

#### UNDA NUMBERED COMPOUNDS:

#### Patient Assessment, Evaluation and Practical Application

7-Session Webinar Series

Presented by Dr. Dickson Thom, ND, DDS Session 1: February 5, 2020

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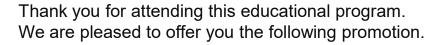
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#### Speaker Disclosure Dr. Dickson Thom, ND, DDS



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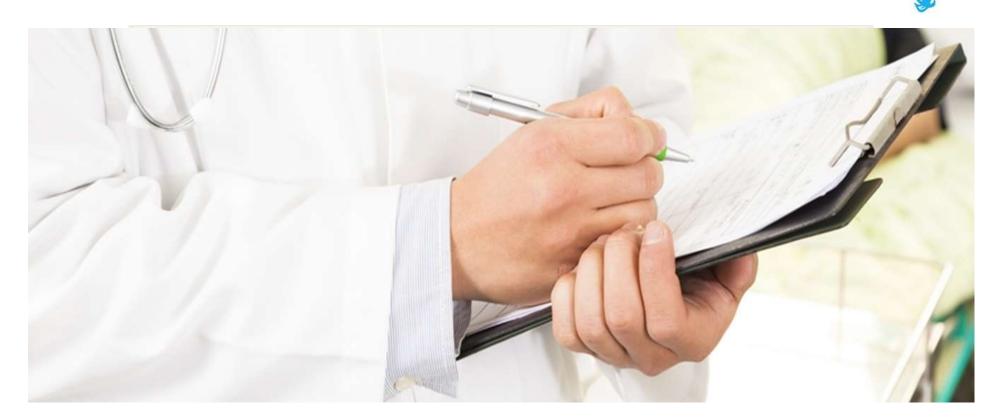


### Goals



- Outline why UNDA Numbers are an important modality to support an evolving health paradigm
- Introduction (or enhancement) of the principles of drainage and its importance in the practice of Naturopathic Medicine
- Explanation of the connection between drainage and other therapeutic modalities
- Enhance the action of drainage, apply the principles of drainage and incorporate the use of other modalities in case management

### Clinical Case #1 (assessment)



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### 23 Year Old Female

#### What would you do for this patient?

#### **Initial Visit**

- Age 13 she was very athletic and an honor student
- Began getting sore throats and high fevers
- Never diagnosed with anything and never got better
- Fatigue increased and then said was mono
- Age 15 quit all sports due to heart involvement
- Started to have brain fog, awful nausea, massive, frequent headaches
- A lot of sleep disturbances
- · Missed many weeks of school because the fatigue increased
- Quit state golf championship and other daily activities
- With the brain fog, nausea, heart palps, also angry, and diarrhea with mucus
- Tried to go to college but numerous visits to to the ER with severe chest pains
- Another doc diagnosed CFIDs
- Then started passing out on standing, and then panic attacks
- Tried several Rx but no change
- In Sept 2012, started to have internal bleeding
- Doctor tried several anti-virals, no change
- Then to another doc, said was Lyme, remembered a tic bite when camping at very young age



#### 23 Year Old Female

#### What would you do for this patient?

#### **Initial Visit**

UNDA

- Doctor did a pic line, started Rocephin and got deathly ill
- In Jan 2013 again went on oral anti-virals and antibiotics
- Went to another doctor who continued the oral antibiotics but became too sick to function
- Had a port put in in October 2013, and started IV antibiotics in November
- In February 2014, started on malaria Rx
- In April 2014 had gallbladder removed
- Port was not functioning and then was replaced
- Then went back on IV antibiotics until the end of July when started to have involuntary movements and seizures during sleep

I am desperate, what can you do to help?

#### **Think About this Patient Intake**



We will return to this case at the end of session 3



# What Does the Word HEALTH Mean to You ?





### Healthy is...

• Living well despite your inescapable illnesses and diseases (can this be true?). More to come.

#### Optimal Performance is...

 The balance and integration of the physical, intellectual, emotional, spiritual, occupational, environmental, and social aspects of the human condition

# **OPTIMAL** PERFORMANCE





MEANS DO YOUR BEST

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### **7 Dimensions of Optimal Performance**



### Health



"A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity"

(WHO 1948)

Not changed since it was published 72 years ago

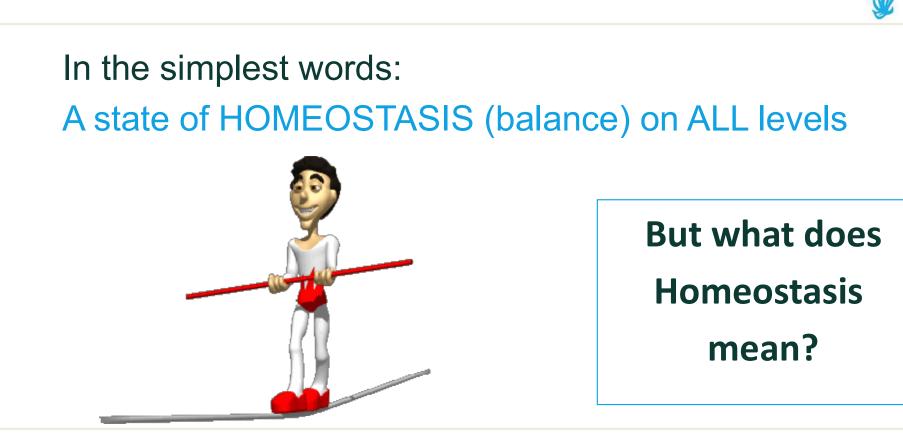


### Health



Viewed holistically, one must also consider health as a basic and dynamic force in our daily lives, influenced by our circumstances, beliefs, culture and social, economic and physical environments

### Health





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### Homeostasis

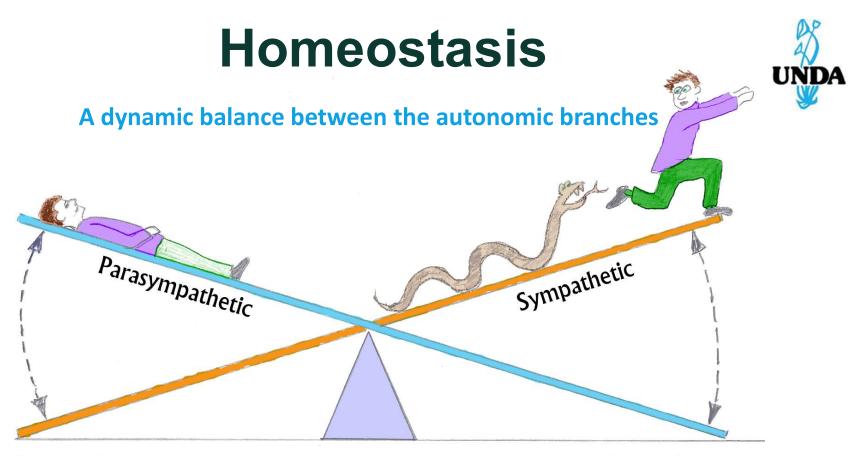
"All the vital mechanisms, varied as they are, have only one object, that of preserving constant the conditions of life in the internal environment"

**Father of Physiology** 

Claude Bernard 1813-1878: Leçons sur les Phénonèmes de la Vie Commune aux Animaux et aux Végétaux, 1879)







Rest and digest: Parasympathetic activity dominates Fight or flight: Sympathetic activity dominates

## Internal Components of Homeostasis



- 1. Concentration of oxygen and carbon dioxide
- 2. pH of the internal environment
- 3. Concentration of nutrients and waste products
- 4. Concentration of salt and other electrolytes
- 5. Volume and pressure of extracellular fluid

#### **Acid-Base Balance**



Mouth	Neutral
Stomach	Acidic
Small Intestine	Alkaline
Colon	Slightly alkaline
Rectum	Neutral

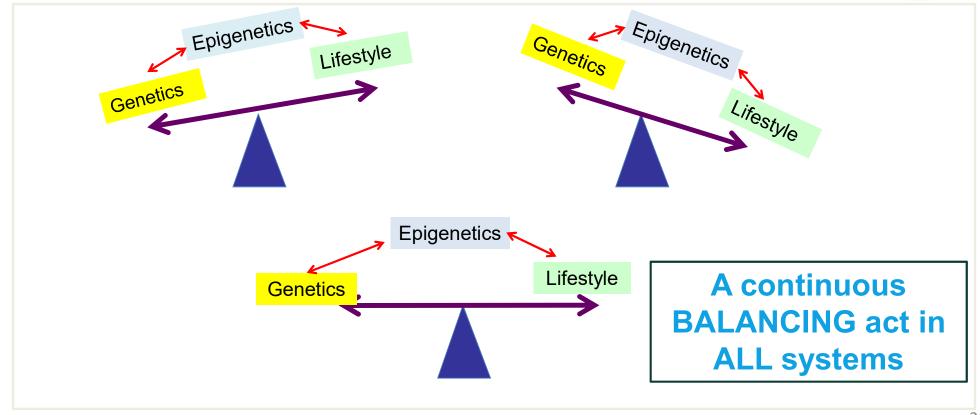
### pH Values

Sea Salt	7.35
Blood	7.35 – 7.45
Dead Sea Salt	7.5
Pancreatic Juices	8.3
Amniotic Fluid	8.5 (often 7.5 now – increased acidity)
Bile	8.5
Gastric Juices	1.5 -1.8
Renal Blockage	4.0 - 4.4
Myocardial Infarction	6.2 - 6.4
Heart Muscle	6.9 (lactic acid made in the muscle)
1 <sup>st</sup> AM Urine	5.0 /5.5 - 7.0
Connective Tissue	7.1 - 7.25
Saliva	6.5 - 7.0

