

Solving your Health Puzzle with Naturopathic Medicine

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10 Leading Causes of Death Our Modern Health Care System

1. Heart disease (29%)
2. Cancer (23%)
3. Stroke (7%)
4. Chronic lung disease (5%)
5. Accidents (4%)
6. Diabetes Mellitus (3%)
7. Flu and pneumonia (3%)
8. Alzheimer's (2%)
9. Kidney failure (2%)
10. Infection (1%)

**US, 2002 (CDC Publication)



Our Modern Healthcare System Is It.....

- Rearranging Chairs on the Titanic?
- Pathology (Endpoint) Diagnosis & Treatment?
- Removing Icons from the Desktop of your healthcare computer?

Integrated Medicine

- Looks at Healthy function as a simple puzzle
- Seeks to help you solve your health puzzle



Health is a Simple Equation

Four Zones of Function

Health

=

Integration

+

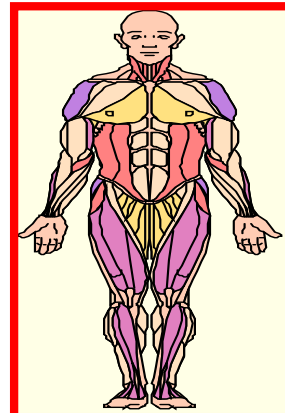
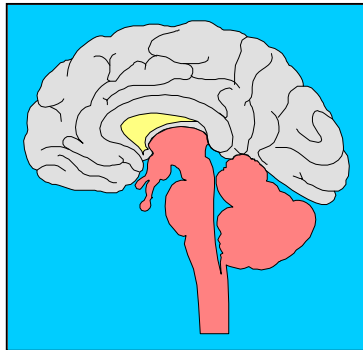
Detoxification

+

Structure

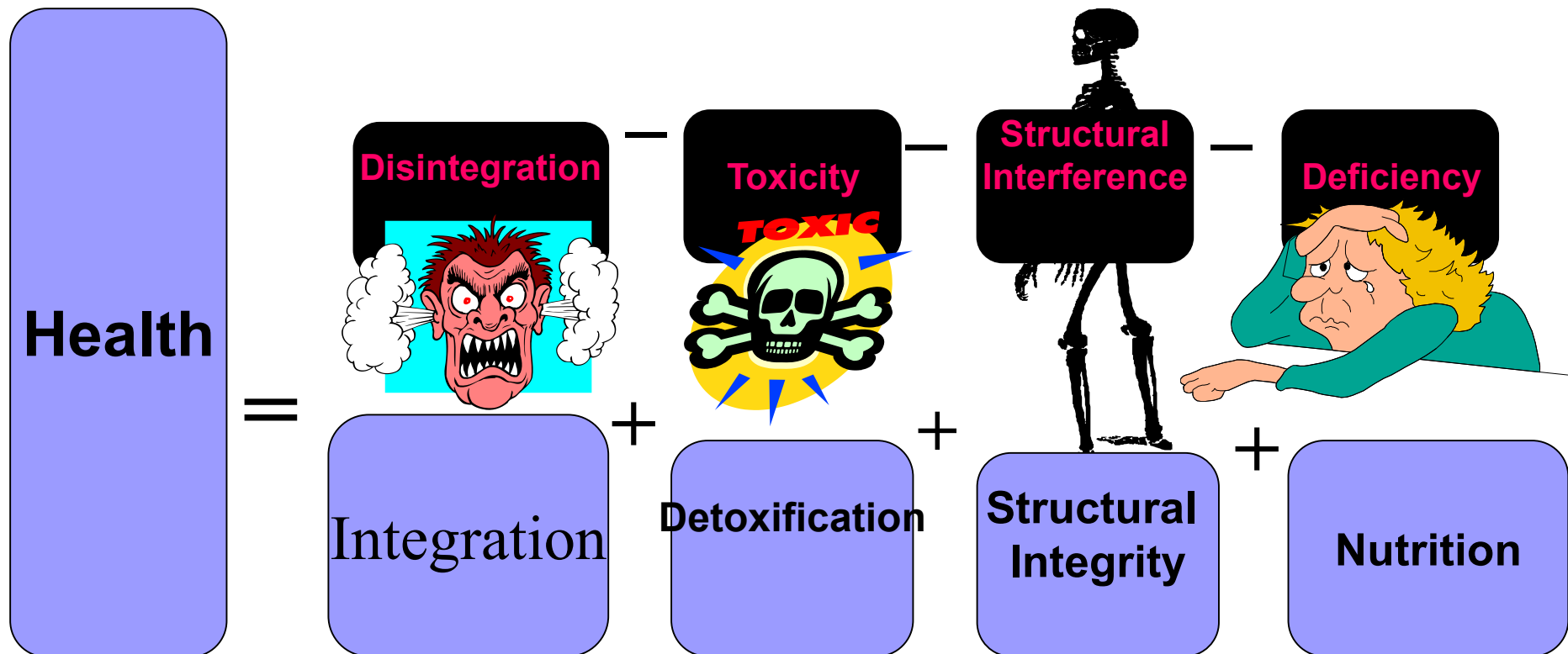
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Nutrition



Health is a Simple Equation

Four Aspects of Interference





Integrated Medicine

Dysfunction

Health
Zone

Integration
Zone

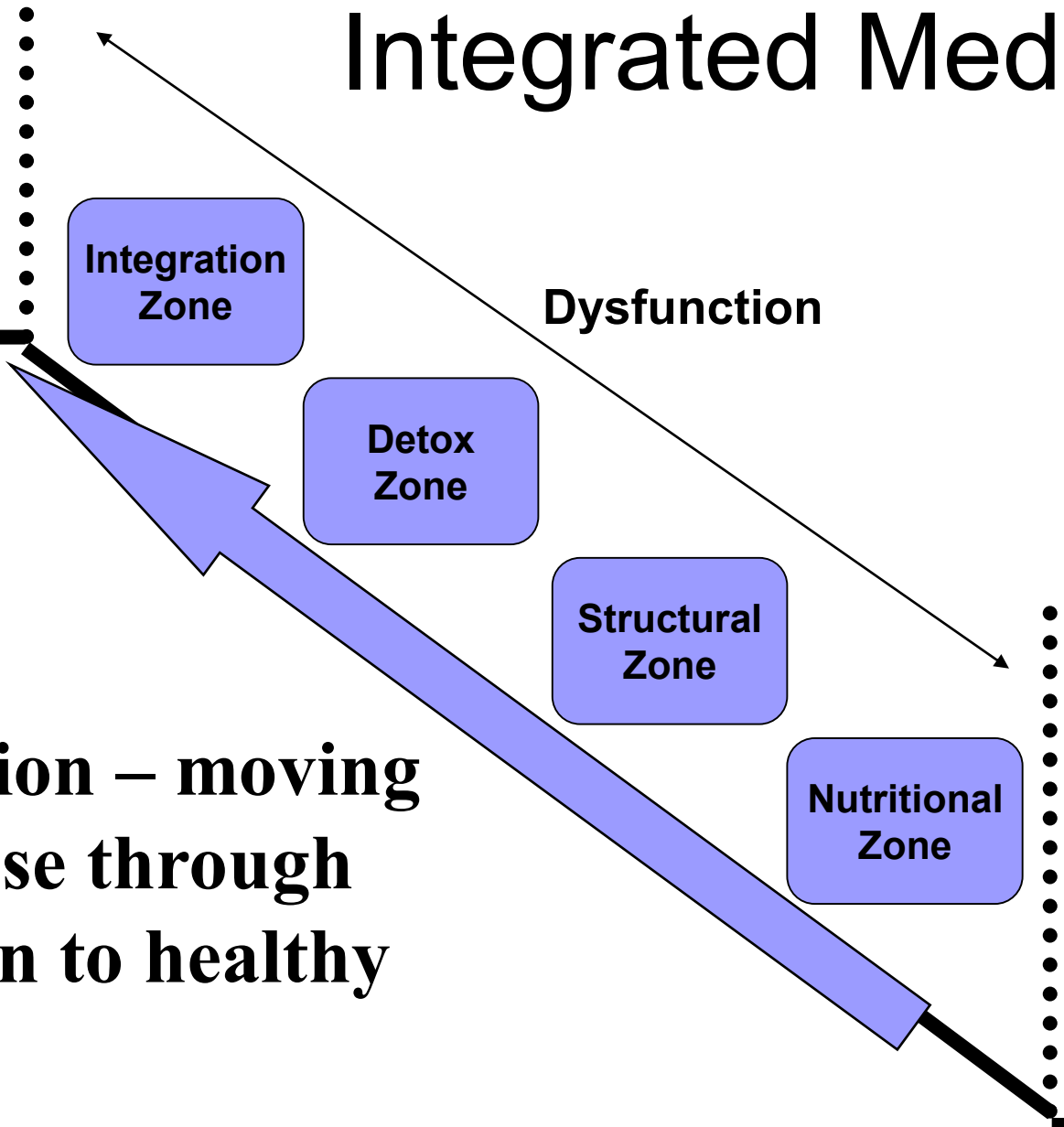
Detox
Zone

Structural
Zone

Nutritional
Zone

Disease
Zone

**Regeneration – moving
from disease through
dysfunction to healthy
function**





Regeneration

- The process of Regeneration involves progressive removal of interference in each of the zones – Deficiencies, Structural Interference, Toxicity, and DysIntegration
- This is sensed as increasing levels of energy and vitality within the organism.

