



UNDA NUMBERED COMPOUNDS:

Patient Assessment, Evaluation and Practical Application

7-Session Webinar Series

Presented by Dr. Dickson Thom, ND, DDS
Session 3: March 4, 2020

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Dr. Dickson Thom, ND, DDS



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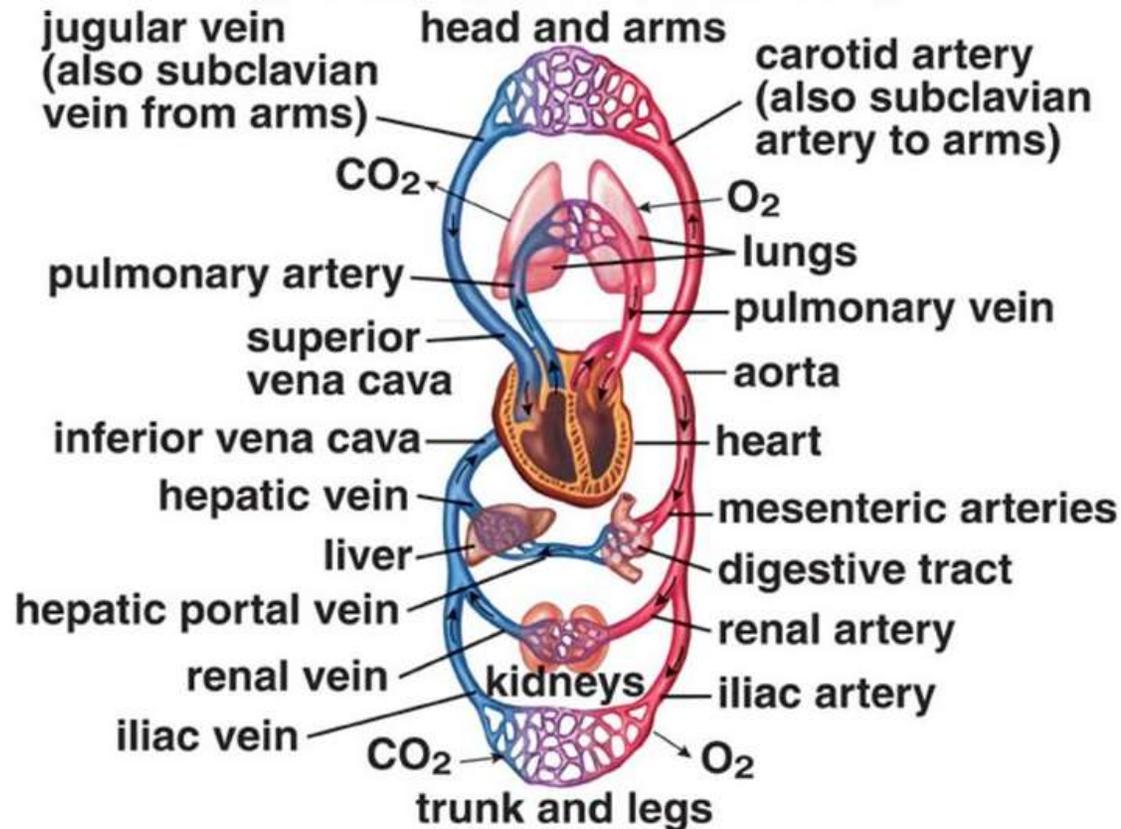




Cardiovascular System



Cardiovascular System



Cardiovascular System Overview



- The cardiovascular system facilitates the circulation of blood and transport of nutrients, oxygen, carbon dioxide and hormones throughout our body
- It encompasses the cardiovascular and lymphatic systems, comprising primarily of the heart, blood, vessels, arteries, veins, capillaries and the lymphatic system
- A proficient circulatory system is co-dependent on efficient communication between the heart and lungs as well as proper blood circulation



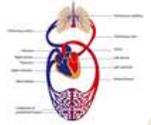


SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
UNDA 8 Cardiovascular System (Cardiovascular & Circulatory Health)	UNDA 25 Cardiovascular System (Central Cardiovascular Health and Healthy Blood Pressure & Flow)	UNDA 74 Cardiovascular, Digestive and Endocrine Systems (Portal System Health)
	UNDA 33 Cardiovascular System (Peripheral Vascular Health, Healthy Blood Pressure)	UNDA 202 Cardiovascular, Digestive, Genito-urinary, Respiratory and Nervous Systems (Cerebral Circulatory Health)
	UNDA 36 Cardiovascular & Digestive Systems (Venous Health)	UNDA 203 Cardiovascular System (Healthy Blood Pressure Modulation)
		UNDA 233 Cardiovascular System (Venous Circulatory Health)
		UNDA 248 Cardiovascular System (Circulatory and Heart Rhythm Health)

CARDIO – VASCULAR SYSTEM



UNDA 8

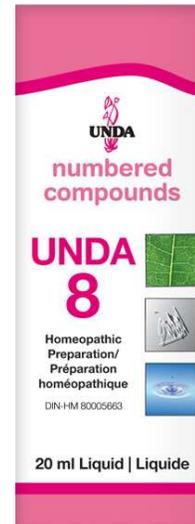


Cardiovascular System Application

Organ System Applications: Cardiovascular

Applications:

- Support for cardiovascular (venous and arterial) health and function
- Temporary relief of symptoms associated with overall poor circulation:
 - Chills
 - Cold extremities
 - Weakness
 - Varicose veins
 - Slight headache

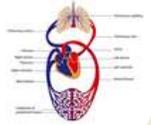


FORMULA

Millefolium	4x
Cactus grandiflorus	4x
Crataegus	4x
Equisetum arvense	4x
Hamamelis virginiana	4x
Mercurialis perennis	4x
Thlaspi bursa-pastoris	4x
Cuprum metallicum	12x