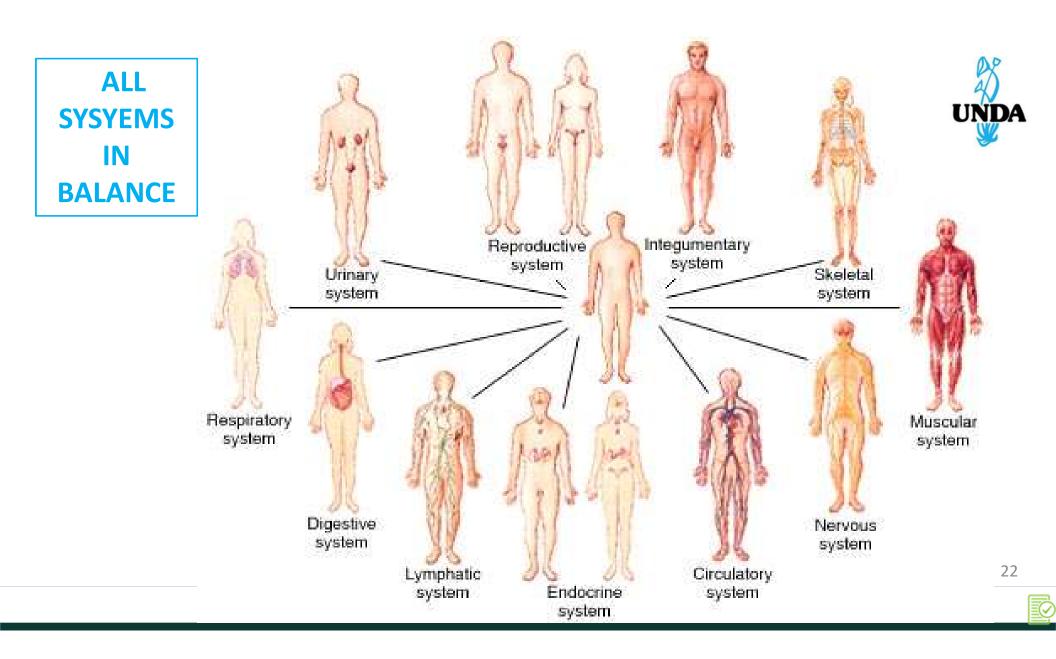


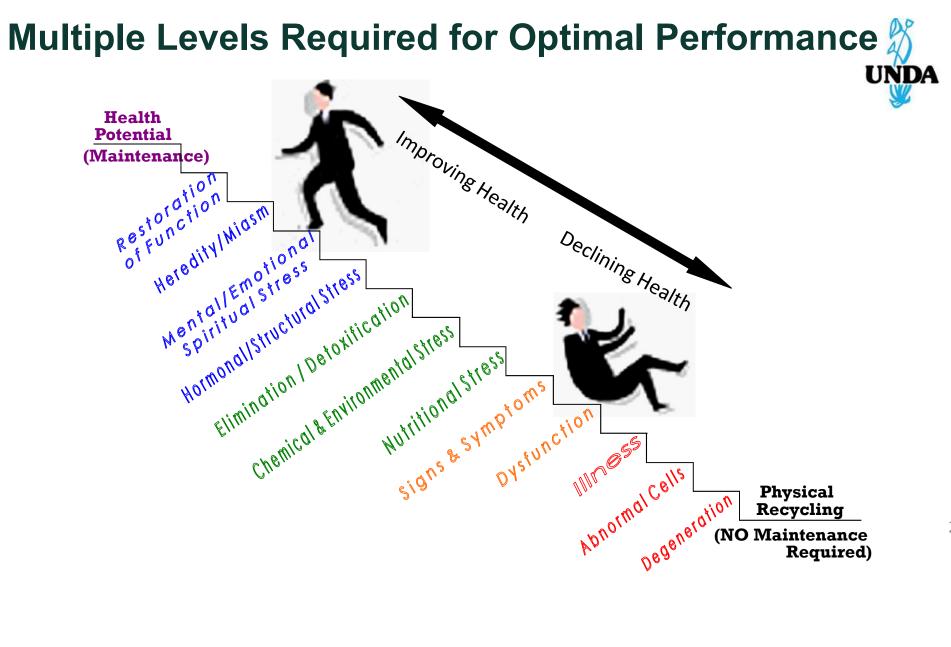
# UNDA



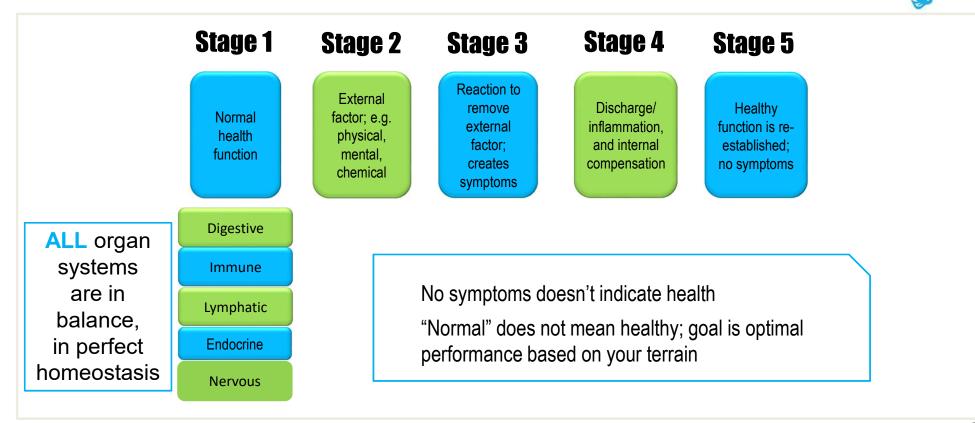


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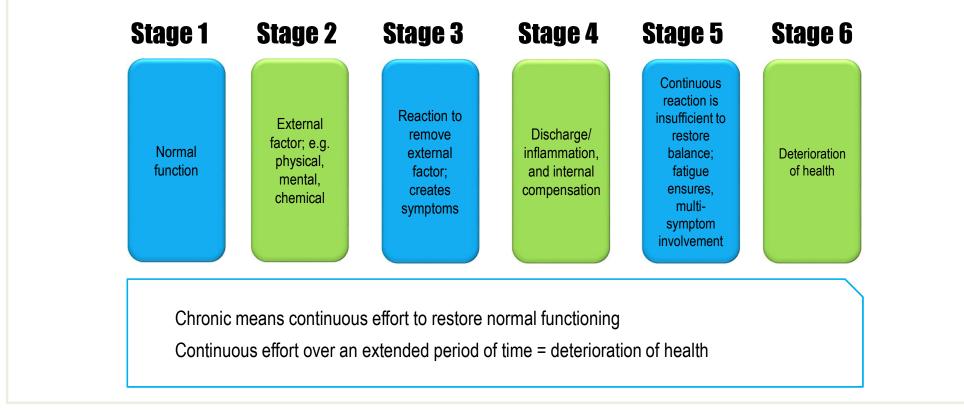


# Optimal Health: Biological Processes in Balance



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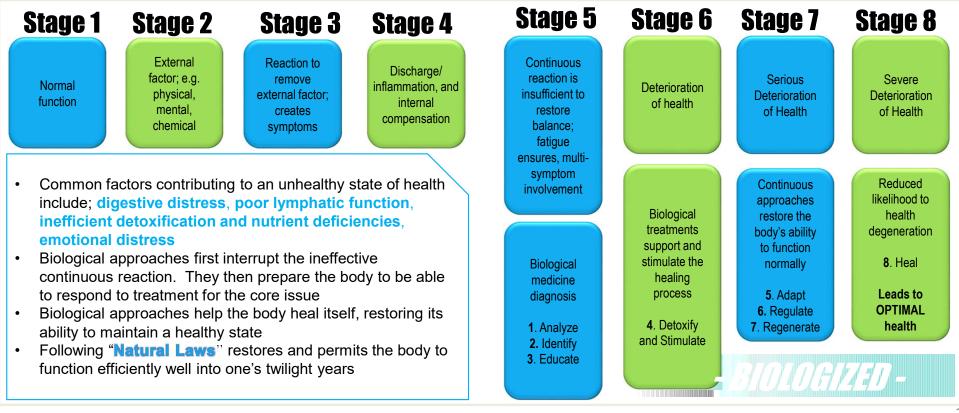
#### Six stages of the Deterioration of Health

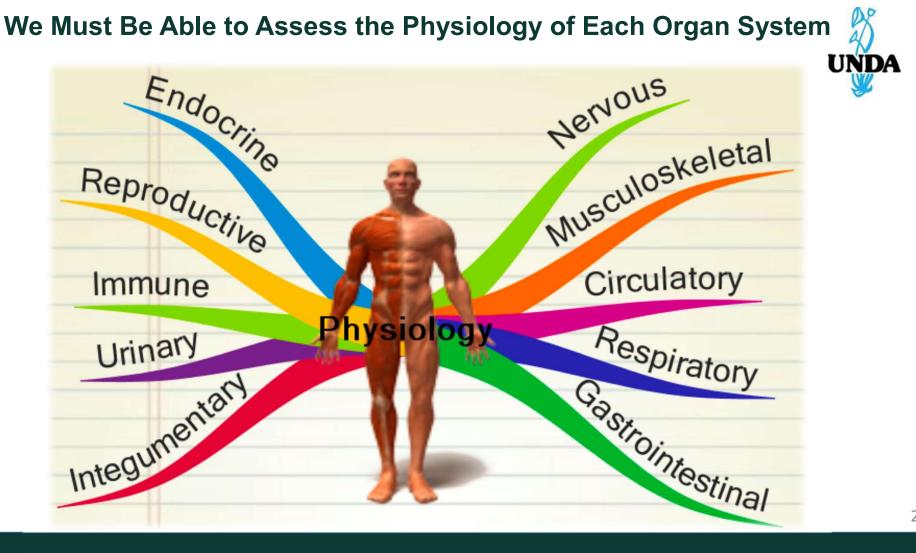


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### Biological Process For Addressing Deteriorating Health





# If this window were shut and it became completely dark,





#### How could you light up this room again?



#### Light (health) – Dark (ill Health)





"In Health we are illuminated by the sun, in Illness we are shrouded in darkness" Henry Dostes

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# Light (health) – Dark (ill health)

#### Can you bring HEALTH to a person....

- by taking something away?
- by adding a potentially toxic substance?
- by maintaining a state of imbalance one of toxicity or deficiency?