Integrated Medicine

INTERFERENCE ZONES

Health
Zone

Disintegration
Zone

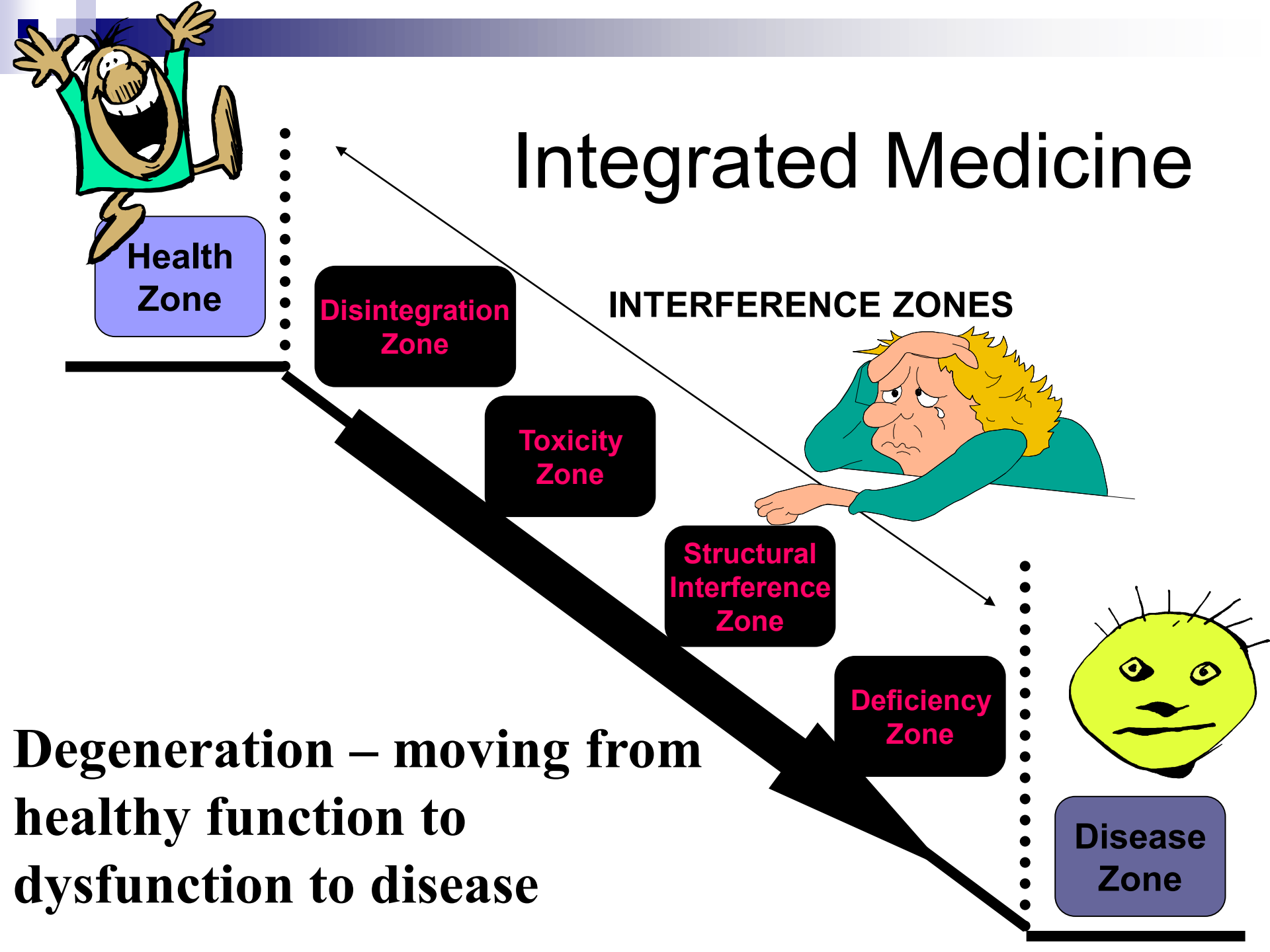
Toxicity
Zone

Structural
Interference
Zone

Deficiency
Zone

Disease
Zone

Degeneration – moving from
healthy function to
dysfunction to disease





Degeneration

Increasing interference and dys-integration of processes leads to decreasing energy levels and breakdown of functions.

- This process is called - Degeneration

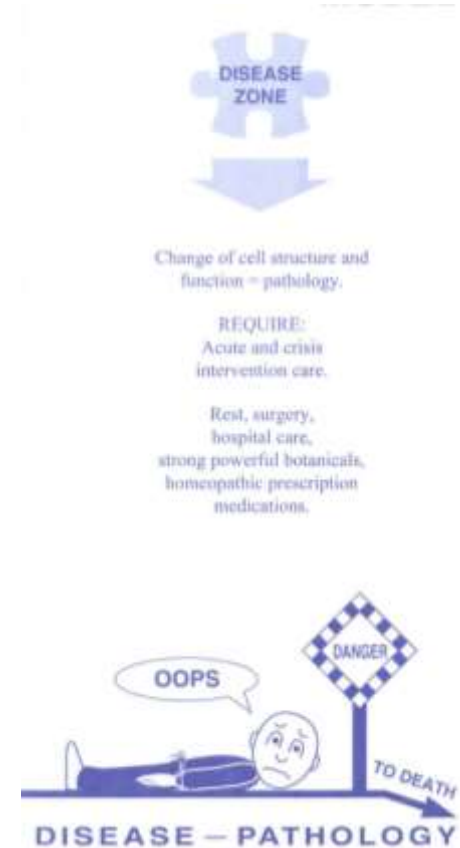
Health = Harmonious
Functioning on All
Levels



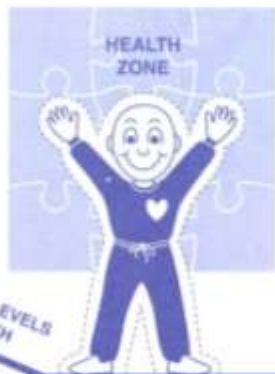
Integrated Medicine =
Addressing the gap
between Health &
Disease

Disease = Pathology

Change of Cell Structure
and Function



Health Zone



Integration Zone



Detox Zone



Structure Zone



Nutrition Zone



Disease Zone



TO HIGHER LEVELS OF HEALTH

↑
SPIRITUAL

MENTAL

EMOTIONAL

ENERGETIC

PHYSICAL

Harmonious interaction of all levels of function.

No interference to expression.

No treatments necessary.

PREVENTION:
Strengthening energy reserves to move further away from dysfunction domain.

REQUIRE:
Healthy habits & lifestyle.

REQUIRE:
Re-integration and creation of new nervous system response patterns.

Spiritual
↓
Psychological
↓
Emotional
↓
Physical

REQUIRE:
Release of tissue excesses.
Drainage and elimination.
Blood and lymphatic systems.

REQUIRE:
Re-integration of structure.

Lack of nurturing energy and chemistry.
Result = run down organs and tissues.

REQUIRE:
Nutrition - digestion and assimilation of whole foods (enzymes, vitamins, minerals, fibre, proteins, fats, carbohydrates & water).