UNDA 25



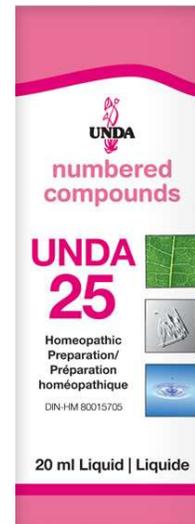
Cardiovascular System Application

Organ System Applications:

Cardiovascular

Applications:

- Support for cardiovascular health
- For the temporary relief of symptoms associated with coldness or numbness of the extremities:
 - Cold hands and feet
 - Blueness of fingers and toes
 - Chilliness & sensation of coldness
 - Oversensitivity to cold
 - Numbness in arms
 - Stiffness and/or heaviness in limbs

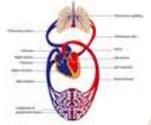


FORMULA

Crataegus	4x
Gelsemium sempervirens	4x
Hamamelis virginiana	4x
Spiraea ulmaria	4x
Valeriana officinalis	4x
Argentum metallicum	12x
Stannum metallicum	12x



UNDA 33



Cardiovascular System Application

Organ System Applications:

Cardiovascular

Applications:

- Support for cardiovascular and circulatory health
- For the temporary relief of symptoms associated with overall poor circulation:
 - Headache
 - Coldness
 - Sensitivity to cold
 - Fatigue
 - Night sweats
 - Chills

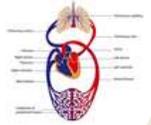


FORMULA

Allium cepa	4x
Anacardium orientale	4x
Jatrorrhiza palmata	4x
Boldo	4x
Tilia europaea	4x
Viola tricolor	4x
Aluminum metallicum	12x



UNDA 36



Cardiovascular System Application

Organ System Applications:

Cardiovascular, Digestive

Applications:

- For the temporary relief of mild symptoms associated with hemorrhoids:
 - Pain
 - Soreness
 - Itching
 - Burning

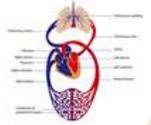


FORMULA

Aconitum napellus	4x
Aesculus hippocastanum	4x
Chelidonium majus	4x
Hamamelis virginiana	4x
Hydrastis canadensis	4x
Hypericum perforatum	4x
Aluminum metallicum	12x



UNDA 74



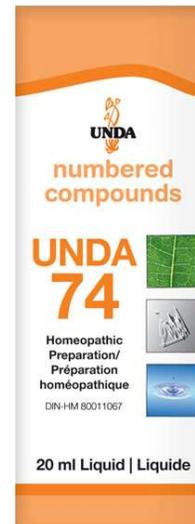
Cardiovascular System Application

Organ System Applications:

Cardiovascular, Digestive, Endocrine

Applications:

- For the temporary relief of symptoms associated with mild digestive distress:
 - Constipation
 - Bloating
 - Stomach cramps
 - Stomach acidity

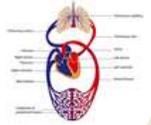


FORMULA

Cynara scolymus	4x
Hamamelis virginiana	4x
Lycopodium clavatum	6x
Boldo	6x
Sepia	6x



UNDA 202



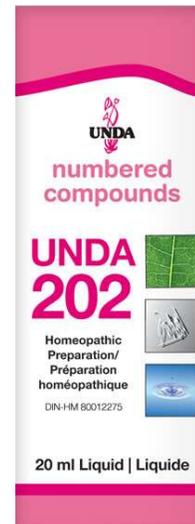
Cardiovascular System Application

Organ System Applications:

Cardiovascular, Digestive, Genito-Urinary, Nervous, Respiratory

Applications:

- For the temporary relief of symptoms associated with low energy and fatigue:
 - Restless sleep
 - Tired aching
 - Sleeplessness
 - Weakness
 - Irritability



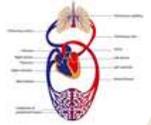
FORMULA

Gelsemium sempervirens	4x
Sulphur	6x
Aurum metallicum	12x
Calcarea fluorica	12x
Cuprum metallicum	12x

Note: Contains 3 metals



UNDA 203



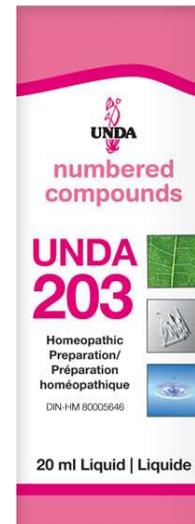
Cardiovascular System Application

Organ System Applications:

Cardiovascular

Applications:

- Support for cardiovascular health
- For the temporary relief of symptoms associated with fatigue and poor circulation:
 - Coldness of extremities, chills
 - Sleepiness
 - Headache
 - Minor swelling
 - Swollen veins

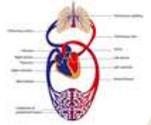


FORMULA

Aesculus hippocastanum	5x
Crataegus	5x
Rheum	5x
Strophantus gratus	5x
Stigmata maidis	5x



UNDA 233

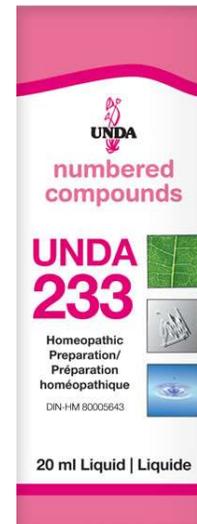


Cardiovascular System Application

Organ System Applications: Cardiovascular

Applications:

- Support for venous health
- For the temporary relief of symptoms associated with varicose veins:
 - Minor swelling
 - Prickling pains
 - Swollen veins
 - Tingling leg pain
 - Mild inflammation

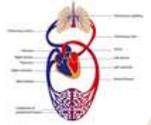


FORMULA

Uva-ursi	4x
Crataegus	4x
Hamamelis virginiana	4x
Rheum officinale	4x
Rhus toxicodendron	4x



UNDA 248



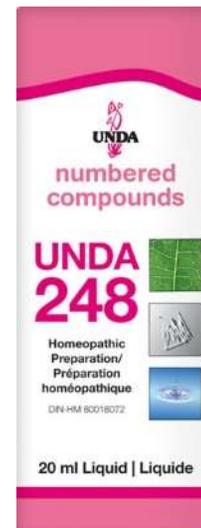
Cardiovascular System Application

Organ System Applications:

Cardiovascular

Applications:

- Support for the arterial health
- For the temporary relief of overall poor circulation symptoms:
 - Blueness of extremities
 - Chills
 - Cramps
 - Faintness



FORMULA

Crataegus	4x
Magnolia grandiflora	4x
Passiflora incarnata	4x
Strophanthus gratus	4x



Clinical Case # 5



36 Year Old Female Requiring Healthy Arterial Blood Flow Support



- Recently returned to work 10 weeks after birth of 1st child
 - Sleep disrupted, fatigue, constipation
 - Family Hx diabetes
 - No history of smoking
 - No Rx, prenatal vitamin, vitamin D, probiotic
 - Creatinine 0.9mg/dL, Na 135mmol/L, Potassium 4.2 mmol/L
 - Glucose 97 mg/dL, Hct 35, TSH 2.1
 - Total cholesterol 160 mg/dL
 - HDL 66 mg/dL LDL 120mg/dL Triglycerides 89
- Vitals 138#, 138/91, 88, 97.7°F, 12, 97%



36 Year Old Female Requiring Healthy Arterial Blood Flow Support



- BTGs
- Magnelevures ½ sachet AM and PM
- CoQ10 100mg 1 cap AM and PM
- Unda 8, 33, 203 5 drops 3x day
- Nervinum vagum 4CH 10 drops AM and PM
- Kali Phos 6x 2 tabs AM and PM



Clinical Case # 6



42 Year Old Male Requiring Heart Health Support



- Heart just speeds up at times, no pattern
- Was told before had “borderline” hypertension
- Too busy to do any regular exercise, not even walking
- Typical SAD, some with impaired gastroesophageal health function on occasion
- Smoke 1 pack a day for the last 25 years, 10 beers a week
- Both parents deceased from heart failure
- Takes no Rx, no vitamins



42 Year Old Male Requiring Heart Health Support



- Total cholesterol 223 mg/dL, HDL 24 mg/dL, LDL 162 mg/dL, triglycerides 148 mg/dL
- Creatinine 1.1mg/dL; Na: 140 mmol/L, potassium 5.1 mmol/L
- HCT: 44; TSH: 1.1
- Fasting glucose taken on two separate days 128 mg/DL and 138 mg/DL
- Vitals: 184#, 142/86, 82, 16, 97%



42 Year Old Male Requiring Heart Health Support



- BTGs
- Magnelevures ½ sachet AM and PM
- CoQ10 100mg 1 cap AM and PM
- Super lipoic acid 1 cap AM and PM
- Berberis Formula 2 caps AM and PM
- Unda 8, 25, 248 5 drops AM and PM
- Olea Europaea 75 drops (¾ tsp) AM and PM
- Mag Phos 6x 2 tabs AM and PM

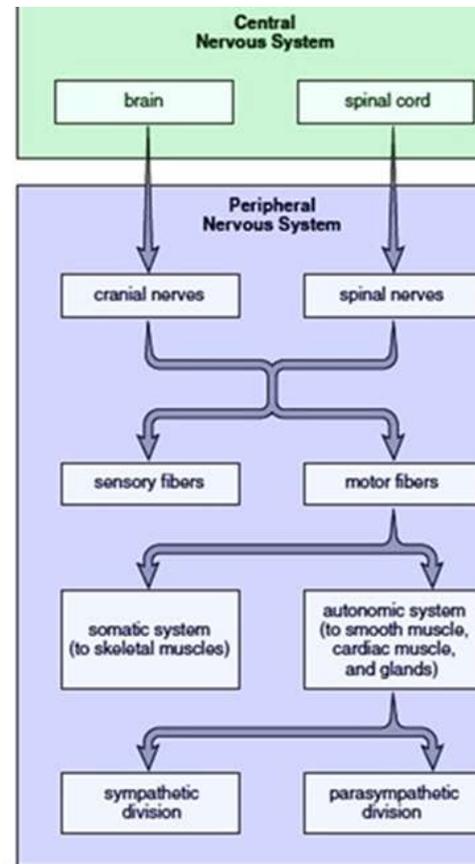
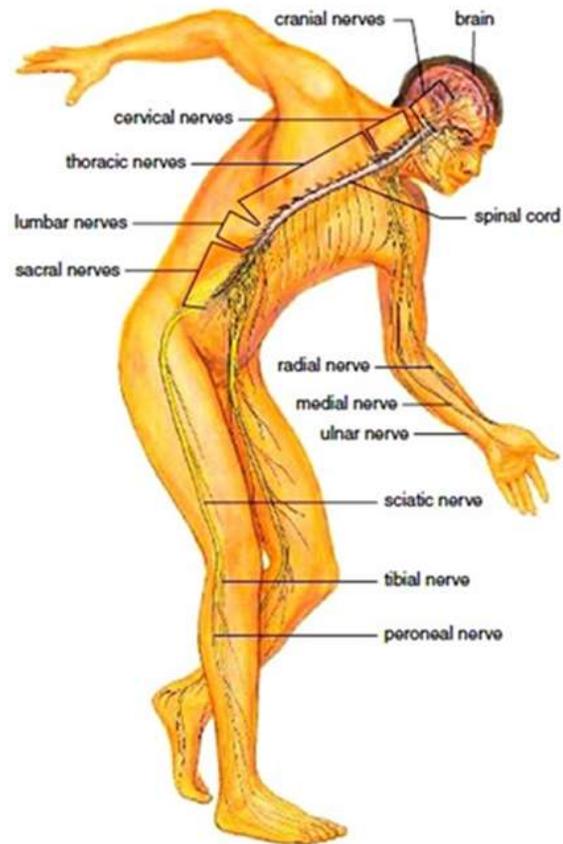




