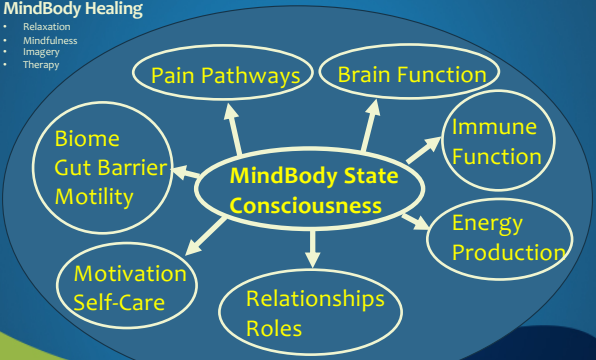


Bonazz B, Simmiger V, Pellissier S. The Vagus Nerve in the Neuro-Immune Axis: Implications in the Pathology of the Gastrointestinal Tract. Front Immunol. 2017 Nov 28;8:1452.

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MindBody Healing

- Relaxation
- Mindfulness
- Imagery
- Therapy



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