I FEEL RUNDOWN
PITUITARY
VERTICALLY
ADRENALLY
SICK
THYROID
LACK

Change of cell structure and function = pathology.

REQUIRE:
Acute and crisis intervention care.

Rest, surgery, hospital care, strong powerful botanicals, homeopathic prescription medications.

OOPS

TO DEATH

SYNERGY — DISHARMONY — DISINTEGRATION — DISEASE — PATHOLOGY

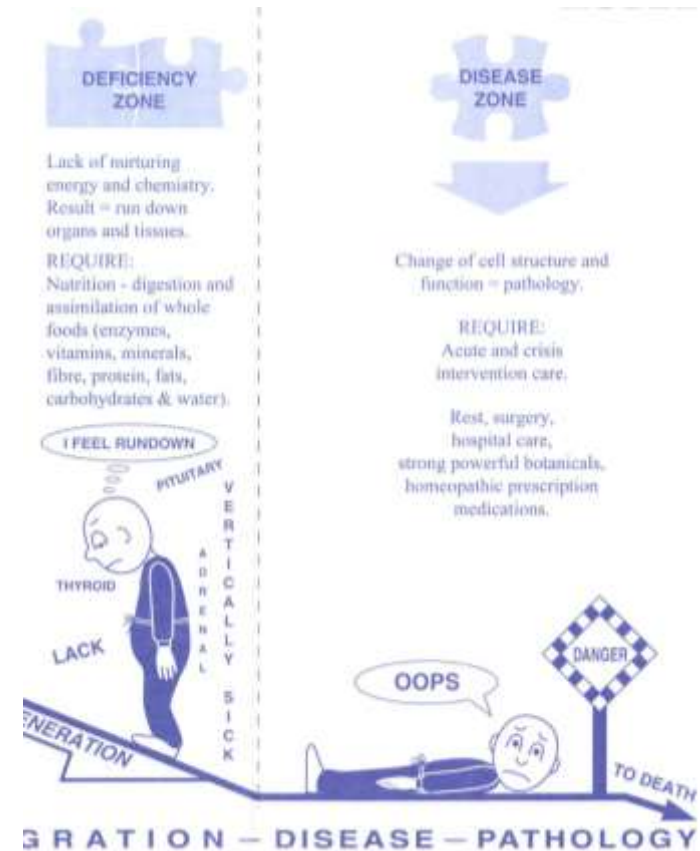
Deficiency Zone

Lack of Nurturing Energy and Biochemistry

Result = run down organs and tissues

Require – Nutrition-digestion of whole foods, enzymes, vitamins, minerals, fibre, protein, essential fatty acids, carbohydrates, & water.

Adequate rest, relaxation, and sleep cycles.

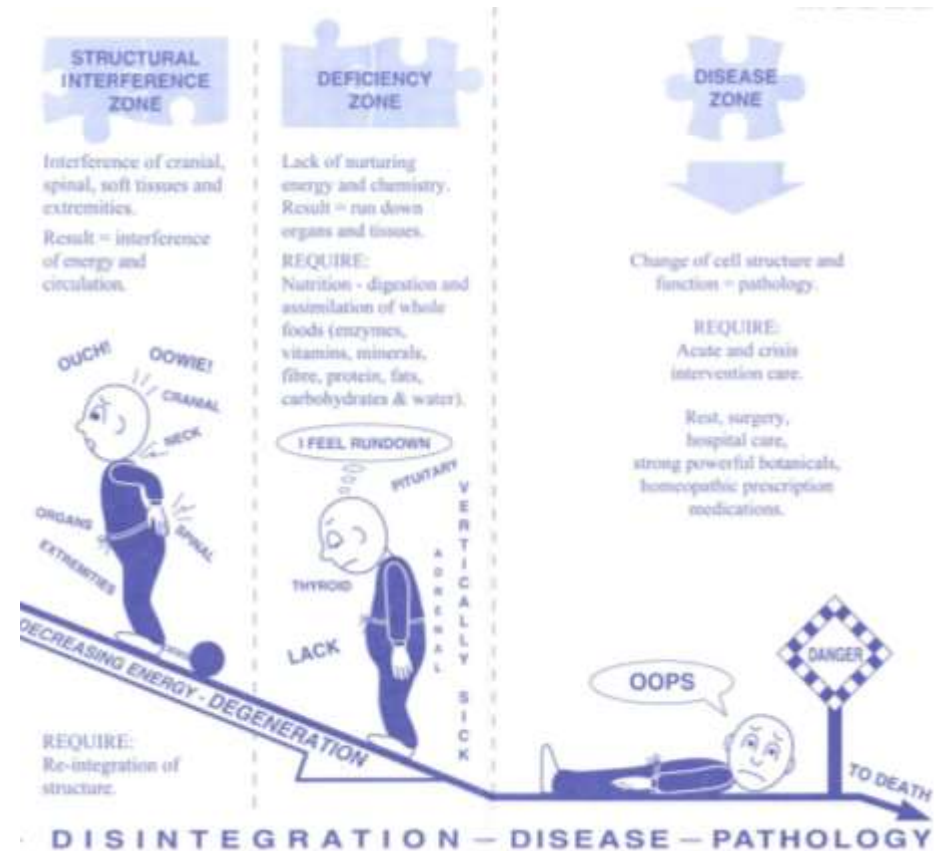


Structural Interference Zone

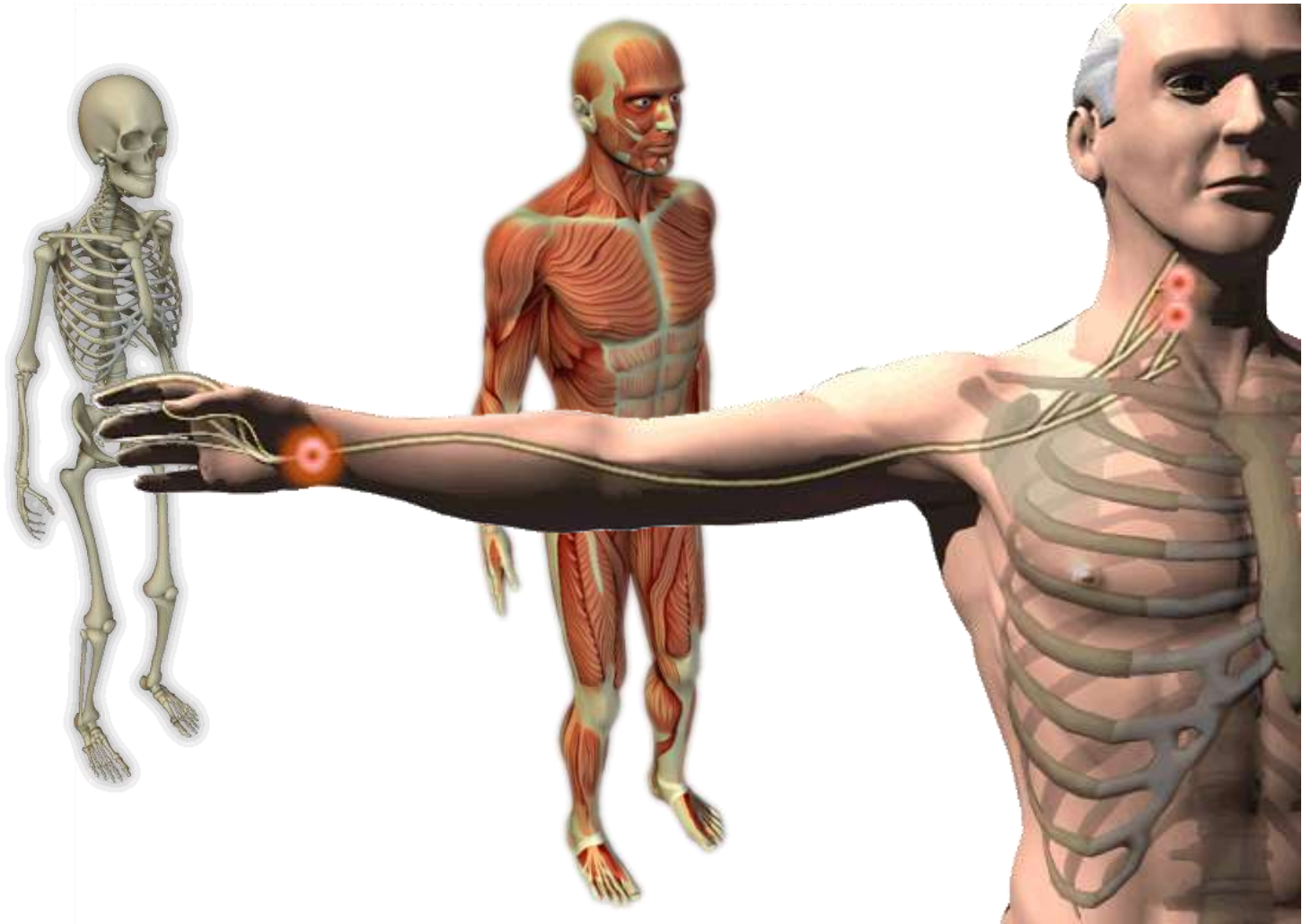
Interference of Cranial, Spinal, Soft tissues, and Extremities

Result = Interference of energy and circulation and abnormal signals from tissues – pain, inflammation, congestion.