Central Nervous System & Nervous System



Central Nervous System



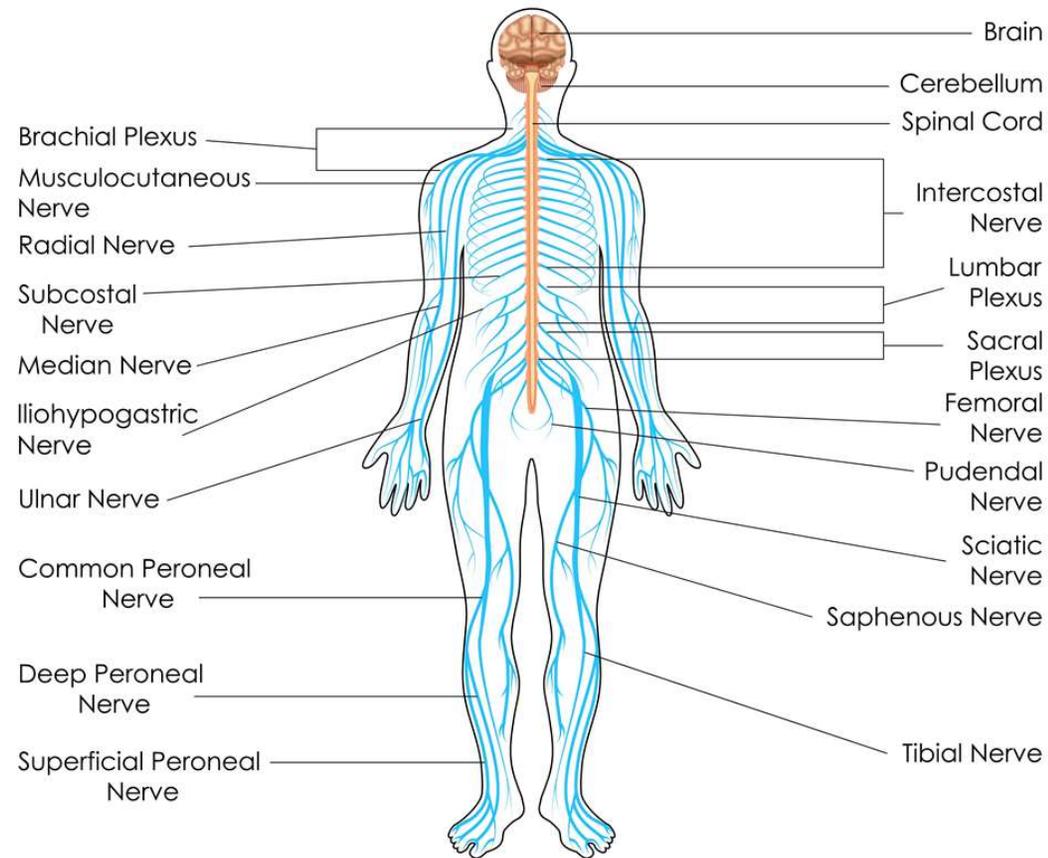
Central Nervous System Overview



- The Central Nervous System encompasses the brain and spinal cord and is considered our “central processing center”. These vital organs are protected by the meninges and surrounded by cerebrospinal fluid that acts as a cushion and provides immunological and mechanical protection for them. This cerebrospinal fluid also supports the efficient circulation of nutrients to the brain
- The Central Nervous System communicates via nerves and impulses, sending and receiving information to and from the peripheral nervous system



Nervous System



Nervous System Overview



- The nervous system transmits messages to and from the brain and spinal cord to various parts of the body. It includes the central nervous system (CNS) and peripheral nervous system (PNS)
- The central nervous system encompasses the brain and spinal cord; while the peripheral nervous system comprises of the nerves that carry impulses to and from the central nervous system
- It is important to also take note of our enteric nervous system (ENS) which resides in the lining of our gastrointestinal track and is referred to as our “second brain”





CENTRAL NERVOUS SYSTEM & NERVOUS SYSTEM

SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
UNDA 9 Central Nervous System (Nervous System Health – Emotional Wellness & Mental Health)	UNDA 22 Nervous System (Emotional Wellness, Healthy Stress Management)	UNDA 76 Digestive and Nervous Systems (Maintenance of Healthy Mental Energy Levels)
	UNDA 24 Nervous and Digestive Systems (Support for Nervous and Digestive System Association Health)	UNDA 202 Cardiovascular, Digestive, Genito-urinary, Respiratory and Nervous Systems (Cerebral Circulatory Health)
	UNDA 30 Nervous System (Support for Restful Sleep and Emotional Wellness)	UNDA 210 Digestive, Endocrine, Cardiovascular and Nervous Systems (Support for Digestive and Nervous System Association Health and Emotional Wellness)
	UNDA 41 Nervous System (Neurological Health)	UNDA 212 Digestive and Nervous Systems (Nervous System Health and Positive Mood Balance)
	UNDA 47 Nervous System (Maintenance of Healthy Mental Energy Levels)	UNDA 219 Cardiovascular, Endocrine and Nervous Systems (Central Nervous System Spasm Health)