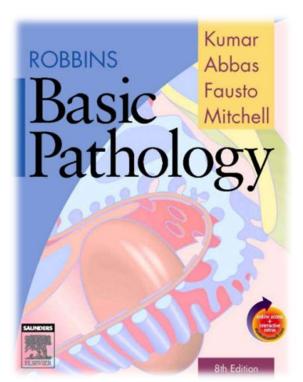
#### Do you think HEALTH is a result of....

- a random choice?
- a genetic pre-disposition?
- a reaction to your environment?



P Α 0 0 G

### What is it?





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### Pathology



Is it the end result of the body's attempt to recreate and/or Maintain Homeostasis?





### Does the removal of pathology really change anything?





### NO! Because it is not the real Issue at hand

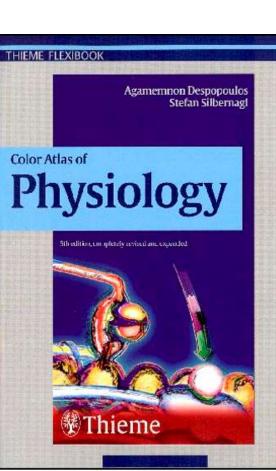




# So what should we really be talking about?



# Adaptive Physiology



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## **Physiology Prevails Over Pathology**



The presenting state determines the future and summarizes the past. Thus, taking patient management into consideration in this moment, understand that the patient came from an energetic imbalance, and you can shape their future by studying where they have come from.



MM12 covered "disease" with a text box saying "illness" Mayure Maruthaiyinar, 1/21/2019



The Retroactive ("Illness") model is focused on the branches and leaves of the tree, and not the trunk and roots





In contrast, the Proactive ("Wellness") model is NOT focused on the branches and leaves of the tree, but rather the ENTIRE Tree, including the trunk and roots













Mechanistic causes in nature that can be potentially understood and addressed with the application of the scientific method

- 1. Organic breakdown or deterioration (e.g., tooth decay, senility)
- 2. Obstruction (e.g.: kidney stones, arterial blockage due to plaque build-up)
- 3. Injury (e.g.: broken bones, bullet wounds)
- 4. Imbalance (e.g.: too much or too little of specific hormones and salts in the blood)
- **5. Malnutrition** (e.g.: too much or too little food, not enough proteins, vitamins, or minerals)
- 6. Microbes (e.g.: bacteria, viruses, fungi, amoebas, worms)
- 7. Toxins
- 8. Stress
- **9.** Lifestyle (e.g.: lack of exercise, smoking, lack of sleep etc.)



## BUT... Are those the real causes or just triggers?





#### Are these "closer" to the real cause?

- Emotional imbalances creating chakra-energy disturbances (especially prolonged anger, hatred, bitterness, greed, hopelessness, loneliness, and depression can often create a "weak" link.)
- Disturbances in the mental and emotional bodies can result in eventual physical manifestation of degeneration in the status of health
- Meridian imbalances
- Imbalances in a person's miasm, temperament, constitution

#### But the REAL CAUSE is ?



Mechanistic causes in nature that can be potentially understood and addressed by the application of the scientific method

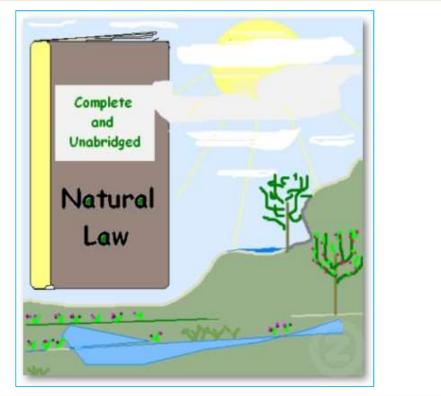
SO ....

#### THE REAL CAUSE IS .....

#### The Real Cause Is ...

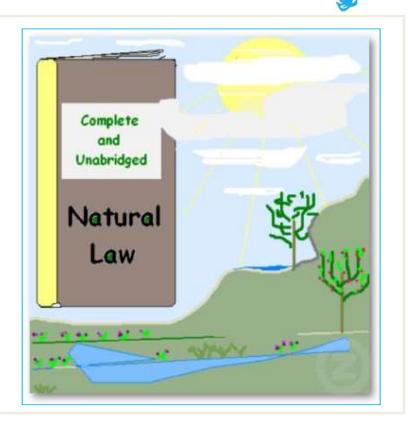


# VIOLATION OF NATURE'S LAWS



### So ... The Real Cause Is .....

What are some of NATURE'S LAWS in regard to Health?



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## What are some of NATURE'S LAWS in regard to Health?

- Diet
- In-Door life
- Out-Door Life
- Gymnastics
- Clothing
- Sleep
- Recreation
- Hygiene

Physical Education: The Health-Laws of Nature; Felix L. Oswald, MD, New York: D. Appleton and Company, 1882

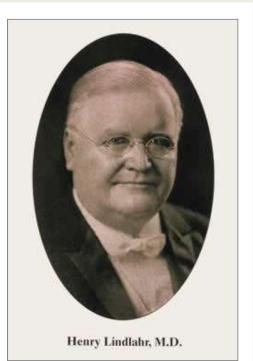
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### **Nature Cure**

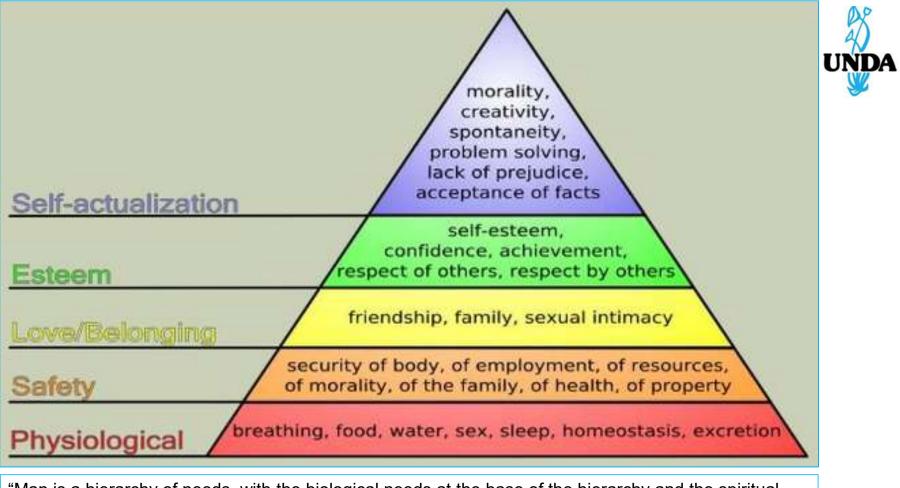


Gradual and continued degeneration of health is the #1 cause of death in or patients

Continuous Violation of Nature's laws such as excessive eating, too much alcohol, coffee, tea, overwork, night work, fear, worry, poor air quality, lack of exercise, loveless marriages is viewed as primary causes of continued health degeneration



Henry Lindlahr; (March 1, 1862 – March 26, 1924) The Nature Cure Publishing Co., 1914, Chicago



"Man is a hierarchy of needs, with the biological needs at the base of the hierarchy and the spiritual needs at the top." Abraham Maslow, *The Farther Reaches of Human Nature*, p. 186



# Modern "pathology" (adaptive physiology) is an attempt by the body to recover health by eliminating obstacles to healing

#### Common "Triggers" Often Manifest in Health Degeneration MANY Years Later (but they are not the Cause)



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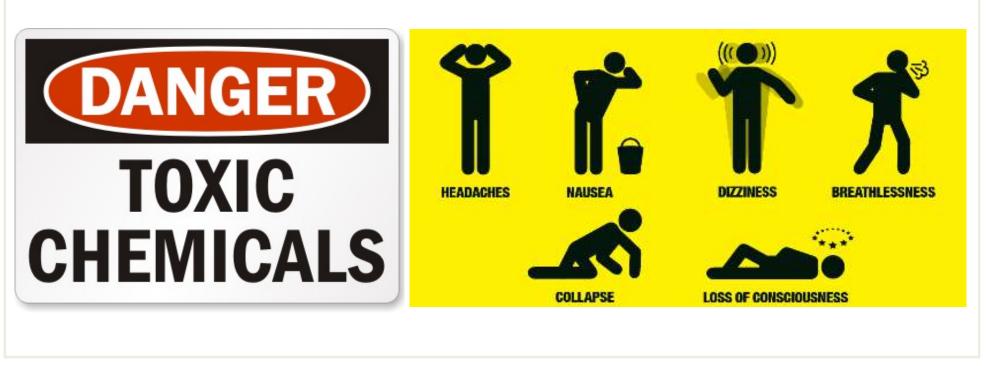
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## The GREATEST CHALLENGE that our PHYSIOLOGY FACES is the EFFECTIVE MANAGEMENT of TOXINS