Require: Realignment of structures and reintegration of tissue integrity.



Structure Affects Function





Structural Integration

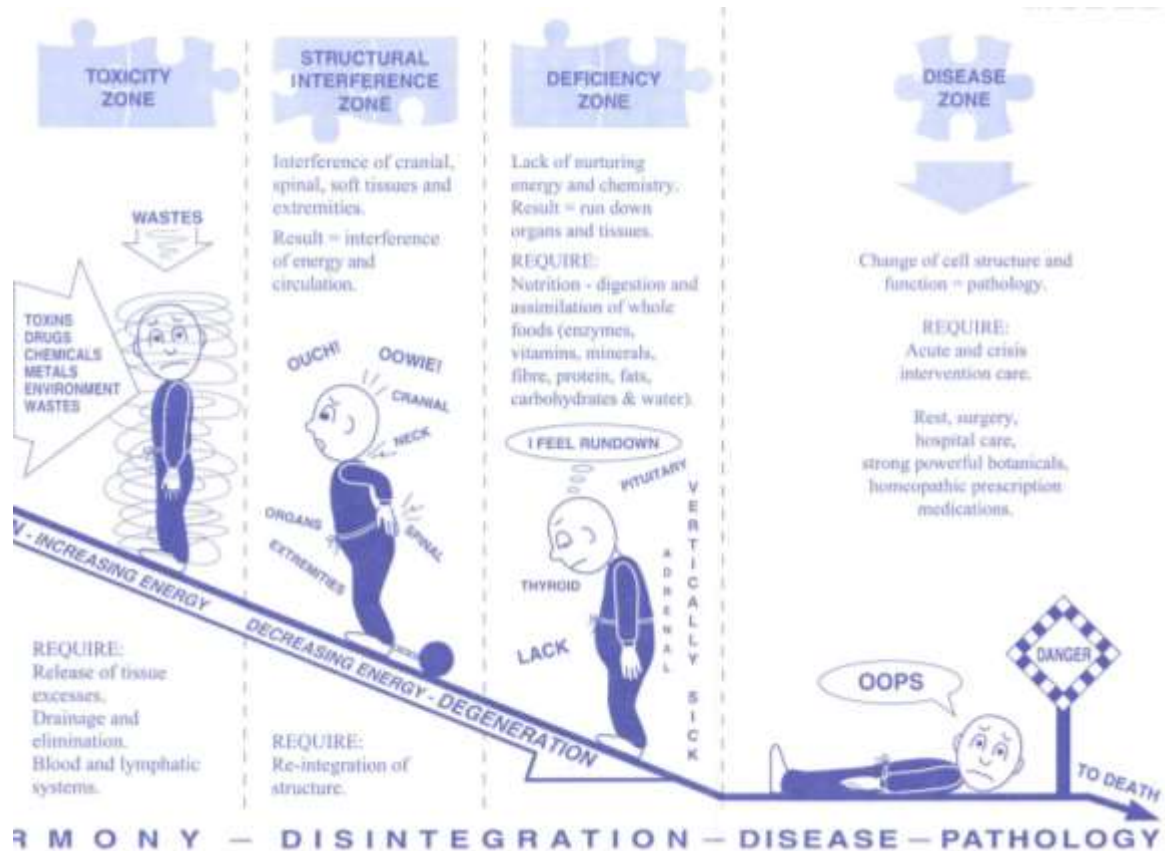
- Correction of Structural problems from cranial, spinal, organ, or soft tissue problems.
- Massage, Manipulation, Exercise, Physiotherapy.

Toxicity Zone

Too much of something in the body

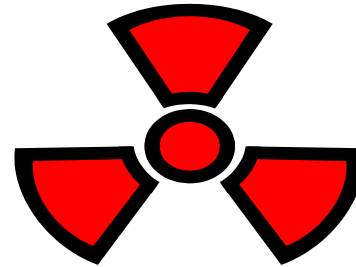
Result = Interference of normal function and blocking or plugging up of normal functioning.


Need: Release of tissue excesses – through drainage and detoxification pathways.



Poisoning vs. Toxicity

- Poisoning – High level of toxin exposure with life threatening immediate or long term health consequences.
- Toxicity – accumulated intoxication of the organism with progressive levels of toxins with chronic health consequences.





Canadians' Blood Tainted With Chemicals, Study Finds

Dave Rogers

Vancouver Province – November 2005

Ottawa – A first-of-its-kind survey has found a chemical cocktail in the blood of Canadians that ranges from heavy metals to **DDT**, **PCB's**, stain repellents and flame retardants.

Canadians' Blood Tainted with Chemicals



- The study found 60 of the 88 chemicals and heavy metals in all the test subjects – with the average being 44 in each volunteer.
 - None of the participants had health problems related to environmental pollution.
 - Older volunteers had higher levels of PCBs and pesticides (neurotoxins), but almost everyone tested positive for stain repellants and stain retardants found in furniture, drapery and carpets.



Blood Tainted With Chemicals, cont'd

- Nycole Turmel, Public Services Alliance of Canada president, was among the test subjects and scored second highest. She found the results shocking and disturbing.
 - Her blood tested positive for 51 or 88 chemicals and heavy metals studied, including insecticides, pesticides, arsenic, bismuth, cadmium, cobalt, manganese, molybdenum, nickel, silver, tellurium, tin, thallium, uranium, and mercury.

Tainted Blood...



- “I think of myself as a healthy person, so of course I found my test results to be unsettling,” said Turmel, age 63 .
- “When we were born there was little or no regulation of chemicals, so DDT was not banned and I remember using it...We need a pollution law with teeth – one that is comprehensive and enforceable.
- A public education program is needed to show people that they should examine what they eat more closely and shouldn't demand “food that keeps forever: and green, weed-free lawns.



Canadians' Blood Tainted...

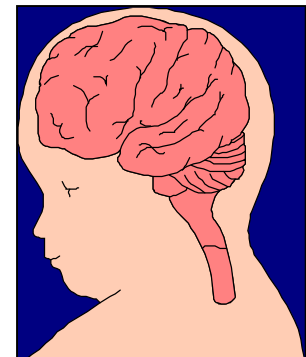
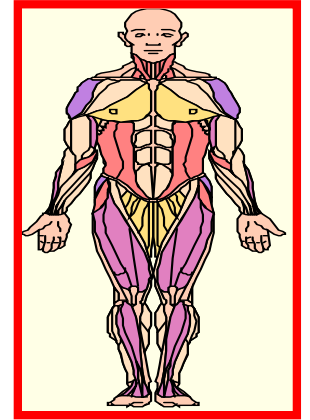
- Richard Smith, executive director of Environmental Defense, said
 - Pollution is not a priority at the federal or provincial levels in Canada and this nation lags behind other industrial countries in its efforts to control it.
- He said many chemicals the study detected are associated with cancer, hormone disruption, reproductive disorders, respiratory illnesses and child development problems.

Consequences of Toxicity...