CENTRAL NERVOUS SYSTEM & NERVOUS SYSTEM

SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
		UNDA 228 Digestive, Endocrine and Nervous Systems (Emotional Wellness)
		UNDA 1001 Endocrine and Nervous Systems (Sleeplessness)



UNDA 9



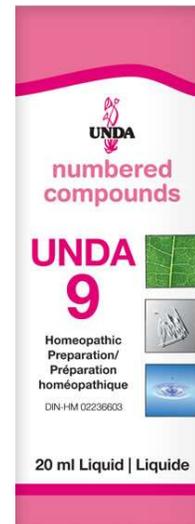
Central Nervous System Application

Organ System Applications:

Central Nervous

Applications:

- Support for central nervous system health and function
- Temporary relief of symptoms associated with minor stress and mental fatigue:
 - Fatigue
 - Headache
 - Anxiety
 - Excessive perspiration
 - Nervousness

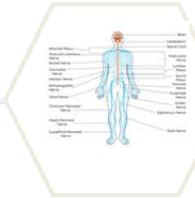


FORMULA

Melissa officinalis	4x
Mentha piperita	4x
Salvia pratensis	4x
Thymus vulgaris	4x
Valeriana officinalis	4x
Aurum metallicum	12x
Plumbum metallicum	12x



UNDA 22



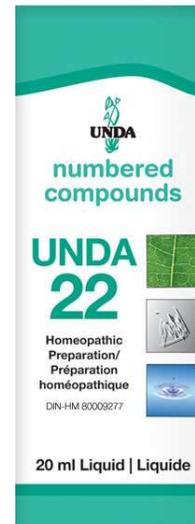
Nervous System Application

Organ System Applications:

Nervous

Applications:

- For the temporary relief of symptoms associated with mild anxiousness and nervousness:
 - Anxious dreams
 - Fatigue
 - Night sweats
 - Headache
 - Excessive sweating

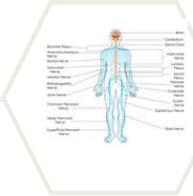


FORMULA

Aconitum napellus	4x
Absinthium	4x
Coffea tosta	4x
Jateorhiza palmata	4x
Chamomilla	4x
Boldo	4x
Salvia officinalis	4x
Argentum metallicum	12x
Manganum oxydatum nigrum	12x



UNDA 24



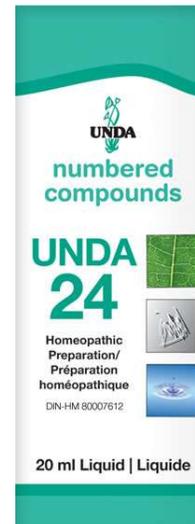
Nervous System Application

Organ System Applications:

Digestive, Nervous

Applications:

- For the temporary relief of symptoms associated with mild digestive upset:
 - Heartburn
 - Constipation
 - Acid reflux
 - Indigestion
 - Flatulence
 - Bloating



FORMULA

Crataegus	4x
Chamomilla	4x
Passiflora incarnata	4x
Boldo	4x
Valeriana officinalis	4x
Aluminum metallicum	12x



UNDA 30



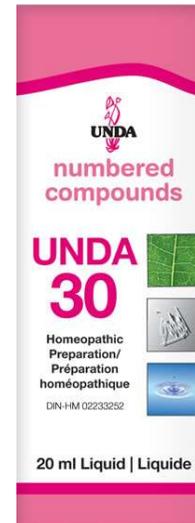
Nervous System Application

Organ System Applications:

Nervous

Applications:

- Nervous system support
- For the temporary relief of mild symptoms associated with anxiousness:
 - Headache
 - Drowsiness
 - Restlessness
 - Hemorrhoids
 - Sleepiness
 - Anxiety

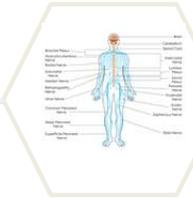


FORMULA

Glechoma hederacea	4x
Jatrorrhiza palmata	4x
Lactuca virosa	4x
Sempervivum tectorum	4x
Taraxacum officinale	4x
Valeriana officinalis	4x
Plumbum metallicum	12x



UNDA 41



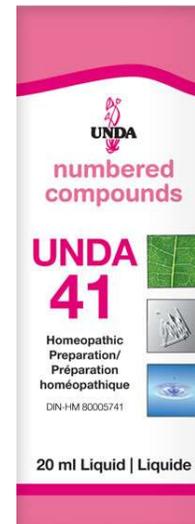
Nervous System Application

Organ System Applications:

Nervous

Applications:

- Support for peripheral nervous system homeostasis
- For the relief of symptoms associated with muscular weakness in the elderly:
 - Weak limbs
 - Muscle weakness
 - Muscle tearing
 - Muscle spasms
 - Muscle pain
 - Tendon injuries

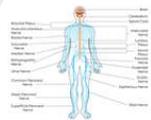


FORMULA

Juglans regia	4x
Primula veris	4x
Rheum	4x
Sarsaparilla	4x
Nux vomica	4x
Symphytum officinale	6x
Plumbum metallicum	12x