(physical, mental and emotional)







# What is a TOXIN?

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## Toxin



"A term applied to poisons which are toxic to the human body"

Answers.com dictionary

The word "toxin" comes from the Greek "toxikon" = arrow poison and was introduced to medicine in 1888 by the Berlin physician Ludwig Brieger (1849-1909) as a name for poisons made by infectious agents



# Toxin



"A poisonous substance that is a specific product of the metabolic activities of a living organism and is usually very unstable, notably toxic when introduced into the tissues, and typically capable of inducing antibody formation"



**Merriam-Webster dictionary** 

## **Toxins Include**

- 1. Natural Endogenous
  - from cellular metabolism
- 2. Xenobiotic Exogenous
  - recognized by body and managed by enhancing cellular metabolism
  - not recognized such as heavy metals, pesticides etc and more difficult to manage
  - emotional over stimulus
  - mental dogma, loss of free will and expression
  - "learned perceptions"



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## **Chemicals & The Environment**



- 11,000,000 Chemicals are known
- **100,000** Chemicals are produced deliberately
- 90,000 Registered Chemicals in the US
- **1200-1500** New Chemicals are registered in the US/year
- Only ~50 Organic toxins with legally enforceable environmental standards in drinking water

http://www.epa.gov/safewater/mcl.html

## **Ingested Toxins**



#### The U.S. allows over 10,000 chemical additives to our food supply



#### The average American consumes:

- ✓14 pounds of additives per year
- ✓160 pounds of sugar.
- ✓8 pounds of salt

Ref: "Do You Know What Your Patients Eat?" Monograph, E. Cheraskin, W. Ringsdorf, Dept. Oral Med., U. Alabama (1976).

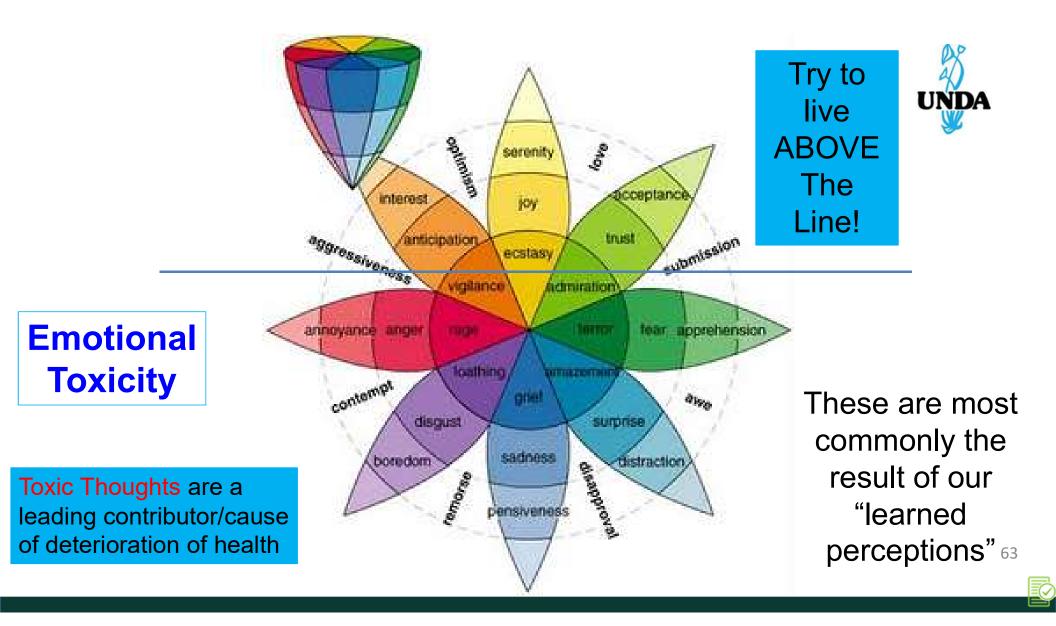
## Toxins



NOT just for a "physical" substance, but likely the most harmful toxin in regard to health is....







7 Words That Represent the Faces of Intention



INTENTION IS THE SEED THAT CREATES THE FUTURE

Abundant Beautiful Creative Expanding Kind Loving Receptive

### **Requirements for Healing**



Neutralize



- Neutralize
- Eliminate



(a) (b) (c) (d) (e)

And in addition need...

### **Requirements for Healing**

#### **Physical REST**

 Not using your muscles for a period and techniques that permit the removal of acid "toxins"

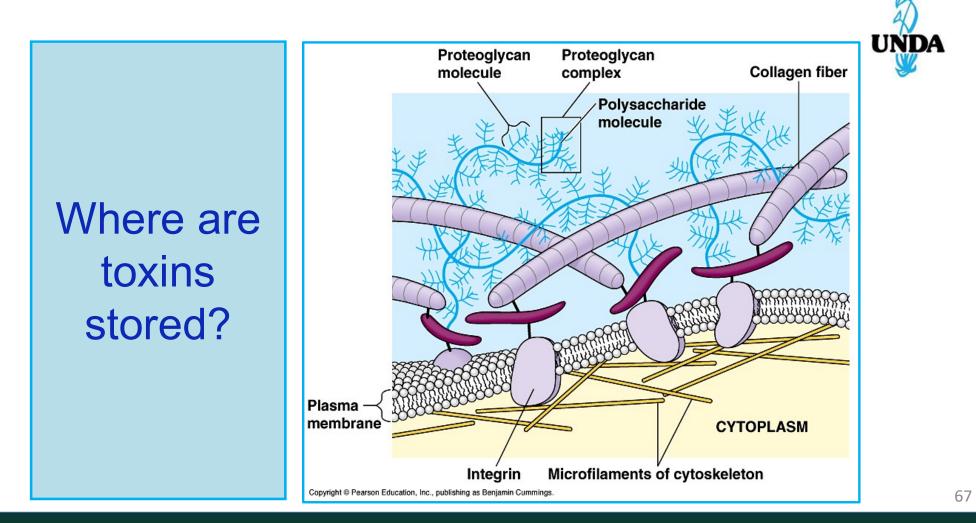
#### **Physiologic REST**

• Fasting for 18 hours with enhanced techniques to increase elimination

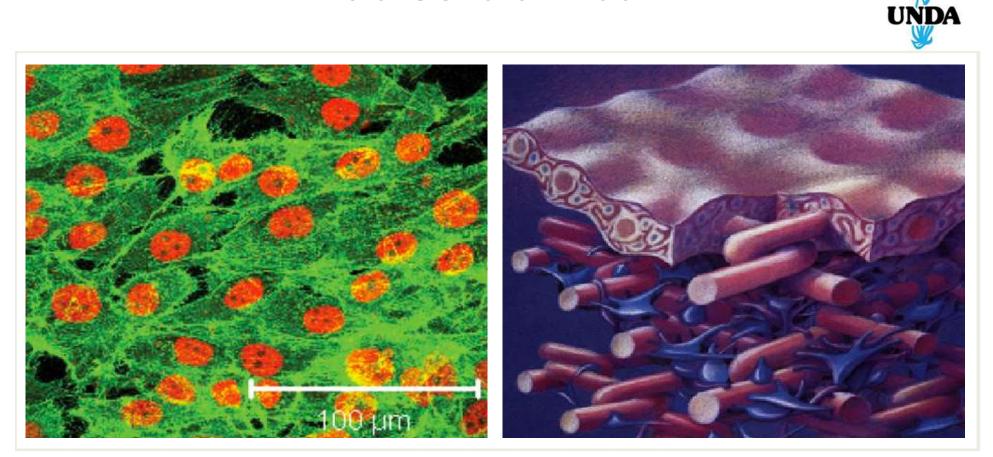
#### **Mental REST**

• The brain (CNS) requires sleep for recovery





### **Extra Cellular Matrix**



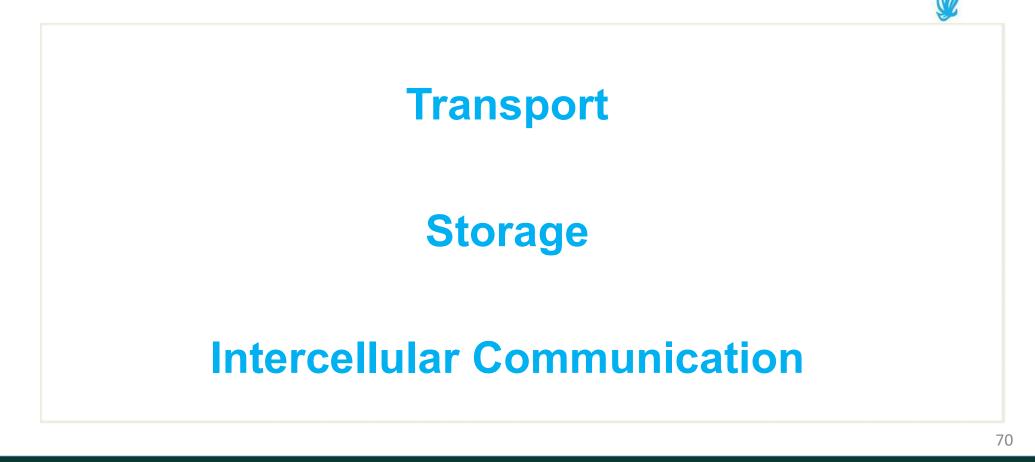
### What is The Extra-Cellular Matrix (ECM)?