- Chronic fatigue
- Memory loss
- Premature aging
- Skin disorders
- Arthritis
- Hormone problems
- Emotional disorders
- Cancers



- Auto-immune diseases
- Heart disease
- Allergies
- Asthma and lung disorders

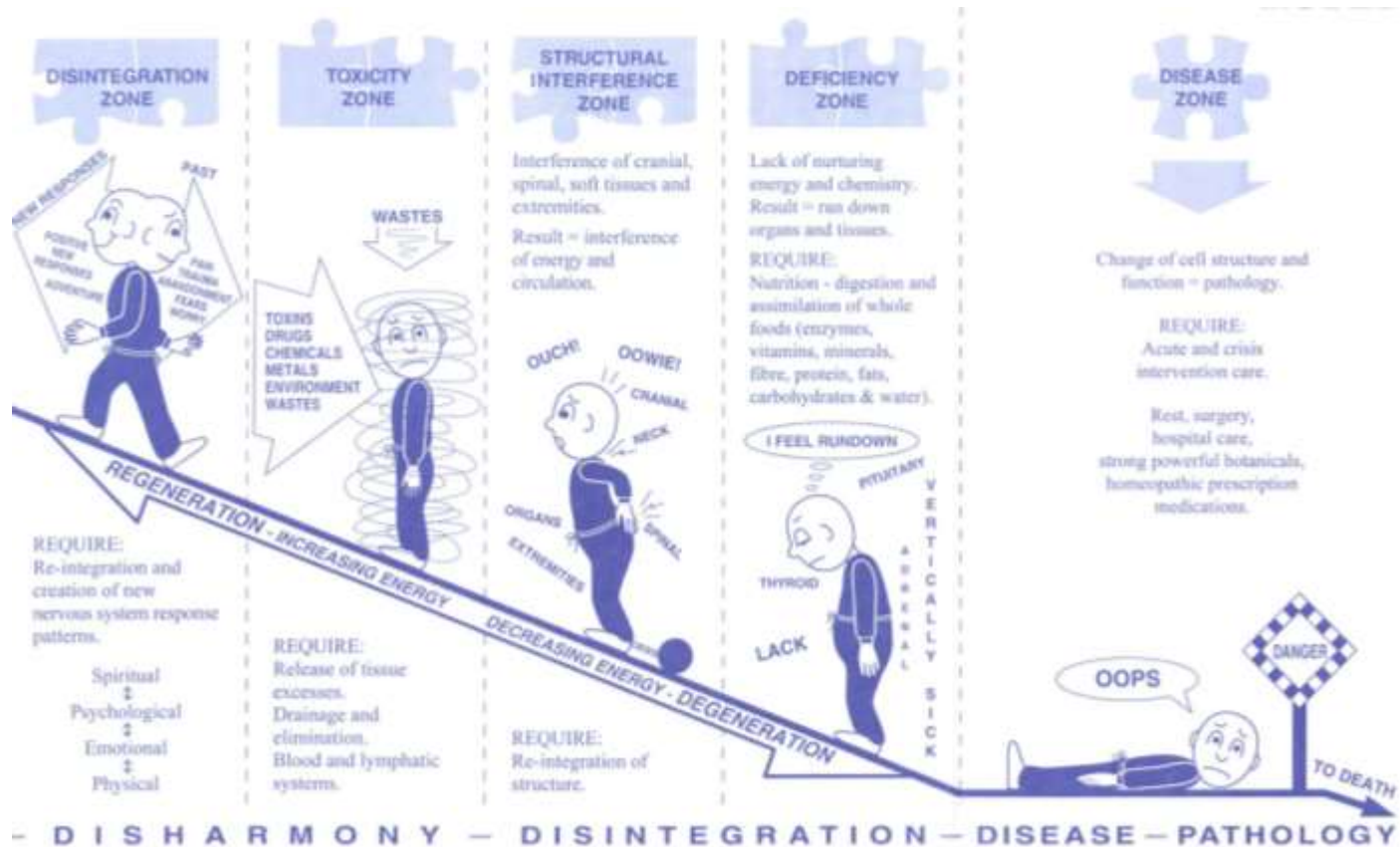


Integration Zone

Dysintegration = Interference of Normal Communication within brain and nervous system.

Causes:
Dysregulation of Functions

Require: Re-Integration and creation of new response patterns





Dys-Integration

- Disruption of harmonious functioning on one or more levels
 - ☐ Physical
 - ☐ Emotional
 - ☐ Mental
 - ☐ PsychoSpiritual



DysIntegration - Nervous System

- A Functional Protection of Your Nervous System
- Protects You From “Things and Situations” that would overwhelm your system



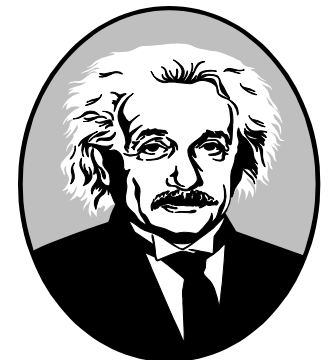
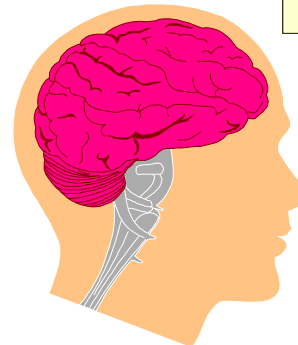
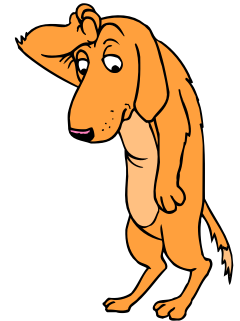
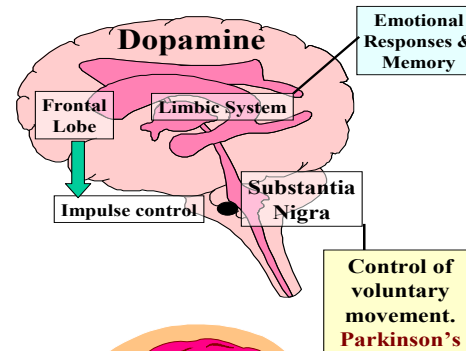
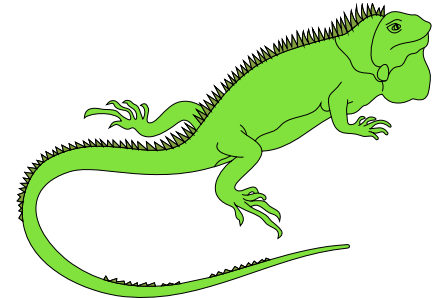
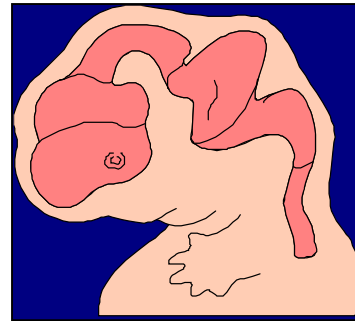
Dys-Integration

Sets up disturbance of other functions...

- Increasing buildup of toxins- Toxicity
- Poor absorption - Deficiencies of nutrients
- Structural imbalances- Structural Interference
- Lack of rest – Vitality loss...
- And Eventually disease processes

The Triune Brain

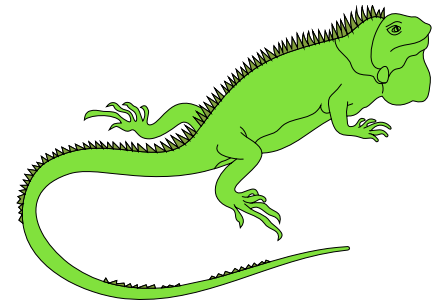
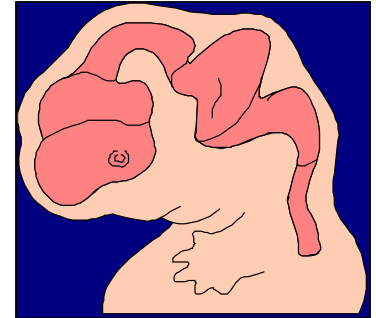
- We carry three brains from our evolution
 - The Brainstem – (Reptilian brain)
 - The Paleo-mammalian brain – (Emotional Brain)
 - The Neo-mammalian brain – Neocortex – (Modern brain)