UNDA 47



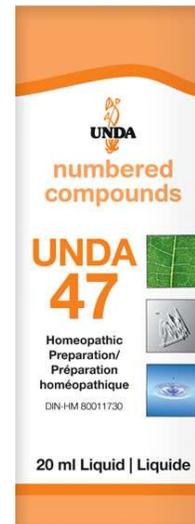
Nervous System Application

Organ System Applications:

Nervous

Applications:

- Central nervous system support
- For the temporary relief of symptoms associated with dizziness, mental fatigue and nervousness:
 - Nervousness
 - Fatigue
 - Weakness, headache
 - Drowsiness
 - Restlessness
 - Dizziness



FORMULA

Arnica montana	6x
Absinthium	6x
Jateorhiza palmata	6x
Rosmarinus officinalis	6x
Thymus vulgaris	6x
Valeriana officinalis	6x
Aurum metallicum	12x
Stibium metallicum	15x



UNDA 76



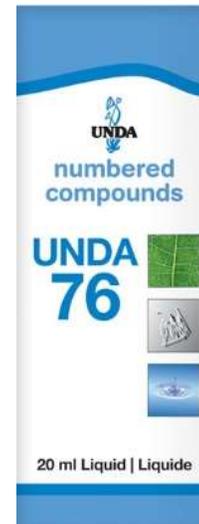
Nervous System Application

Organ System Applications:

Digestive, Nervous

Applications:

- For the temporary relief of symptoms associated with mild nervous exhaustion:
 - Restlessness
 - Headache
 - Aches
 - Weakness
 - Exhaustion



FORMULA

Aloe socotrina	10x
Senna	4x
Marrubium vulgare	4x
Orthosiphon stamineus	4x
Sarsaparilla	4x
Viola tricolor	4x



UNDA 202



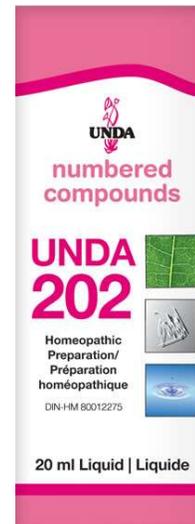
Nervous System Application

Organ System Applications:

Cardiovascular, Digestive, Genito-Urinary, Nervous, Respiratory

Applications:

- For the temporary relief of symptoms associated with low energy and fatigue:
 - Restless sleep
 - Tired aching
 - Sleeplessness
 - Weakness
 - Irritability



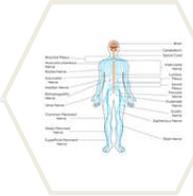
FORMULA

Gelsemium sempervirens	4x
Sulphur	6x
Aurum metallicum	12x
Calcarea fluorica	12x
Cuprum metallicum	12x

Note: Contains 3 metals



UNDA 210



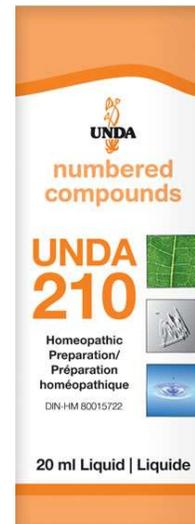
Nervous System Application

Organ System Applications:

Cardiovascular, Digestive, Endocrine, Nervous

Applications:

- For the temporary relief of symptoms associated with mild anxiety and irritability:
 - Fatigue
 - Irritability
 - Restlessness
 - Sleeplessness
 - Anxiousness



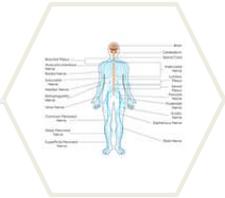
FORMULA

Crataegus	4x
Lactuca virosa	4x
Passiflora incarnata	4x
Boldo	4x
Valeriana officinalis	4x

Note: Is similar to Unda 24



UNDA 212



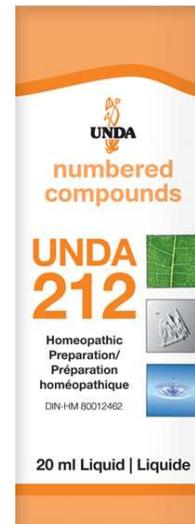
Nervous System Application

Organ System Applications:

Digestive, Nervous

Applications:

- For the relief of symptoms associated with anxiousness:
 - Restlessness
 - Cold sweats
 - Anxiousness
 - Vivid dreams

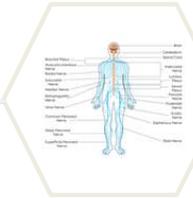


FORMULA

Aloe ferox	10x
Hydrastis canadensis	10x
Menyanthes trifoliata	4x
Viola tricolor	4x



UNDA 219



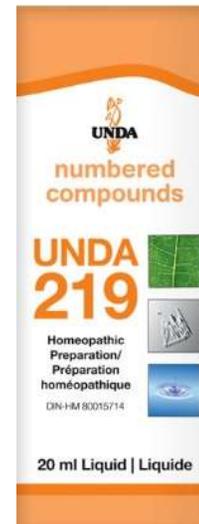
Nervous System Application

Organ System Applications:

Cardiovascular, Endocrine, Nervous

Applications:

- Helps to promote relaxation and temporarily relieve mild nervousness:
 - Irritability
 - Agitation
 - Nervousness
 - Tiredness
 - Disturbed sleep



FORMULA

Crataegus	4x
Lactuca virosa	4x
Passiflora incarnata	4x
Thymus vulgaris	4x
Valeriana officinalis	4x



UNDA 228



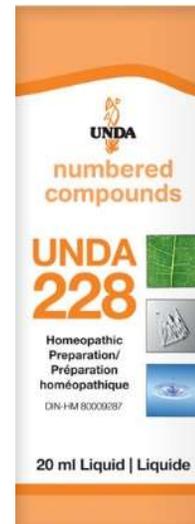
Nervous System Application

Organ System Applications:

Digestive, Endocrine, Nervous

Applications:

- For the temporary relief of symptoms associated with occasional stress:
 - Headache
 - Nervousness
 - Anxiousness
 - Sleeplessness
 - Irritability
 - Exhaustion

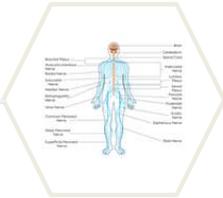


FORMULA

Millefolium	4x
Lactuca virosa	4x
Melissa officinalis	4x
Passiflora incarnata	4x
Thymus vulgaris	4x
Valeriana officinalis	4x
Verbena officinalis	4x



UNDA 1001



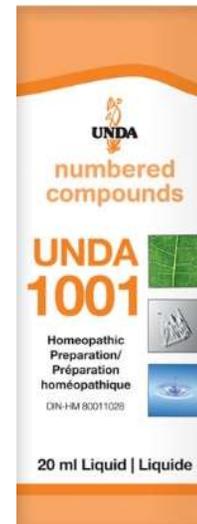
Nervous System Application

Organ System Applications:

Endocrine, Nervous

Applications:

- For the temporary relief of symptoms associated with mild sleeplessness and nervousness:
 - Drowsiness
 - Restlessness
 - Sleeplessness



FORMULA

Lactuca virosa	6x
Passiflora incarnate	6x
Thymus vulgaris	6x
Valeriana officinalis	6x



Clinical Case # 7



29 Year Old Divorced Female



- Divorced mother 1 year ago whose two children attend a local nursery
- Soon after the divorce took a job in a call center in order to make ends meet
- Has started having a lot of headaches, having difficulty getting off to sleep for the last six months, was irritable, on edge, and found herself shouting at the children frequently
- Recently started experiencing palpitations and a tingling sensation in her hands



29 Year Old Divorced Female



- She spends most of the day worrying about various things, such as whether she was bringing up her children well, whether she would find another partner, and whether she would get “fired”
- Unable to relax and had difficulty concentrating at work, supervisor told her that her performance was unacceptable and that if she did not “pull her socks up” she would be fired

O: 145#, 132/85, 88, 97.6°F, 14, 98%



29 Year Old Divorced Female



- BTGs
- B complex 2 caps AM
- Cognitive Care 2 caps AM
- GABA 700 2 caps PM
- Unda 9, 30, 210 5 drops 3x a day
- Tilia tomentosa 75 drops ($\frac{3}{4}$ tsp) AM and PM
- Calm-gen 10 drops AM and PM



Nervous System & Emotional Wellness Support



The Nervous System & Emotional Wellness Support protocol plan consists of synergistic formulas to support specific emunctories to encourage healthy stress management and mental health balance, while respecting the body's natural physiology. This protocol plan facilitates the emunctories at an intracellular and extracellular level and also consists of a synergistic Genestra Brands™ Phyto-gen remedy relating to the nervous system and the mental-emotional sphere

The Nervous System & Emotional Wellness Support protocol plan consists of:

- UNDA Numbers 9, 30 & 1001
- Calm-gen Phyto-gen

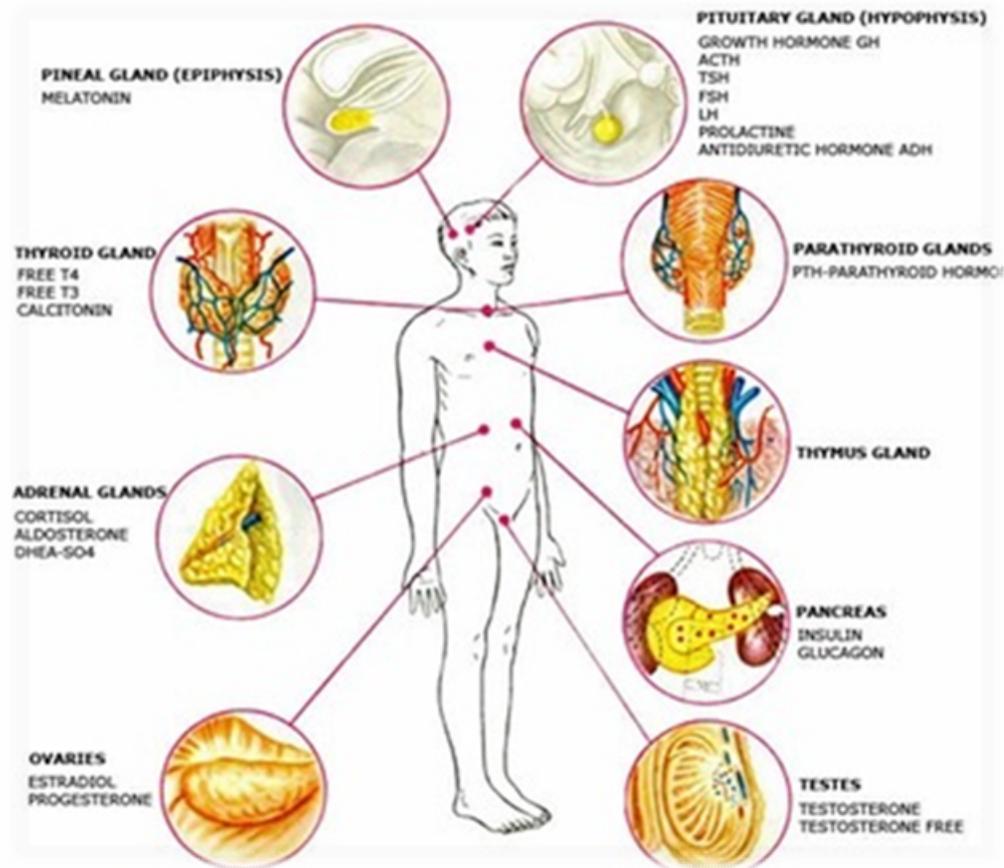




Endocrine System



Endocrine System



Endocrine System Overview



- The endocrine system consists of several glands and organs – Adrenals, Hypothalamus, Parathyroid, Pituitary, Pineal, Pancreas, Ovary/Testes, Thyroid and Thymus
- These glands and organs each produce and release the specific chemical substances and/or hormones our body requires to perform vital functions
- Endocrine function impacts every aspect of our health