It is the structurally stable material beneath the epithelia and it has a major role to play for cell shape, cell migration, differentiation and control of cell growth

### **Functions of the ECM**

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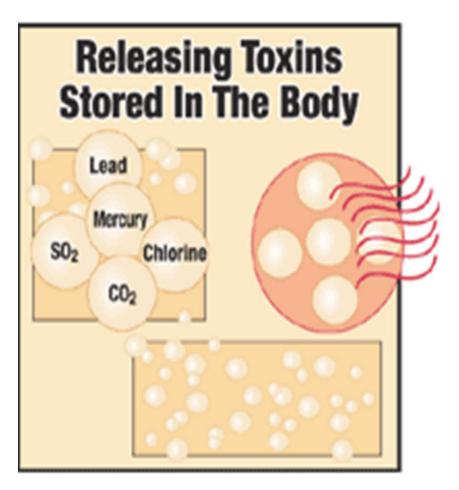
### Damage to the ECM

Many lifestyle choices will result in ECM damage. These include:

- Poor <u>diet</u> choices
- Insufficient <u>sleep</u>
- Sleep at the wrong time of day
- Lack of <u>exercise</u> and movement
- Insufficient clean <u>water</u>
- Overwork and inefficient <u>stress</u> management techniques

These factors will create free radical damage and lead to deterioration of cytokine balance





How does the body do this?





#### **Detoxification - definition**



- 1. The process of detoxifying
- 2. The state or condition of being detoxified
- 3. The metabolic process by which the toxic qualities of a poison or toxin are reduced by the body

The American Heritage® Medical Dictionary Copyright © 2007, 2004 by Houghton Mifflin Company.

- 1. Reduction of the toxic properties of poisons
- 2. Treatment designed to free an addict from a drug habit
- 3. In naturopathy, the elimination of toxic substances from the body, either by metabolic change or by excretion

Dorland's Medical Dictionary for Health Consumers. © 2007 by Saunders

## Detoxification



Detoxification involves dietary and lifestyle changes that reduce intake of toxins and improve elimination

Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load

Drinking extra water (purified) and increasing fiber by including more fruits and vegetables in the diet are steps in the detoxification process

### **Depuration - definition**

1.	To make or become free from impurities Dictionary.com	
2.	Purification of impurities or heterogeneous matter           Merriam-Webster           Merriam-Webster	
3.	To cleanse or purify or to be cleansed or purified To promote the elimination of waste products from (the body) English Collins Dictionary	
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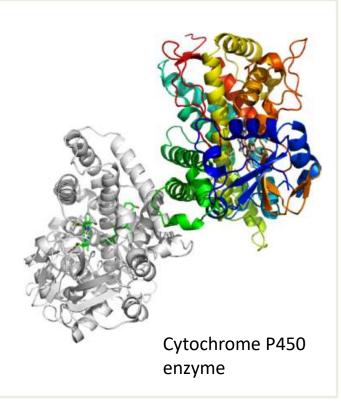
# Depuration



- This means to cleanse or purify
- This is the preferred term for cleansing *xenobiotics* from the body.

#### Xenobiotic:

 A chemical compound (as a drug, pesticide, or carcinogen) that is foreign to a living organism



# **Depuration - Xenobiotic**



A **xenobiotic** is a chemical which is found in an organism but which is not normally produced or expected to be present in it. It can also cover substances which are present in much higher concentrations than are usual

Specifically, drugs such as antibiotics are xenobiotics in humans because the human body does not produce them itself, nor are they part of a normal diet



### **Drainage - definition**



1. A <u>physiologic</u> action that facilitates the organism to eliminate toxins, without aggression or forcing the body to eliminate beyond its physiologic limits

Dr. Gérard Guéniot

2. The definition of Drainage can be compared to detoxification as "the sum total of therapeutic means available to ensure elimination, through natural channels, of toxins vitiating the organism of a patient requiring treatment"

Maury, Dr. E.A. Drainage in Homeopathy (Detoxification)Translated from French by Mark Clement, 1965

Simply stated, it is the <u>process</u> of recognition, neutralization and removal of toxic compounds, natural and unnatural; from the body by opening the emunctories and then discharging the toxic accumulations



As presently understood, DETOXIFICATION often uses DEPURATION, non-physiologic actions that can be aggressive to the organism and may result in the removal of essential as well as toxic elements

Depuration should be considered AFTER one has tried drainage to see how the body eliminates via its' primary emunctories

It is well known and accepted that many people with long-standing illhealth will require both depuration and drainage

## The Role of Emunctories



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## Emunctory

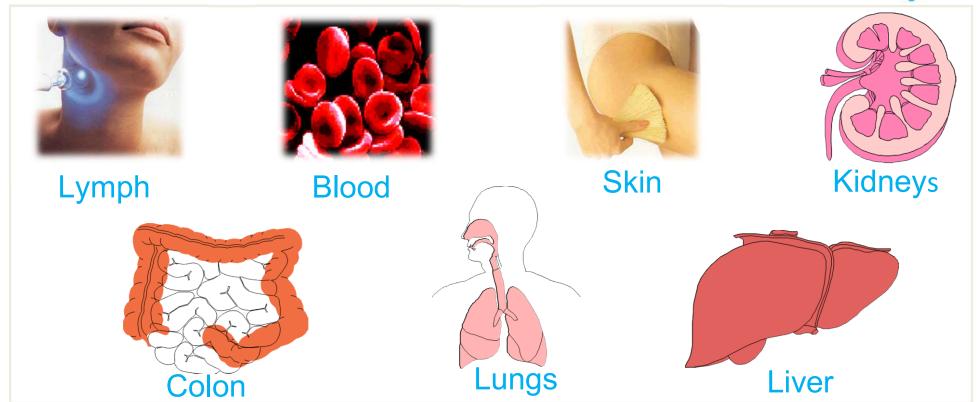


- Any organ or part of the body that gives off waste products, as the kidneys, lungs, or skin
- Serving to carry waste out of the body; excretory

Webster's dictionary

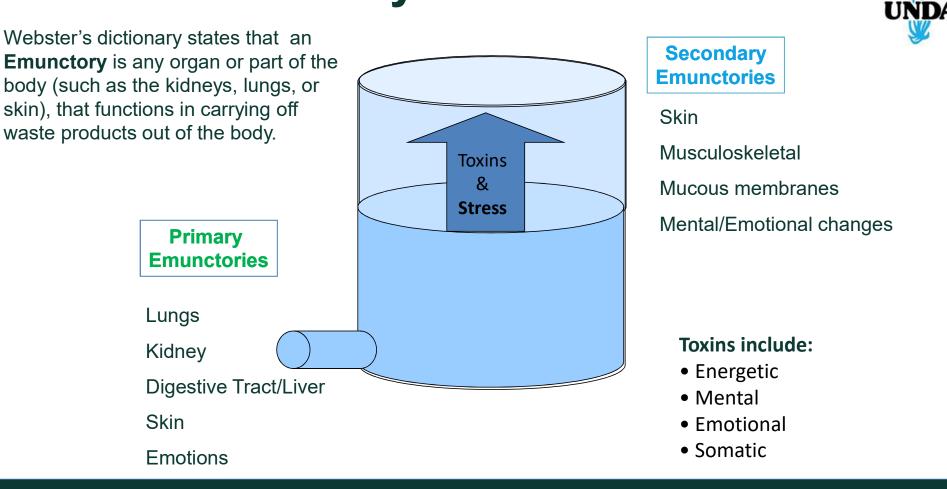
#### **Organs of Detoxification**



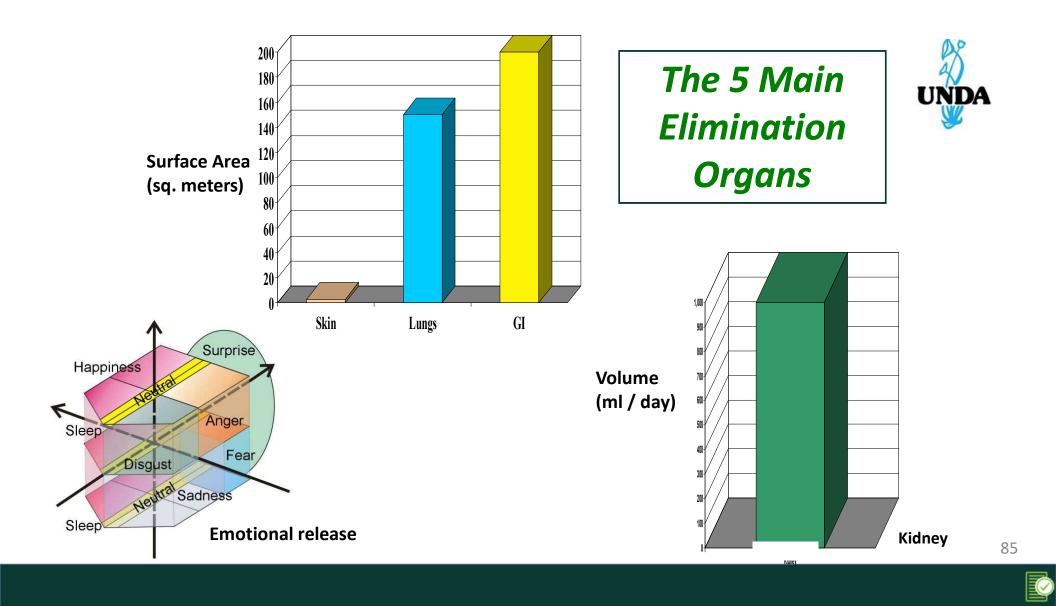


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#### Body ≈ "Bucket"