Albert Einstein

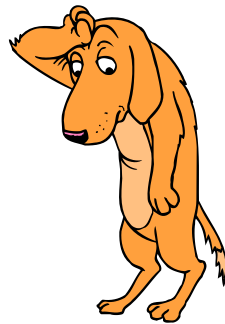
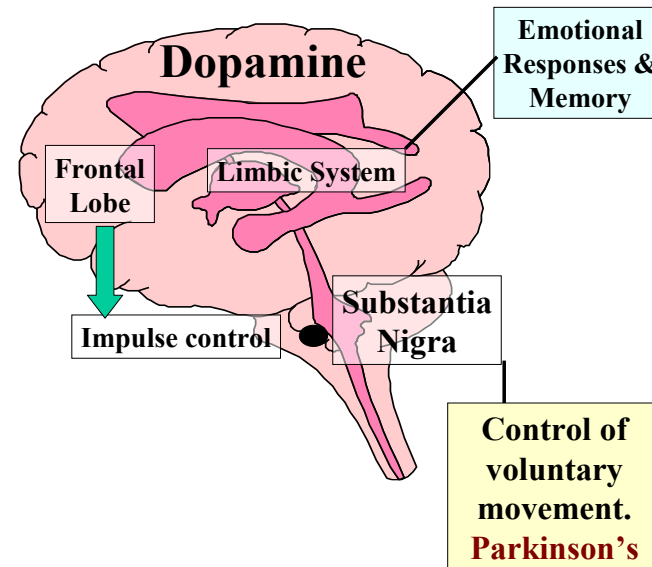
Reptile Brain

- Reptile Brain – Brain Stem and Spinal Cord
- Survival Functions-
Territory, Food,
Reproduction, Shelter



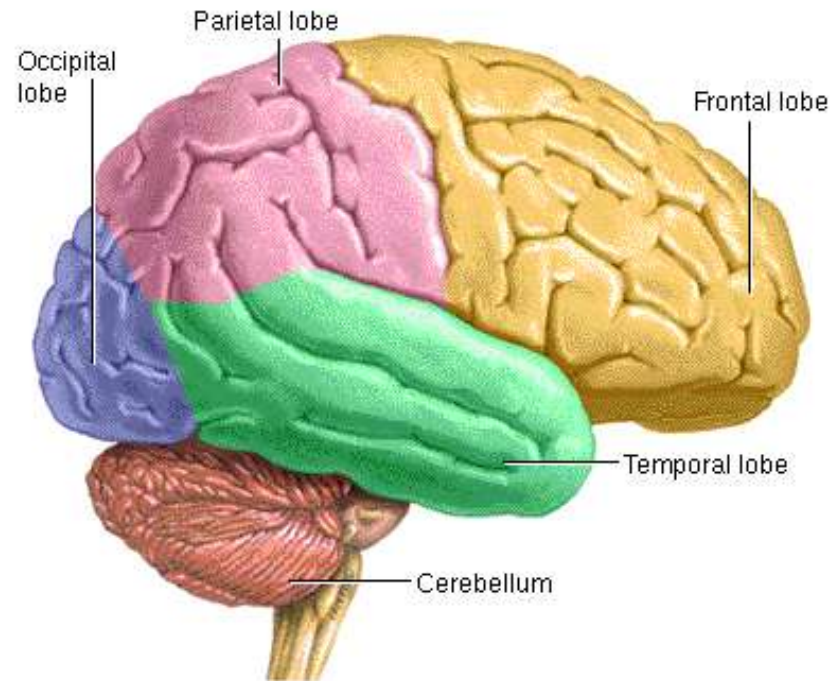
Limbic Brain - Mammal

- Emotions
- Social Bonding & Interactions
- Alarm – Sentinel System



Higher Brain- Cortex

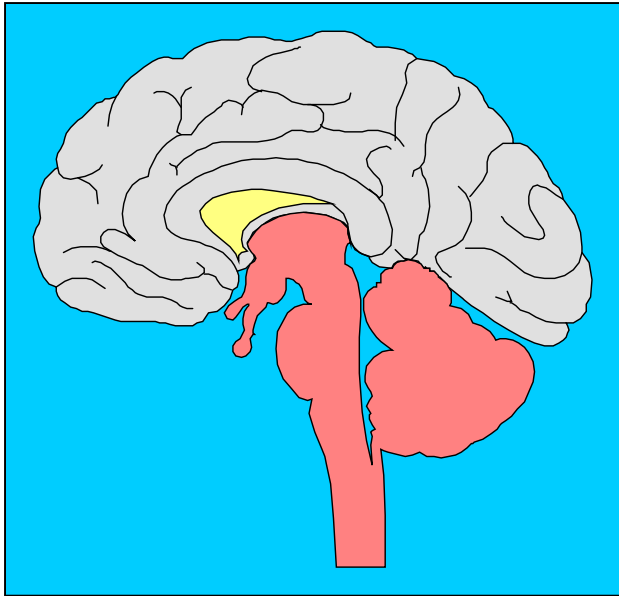
- Site of Logical Functioning
- Different sections carry on different functions
- Co-ordinate and communicate via pathways (circuits) that can functionally shut off.



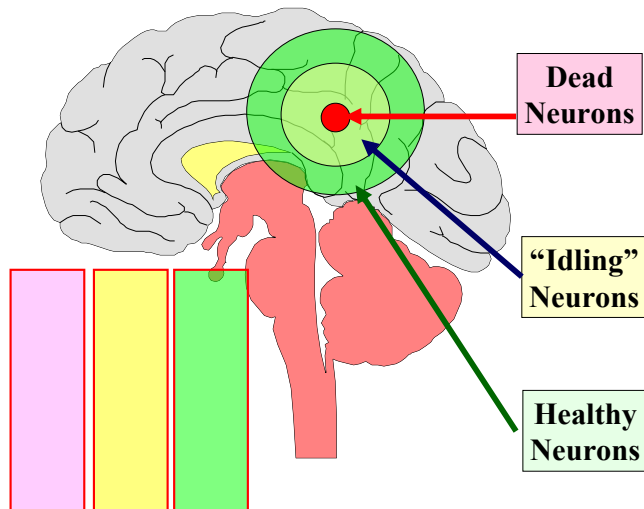


Our Split Brain

- Our Brains are actually divided into 2 functionally intact brains- much like a hard drive in a computer
- A Right Brain – with 3 levels
- A Left Brain – with 3 levels
- They communicate via nerve pathways called commissures – like to corpus collosum
- Loss of Communication leads to loss of Integration



1. Brain Development
 2. Brain Programs
- Normal Function

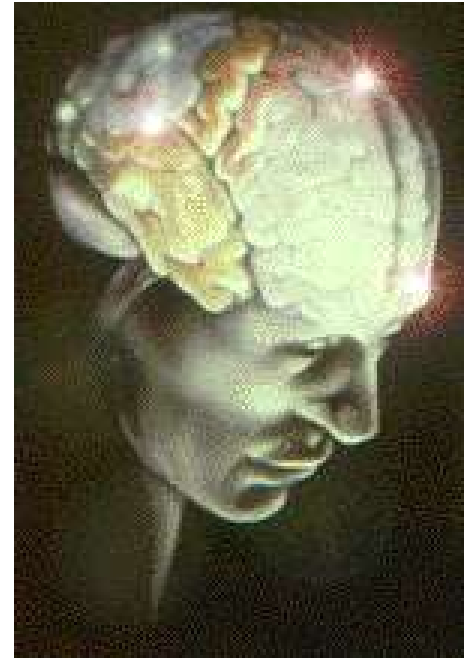


Interference Of:

1. Brain Construction
2. Brain Development
3. Brain Damage
4. Brain Deficiency
5. Brain Recovery

Dys-Integration

- Dys-Integration results from conflicting processes maintained in the body-mind function ... like program errors in a computer... with resulting distortion of functioning on other levels (zones)
- - The Body Mind Connection



Integrated Medicine

- Looks at Healthy function as a simple puzzle
- Seeks to help you solve your health puzzle



Health is a Simple Equation

Four Zones of Function

Health

=

Integration

+

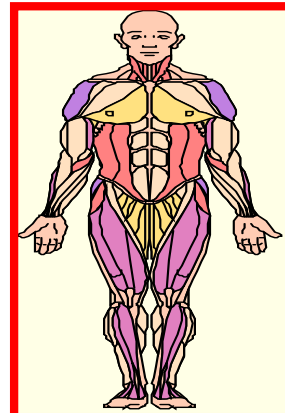
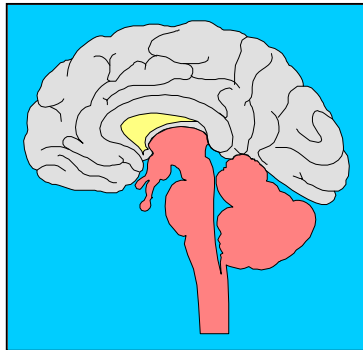
Detoxification