# Drainage



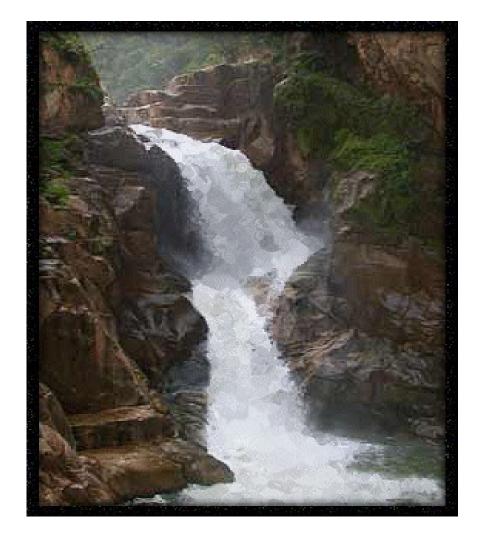
- 1. The process of detoxifying the body by opening the emunctories and discharging the toxic accumulations from the ECM to re-create a cellular homeodynamic state
- 2. A cleansing of the organism to enable it to self-regulate
- 3. A technique to enhance other therapies
- 4. Is NOT done instead of something else
- 5. Is appropriate to be implemented in conjunction with other therapies
- 6. Can be efficiently accomplished using the UNDA Numbered Compounds

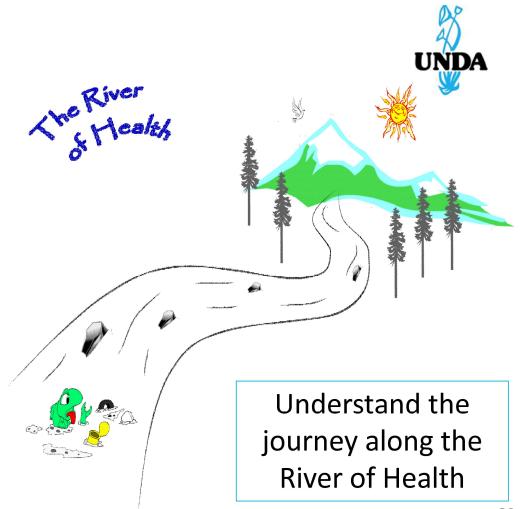


# How can we help patients stay on a healing journey?



# You MUST understand the journey – especially physiology and biochemistry







To maintain ALL organ systems in BALANCE, the body has developed critical systems that permit all cells to efficiently receive appropriate nutrition while at the same time allowing the body to cleanse and detoxify.



# BASIC PROTOCOL GUIDELINES

#### Aka, some "Natural Laws" to Live By

#### **Basic Protocol Guidelines**



Natural Laws do not "treat" any specific condition but at the same time are known to support the improvement of health

Natural Laws all support the body's natural metabolic processes through the digestive system, kidneys, skin, liver, lungs and the nervous system



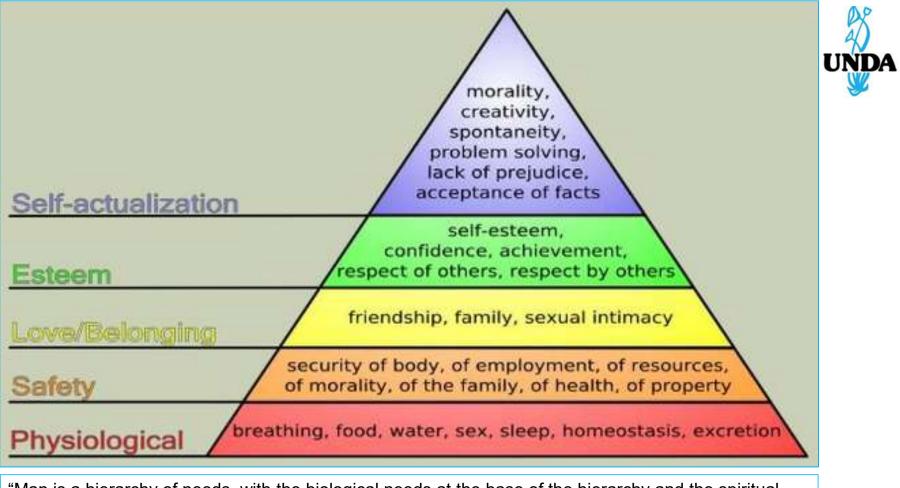
"The art of medicine is amusing the patient while nature cures the disease"



Voltaire (1694-1778)







"Man is a hierarchy of needs, with the biological needs at the base of the hierarchy and the spiritual needs at the top." Abraham Maslow, *The Farther Reaches of Human Nature*, p. 186

## **Basic Human Needs**

All people have the same basic needs, however each person's requirements and reactions to those needs are influenced by the culture with which the person identifies

- 1. People meet their own needs relative to their own priorities
- 2. Although basic needs generally must be met, some needs can be deferred
- 3. Failure to meet needs results in one or more homeostatic imbalances, which eventually will result in ill health
- 4. A need can make itself felt by either external or internal stimuli
- 5. A person who perceives a need can respond in several ways to meet it
- 6. Needs are interrelated



# **Basic Protocol Guidelines**

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- Outside 30+ minutes a day (sunshine)
- Play, have fun daily
- Deep Breathing
- Water
- Movement (lymph)
- Hydrotherapy dry skin brushing, castor oil packs
- Sleep hygiene

- Apple cider vinegar
- Diet- AI, IR, GF, CF blood type, EAV, allergy free, etc.
- EFA's flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO
- Probiotics
- Minerals, vitamins

# GO OUTSIDE and ENJOY SOME SUN





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# Sunshine



#### It Can Be Good Medicine After All MINIMUM of 30 minutes/day

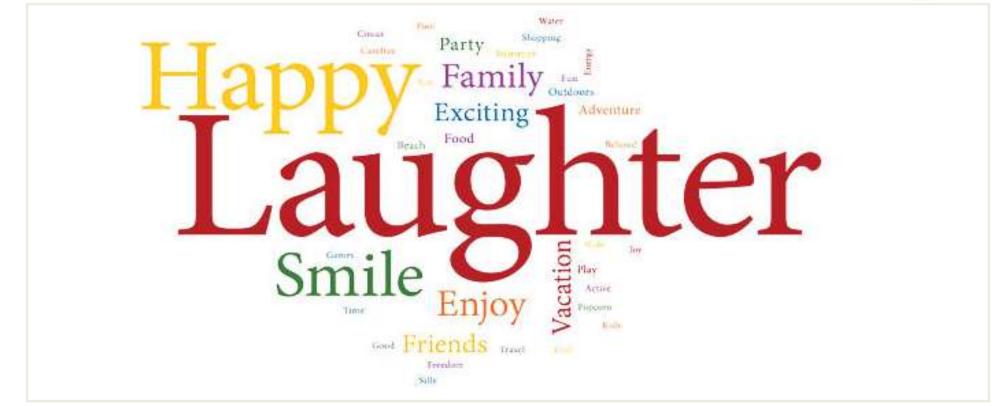


Brief but unfettered exposure to sunshine or its equivalent several times a week can help to ward off a host of debilitating and sometimes severe health concerns It can also support bone health, healthy blood pressure, glucose homeostasis, neuromuscular health, joint health, emotional wellness, and maintenance of cellular health of the colon, prostate and breast

Reference: Holick M., 2008. Mol Aspects Med. 29(6): 361-368



#### FUN – What did YOU do Today?



100

# Rule #l Have Fün Every Day!



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## **Breathing**



#### Daily Consciousness of breath is essential for health



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## **Deep Breathing**





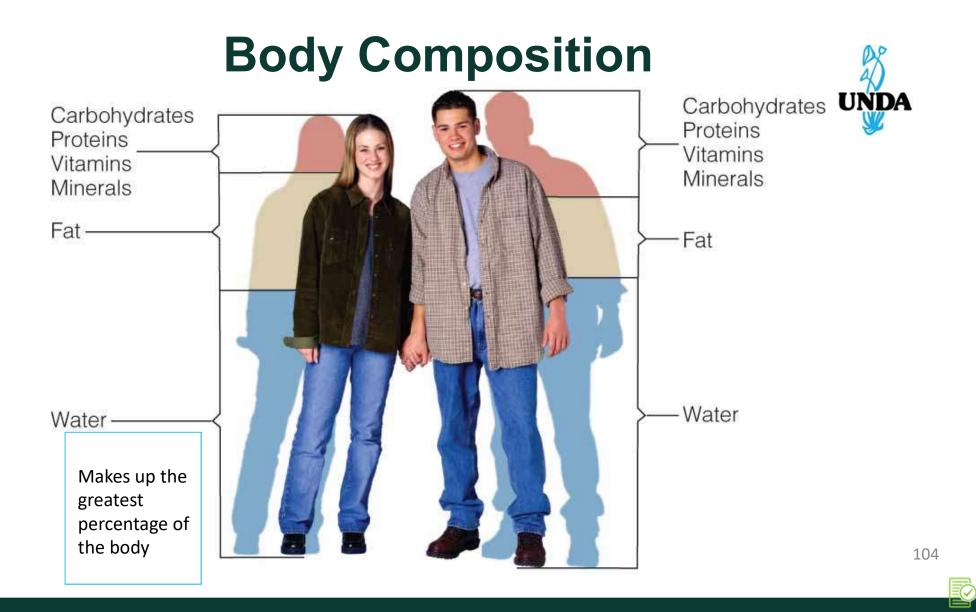
#### One example would be:

- Inhale **for** 1 count.
- Hold for 4 counts.
- Exhale for 2 counts.