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Structure

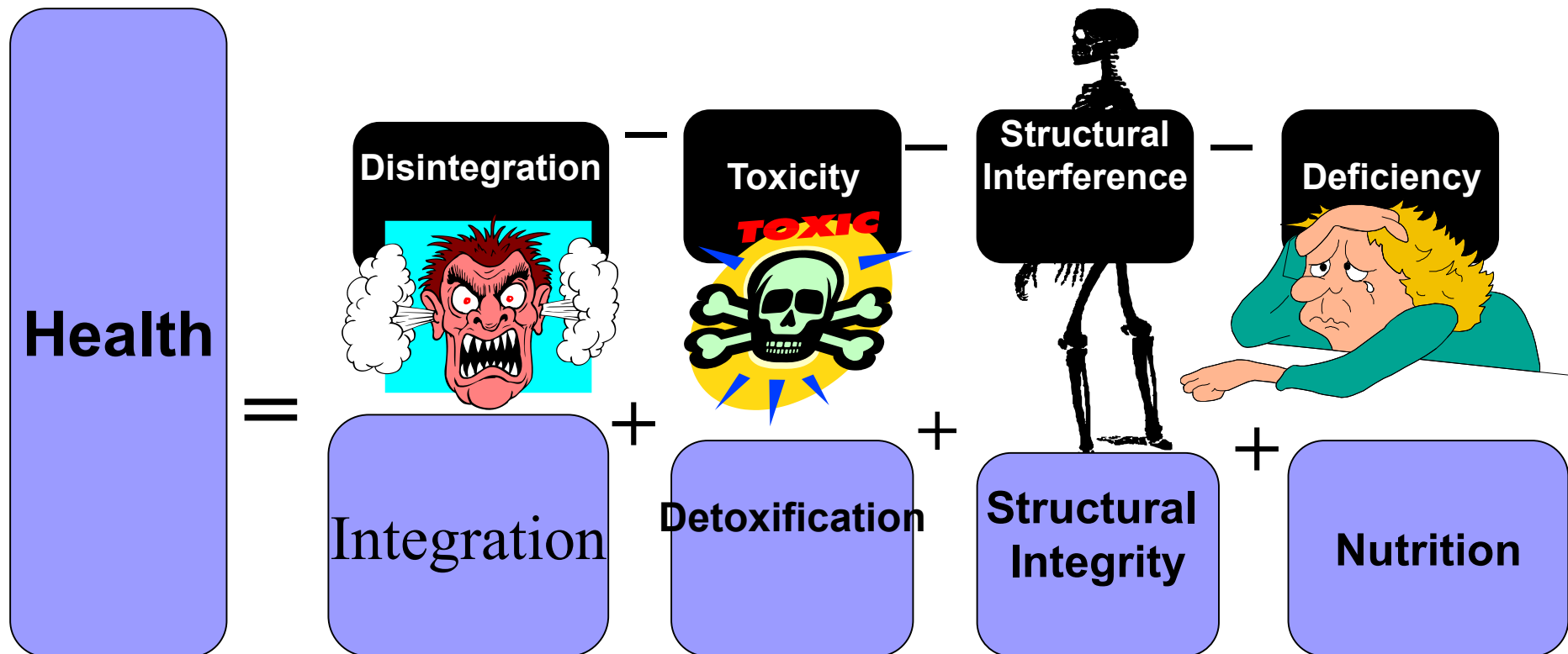
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Nutrition