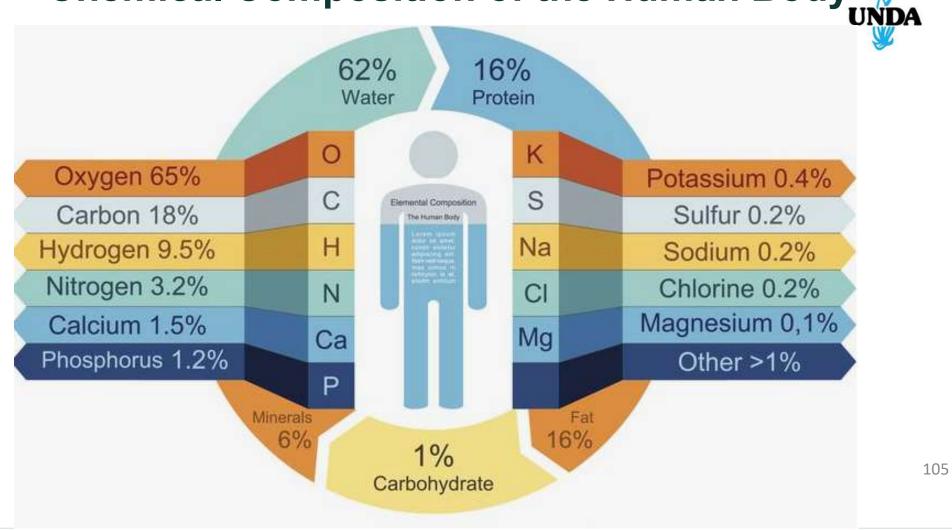
#### Example:

If you inhale for 2 seconds, you hold for 8 and exhale for 4. Do sets of 10 breaths, several times a day

#### MINIMUM of 100 DEEP Breaths a Day







#### How Much of Your Body is Water?



- The average adult human body is 50-65% water, averaging around 57-60%
- The percentage of water in infants is much higher, typically around **75-78%** water, dropping to 65% by one year of age
- Body composition varies according to gender and fitness level, because fatty tissue contains less water than lean tissue
- The average adult male is about 60% water
- The average adult woman is about 55% water because women naturally have more fatty tissue than men
- Overweight men and women have more water, as a percent, than their leaner counterparts. The percent of water depends on your hydration level. People feel thirsty when they have already lost around 2-3% of their body's water
- Mental performance and physical coordination start to become impaired before thirst kicks in, typically around <u>1% dehydration</u>

# Water

Water is essential to good health, yet needs vary by individual

#### How much should you drink every day?

 For most people (including children) One half of your body weight (pounds) in OUNCES





Forms saliva (digestion)

Keeps mucosal membranes moist

Allows body's cells to grow, reproduce and survive

Flushes body waste, mainly in urine

Lubricates joints

Water is the major component of most body parts



Needed by the brain to manufacture hormones and neurotransmitters

> Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

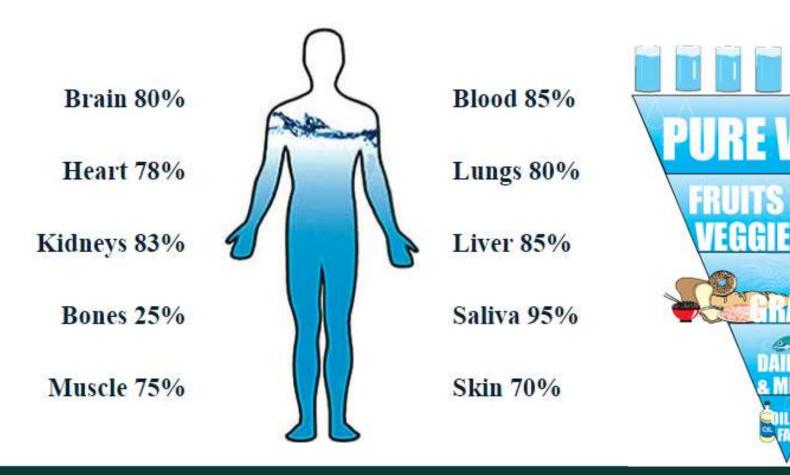
Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body Water has numerous Functions

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## Water Content Percentage of Specific Organs



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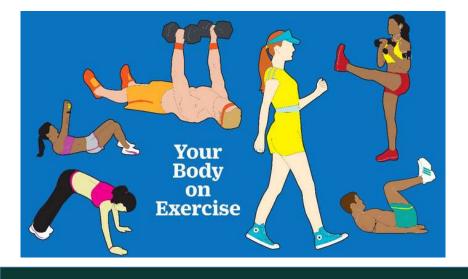




## Movement: Is this what is required?



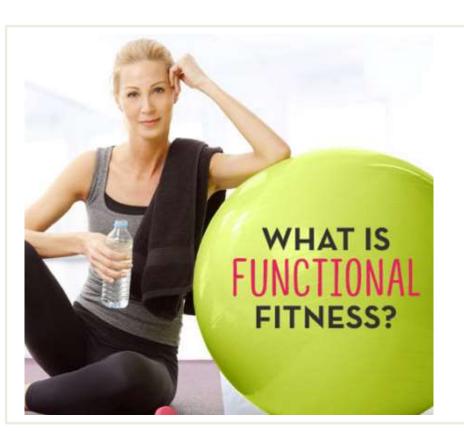
**OR**...







## Functional Fitness – Sustainable



- Functional fitness is about training your body as an entire unit instead of muscle by muscle
- It is about training your body to move the way in which you move in everyday life: bending, lifting, throwing, reaching, and twisting
- Functional fitness is for everyone and it should be used by those who want to stay strong, fit and moving well into their old age

## Functional Fitness – Sustainable

- Movement and activity must be sustainable
- Do it every day and you should NOT need to take time to recover
- Not doing this activity for sport, but rather to live life to its fullest
- Include some contraction of muscles (resistance), (moves the lymph), easy aerobics
- Can always start with walking



Walk with your partner

#### Walk your dog every day



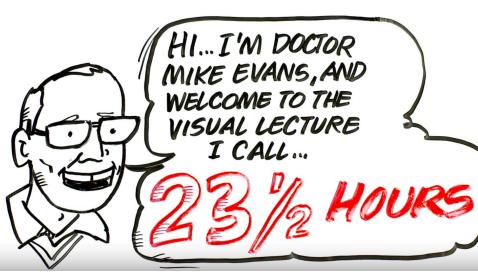


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## Is Walking Really That Helpful?



http://www.youtube.com/watch?v=aUaInS6HI Go&list=PL4C1A496623BC60F5&context=C2d0 78ADOEgsToPDskJgfdQdD732Bkya1U9MbDby



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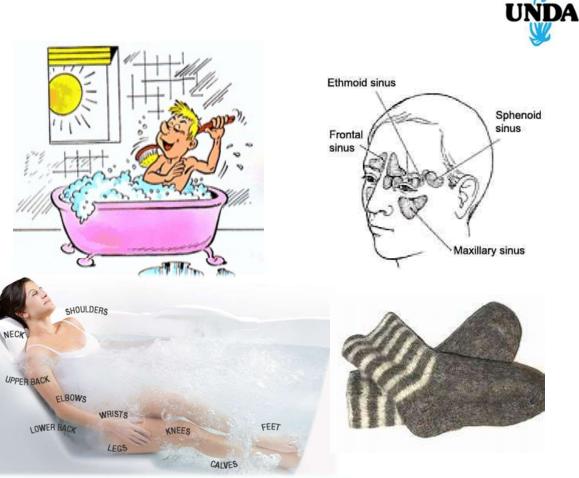
## ALL exercise should be finished by E X T E N D I N G the spine for a few minutes





Removable shower head is KEY!

## Hydrotherapy

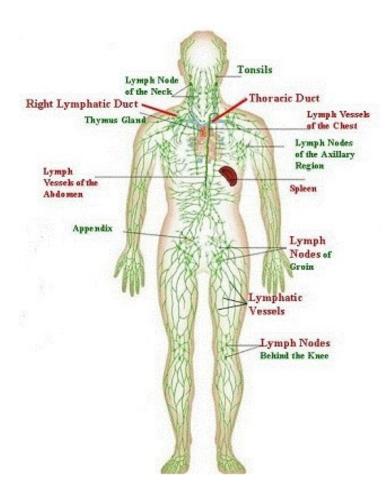


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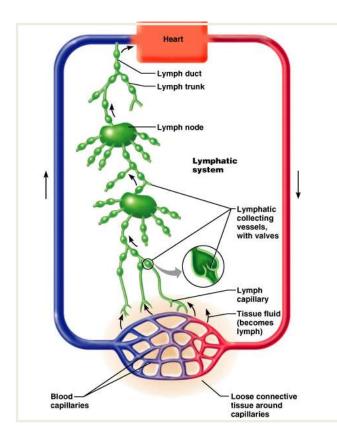
## The "Forgotten" System

Lymphatic System

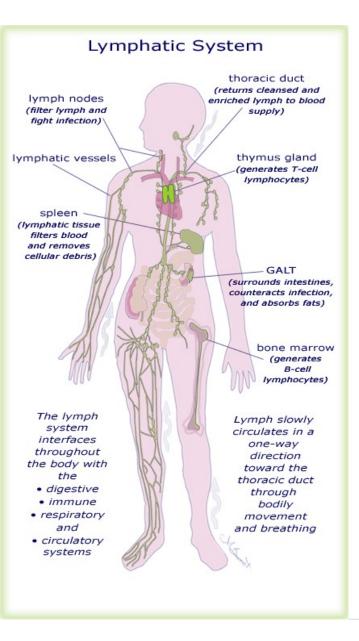


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## **The Lymphatic System**



- One way system: to the heart
- Return of collected excess tissue fluid
- Picks up bacteria and viruses as well as proteins, electrolytes and fluid (lymph nodes destroy most pathogens)
- Edema results if system blocked or surgically removed
- Produces 8–12 liters of lymph each day, 4–8 liters of lymph are reabsorbed by the lymph nodes; the remaining 4 liters is returned to blood

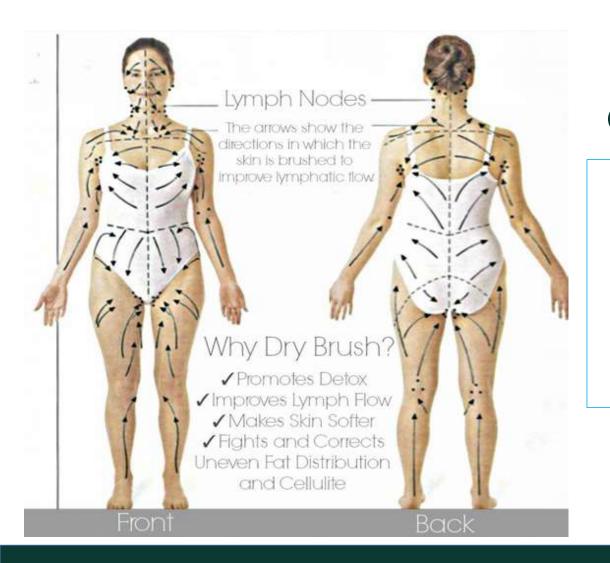


# The Lymphatic System

- Twice as much lymph fluid in your body as blood
- Continuously bathes each cell and drains away the debris in a "circulatory system" powered only by your breathing and movement
- Deep breathing
- Daily movement (exercise)
- Castor oil packs
- Dry skin brushing
- Qi machine
- Lymphatic massage
- Lymphstar, hemosonic
- ST 8
- MRT







UNDA Guide to Dry Brushing

> Key to Lymphatic Health

> > 122

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## Sleep

If you get less than eight hours of sleep a night, you are operating impaired; your alertness, productivity and creativity, and general health are all affected

"Between the seventh and eighth hour is when we get almost an hour of REM sleep, the time when the mind repairs itself

If you're a six-hour sleeper, you're missing that last, important opportunity to repair and to prepare for the coming day"



#### Sleep in TOTAL darkness





NO Wi-fi in the room





How do the leaves at the top of this tree get their nutrition?

Raise the head of your bed 4-6" to improve EVERYTHING





4-6"

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Take a few minutes everyday, at any time of the day, to calm your system







Ø



### **BPG (AKA Natural Laws to Live By)**

- Be outside 30 minutes per day
- Do something FUN everyday
- Take 100 deep conscious breaths per day
- End showers with a cool spray
- Movement walk, gym, yoga, stretch
- Castor oil packs 30-40 minutes in the evening
- Dry skin brushing before bed
- Be in bed by 10:00 PM, sleep in total darkness with no wifi devices in the bedroom
- Raise the head of the bed  $\sim 6$ " to improve circulation
- Daily prayer and meditation will help your immune system, heart, nervous system and lymphatic system. Make it a part of your daily rituals, just like brushing your teeth

### Some Diet Laws to Live By

- Apple cider vinegar
- Diet-AI, IR, GF, CF blood type, EAV, allergy free, ketogenic etc.
- Minimum of 10 colors is the goal daily
- EFA's flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO, borage oil, etc
- Probiotics
- Minerals, vitamins



## **Some Basic Eating Suggestions**

It is essential that your digestive system be ready to digest the food you are eating

Regular meals and NOT grazing is important to follow

Include the following:

- 1. Apple Cider vinegar  $\frac{1}{2}$ -1 tsp in a glass of water 15 minutes before meals
- 2. Smell the food cooking
- 3. Think about the food you are about to eat
- 4. Chew extremely well (31 times for each bite is preferred)
- 5. Put down your fork between each bite of food
- 6. Do not drink with meals, NEVER drink anything cold
- 7. Give thanks before eating.
- 8. Eat in a peaceful place, no outside distractions, no TV, play relaxing music if possible
- 9. After eating, sit and relax for 10-15 minutes

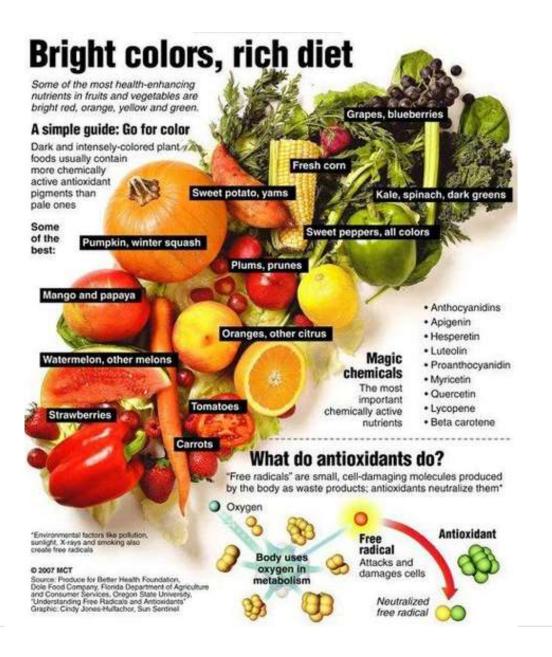




Unprecedented Opportunities Exist for Expanded Use of Foods and Components to Achieve Genetic Potential, to Increase Productivity and Decrease Risk of Ill Health









10 different colors could significantly support cardiovascular health, cellular health, homeostasis and general optimal health



#### Eating Ten Portions Of Fruit And Vegetables Daily Can Prolong Life



2 22 17 A study published by the International Journal of Epidemiology suggests that "eating 10 portions of fruit and vegetables a day could significantly reduce the risk of heart attack, stroke, cancer and early death"

Specifically, consuming about 800 grams of fruit and vegetables daily, twice the World Health Organization's current recommendation, "was associated with a 24% reduced risk of heart disease, a 33% reduced risk of stroke, a 28% reduced risk of cardiovascular disease, a 13% reduced risk of total cancer, and a 31% reduction in dying prematurely," compared to not eating fruits and vegetables at all

**Reference:** International Journal of Epidemiology, Volume 46, Issue 3, 1 June 2017, Pages 1029–1056, <u>https://doi.org/10.1093/ije/dyw319</u> Published: 22 February 2017

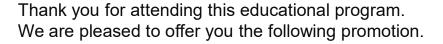
### Protocol Options When Patients Leave the Clinic



#### **Protocol Options**

- 1. Basic support: diet, lifestyle, exercise, hydrotherapy, sleep, water, sunshine, EFA, probiotics, minerals
- 2. Specific therapies: vitamins, minerals, botanicals, homeopathy, gemmotherapy, oligotherapy, tissue salts, flower essences
- 3. Specific therapies physical medicine: body work, cranial sacral, NMT, massage, acupuncture, therapeutic touch
- 4. Specific therapies mental/ emotional: counseling, color, neurofeedback, meditation, chakras, psych-K, spiritual
- 5. Biomedical support: prescriptions, surgery, referral
- 6. Etc

### **Achieve Sustained Treatment Outcomes**



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#### **UNDA Numbered Compounds:**

Patient Assessment, Evaluation and Practical Application

Presented by **Dr. Dickson Thom DDS ND** 

Wednesdays, February 5 - May 6, 2020 8:00 – 10:00 PM EST/ 5:00 – 7:00 PM PST (To register for all sessions at the same time, please go to <u>seroyalevents.webex.com</u>, click on the "Unda Numbered Compounds" header, select all 7 sessions and click on Register)

If not registered yet, please register for the upcoming sessions! (please note that a WebEx reminder is being sent on Fridays before each live session)





### **Upcoming Atrium Innovations Events**



#### **Evening Intensive**

#### Integrative Effect of Probiotics on Whole Body Health

Emerging Evidence and Mechanisms Dr. Nigel Plummer, PhD

April 14, 2020 - Ottawa, ON April 16, 2020 – Barrie, ON September 23, 2020 – Calgary, AB GenestraHMFPlummerOttawa.eventbrite.ca GenestraHMFPlummerBarrie.eventbrite.ca GenestraHMFPlummerCalgary.eventbrite.ca



### **Upcoming Atrium Innovations Events**



#### **Functional Immunology:**

Unravelling Inflammatory and Autoimmune Dysfunction including New Microbiome Research **Dr. Nigel Plummer, PhD** and **Dr. Samuel Yanuck, D.C., FACFN, FIAMA** 

April 18, 2020 – Toronto, ON September 26, 2020 – Vancouver, BC FunctionalImmunologyON.eventbrite.ca FunctionalImmunologyBC.eventbrite.ca









Thank you for your participation!

Session 2: Wednesday, February 19, 2020 8:00-10:00PM EST - 5:00-7:00PM PST