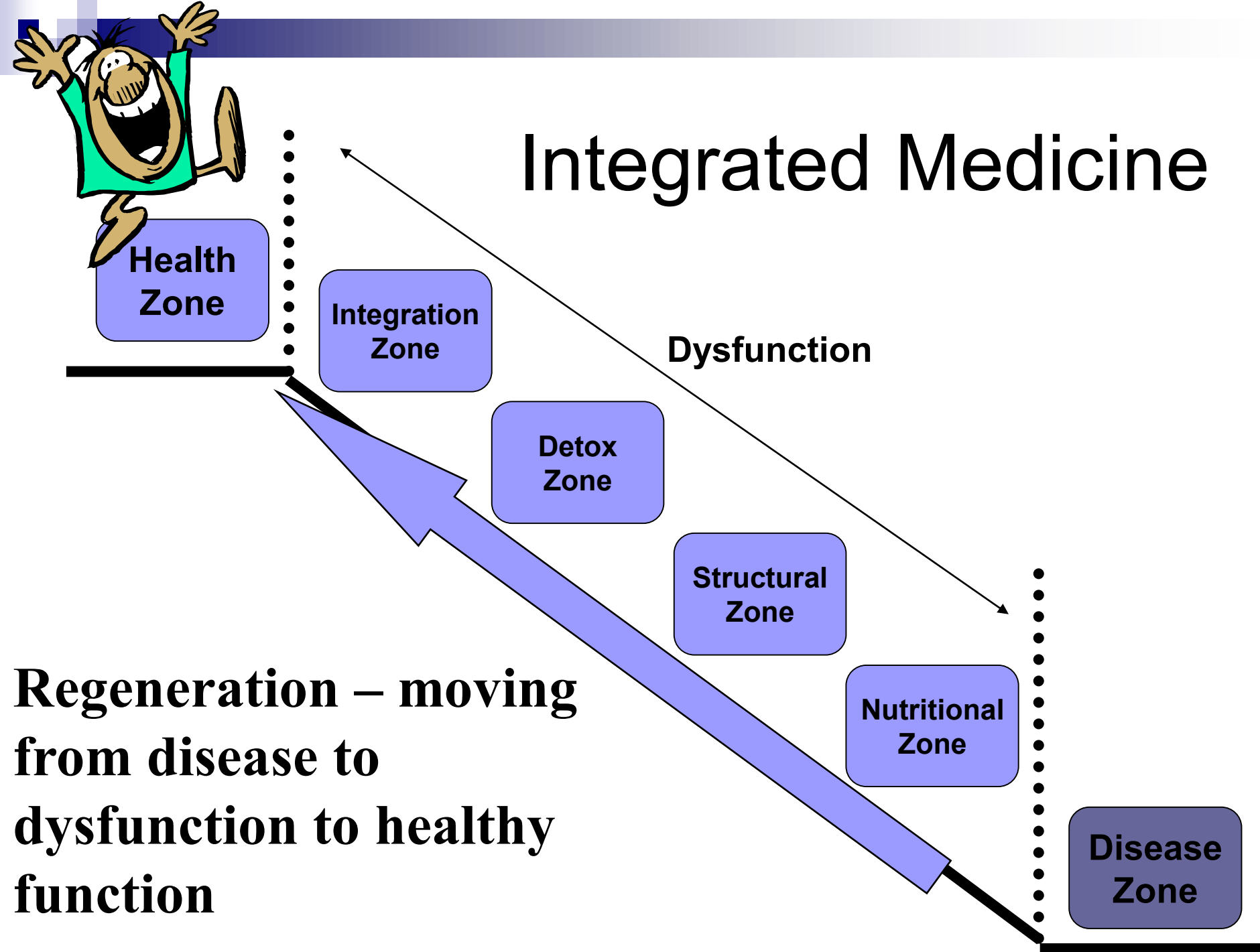


Health is a Simple Equation

Four Aspects of Interference



Integrated Medicine



**Regeneration – moving
from disease to
dysfunction to healthy
function**

Integrated Medicine

INTERFERENCE ZONES

Health
Zone

Disintegration
Zone

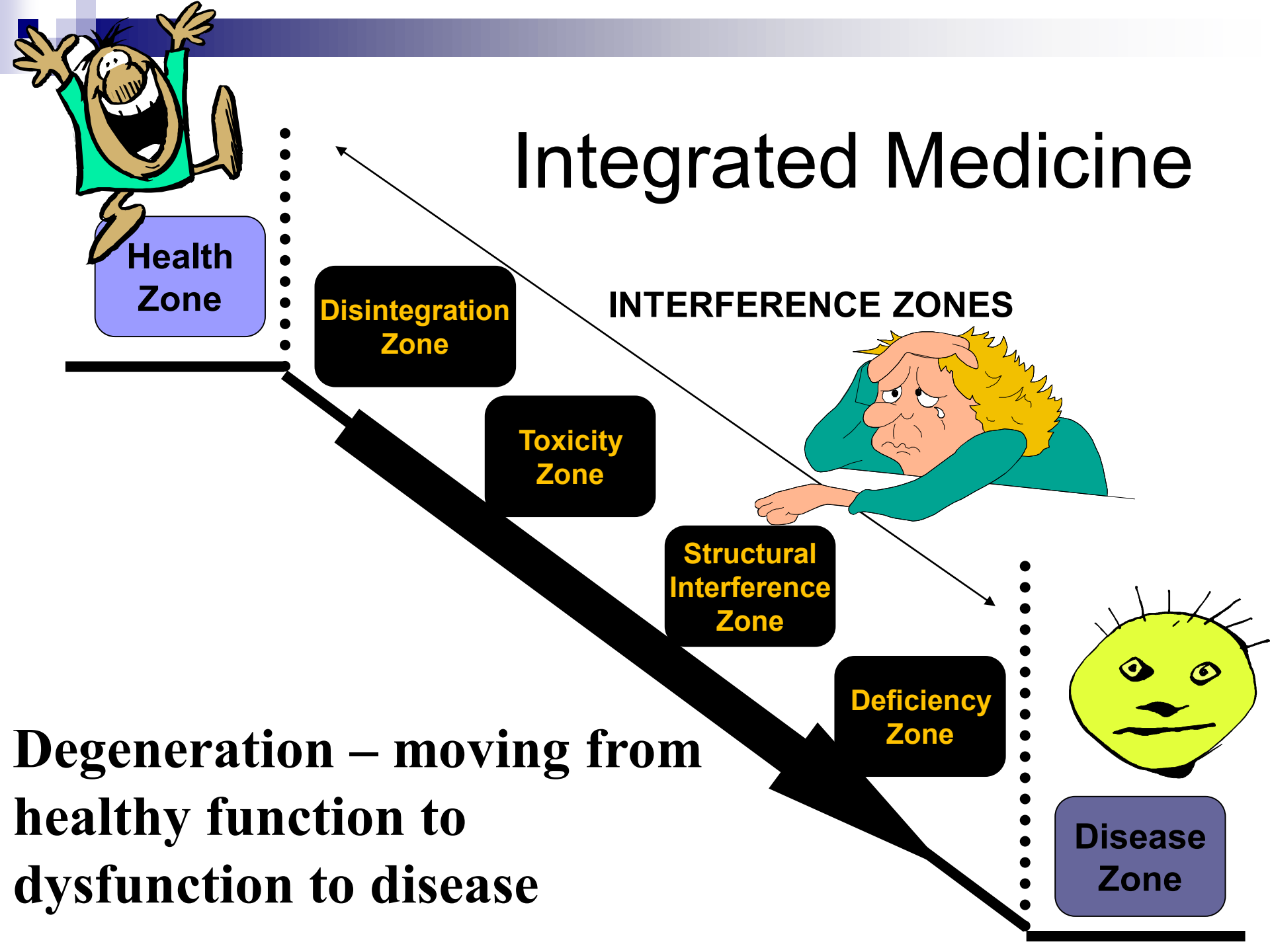
Toxicity
Zone

Structural
Interference
Zone

Deficiency
Zone

Disease
Zone

**Degeneration – moving from
healthy function to
dysfunction to disease**





Conclusions

- Ignorance is not bliss, what you are not aware of can hurt or kill you.
- Many of today's diseases can be prevented with knowledge & change.



Conclusions

- You need to **prepare now...** by getting **tested** and beginning to **implement health & lifestyle changes** to create optimal functioning in the face of the stressors of our modern lifestyle... both positive and negative.

Health



- Health is harmonious function on all levels
- When healthy we feel
 - Mentally good- motivated and interested in the world.
 - Emotionally well balanced and responsive
 - Physically strong and flexible
 - Energetically – vital and alive

Goal: Achieve Total Health

- Life in the “Good Health Zone” is great!

- ✓ Energy!

- ✓ Longevity!

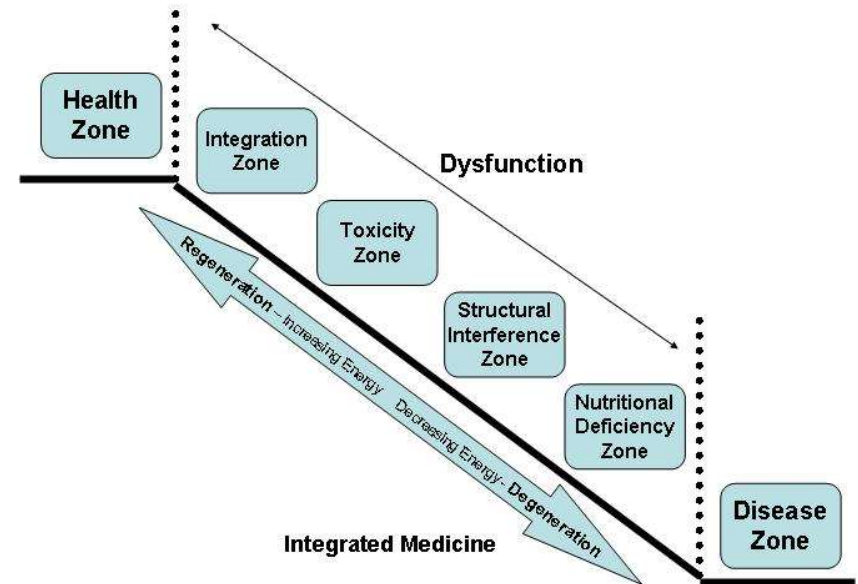
- ✓ Happiness!



Toward Health: Are you there yet?

- Find out where you are on your personal journey toward Total Health.

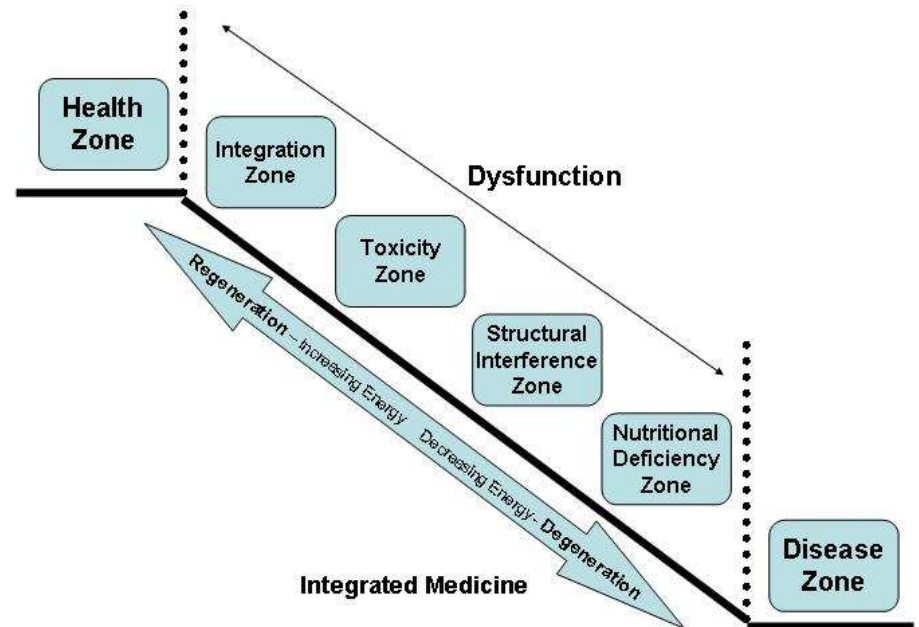
- ☐ Initial consultation
- ☐ Assessment plan



Toward Health: How to get there!

- Once you know where to start, you can start your journey toward health:

- ☐ Treatment plan
- ☐ Diet and lifestyle coaching
- ☐ Remedies and supplements



We're Here To Help

- The Amount of Health & Happiness You Are Entitled to is Between You & God
- What is Interfering with that is between You and I
- Helping You Solve Your Health Puzzle
- Ocean Park Natural Therapies
#200 - 12761- 16th Avenue
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