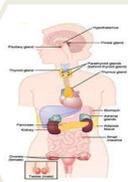


SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
UNDA 10 Endocrine System (Female Hormonal System Health)	UNDA 21 Endocrine System (Hormonal Health and Hormonal Cell Epithelial Tissue Homeostasis)	UNDA 74 Digestive, Cardiovascular and Endocrine Systems (Portal System Health and Steroidal Hormonal Health)
UNDA 16 Endocrine and Respiratory Systems (Thyroid Health and Calcium Metabolism Modulation)	UNDA 34 Digestive and Endocrine Systems (Pancreas and Adrenal Health)	UNDA 245 Endocrine System (Healthy Menstrual Cycle Flow and Vaginal Health)
	UNDA 48 Cardiovascular, Endocrine, Respiratory and Urinary, Systems (Internal Cellular Health & Healthy Menstrual Cycle)	UNDA 273 Endocrine System (Thyroid Health)
		UNDA 1000 Endocrine System (Thyroid and Parathyroid Health)

ENDOCRINE SYSTEM



UNDA 10

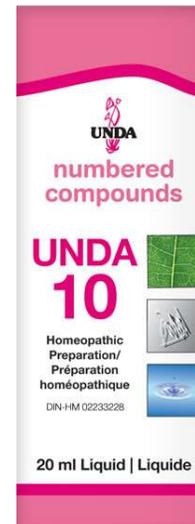


Endocrine System Application

Organ System Applications: Endocrine

Applications:

- Support for the management of female endocrine and hormonal health
- Temporary relief of minor symptoms associated with occasional irregular menstrual cycles:
 - Menstrual cramps
 - Headache
 - Dysmenorrhea
 - Decreased menstruation

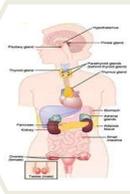


FORMULA

Millefolium	4x
Absinthium	4x
Equisetum arvense	4x
Juniperus communis	4x
Rhamnus frangula	4x
Argentum metallicum	12x



UNDA 16



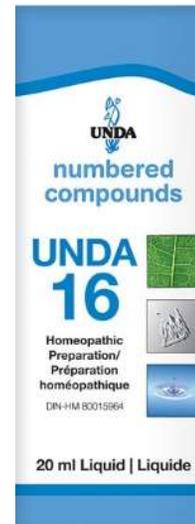
Endocrine System Application

Organ System Applications:

Endocrine, Respiratory

Applications:

- Support for endocrine and respiratory health
- Temporary relief of symptoms associated with minor respiratory problems:
 - Cough
 - Tickling cough
 - Body aches
 - Irritated throat
 - Mucus formation

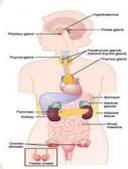


FORMULA

Ajuga reptans	4x
Drosera	4x
Lactuca virosa	4x
Origanum vulgare	4x
Saxifraga granulata	4x
Veronica officinalis	4x
Senega	4x
Argentum metallicum	12x
Aurum metallicum	12x



UNDA 21

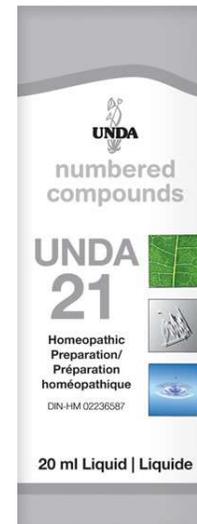


Endocrine System Application

Organ System Applications: Endocrine

Applications:

- Support for endocrine health and function
- Temporary relief of symptoms associated with menses and tiredness:
 - Cramps
 - Drowsiness
 - Headache
 - Restless sleep

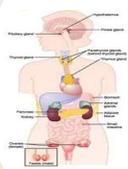


FORMULA

Calendula officinalis	4x
Camphora	4x
Condurango	4x
Hydrastis canadensis	4x
Thuja occidentalis	4x
Aluminum metallicum	12x
Aurum metallicum	12x



UNDA 34



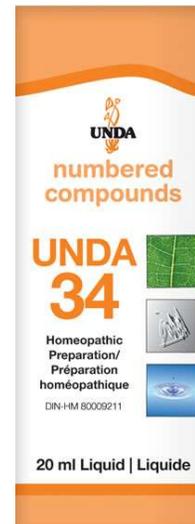
Endocrine System Application

Organ System Applications:

Digestive, Endocrine

Applications:

- Support for endocrine and digestive health
- For the temporary relief of fatigue and sleepiness after meals associated with thirst:
 - Drowsiness
 - Daytime drowsiness
 - Weakness
 - Thirst (great thirst)

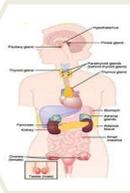


FORMULA

Equisetum arvense	4x
Humulus lupulus	4x
Hydrastis canadensis	4x
Juniperus communis	4x
Syzygium jambolanum	4x
Aurum metallicum	12x



UNDA 48



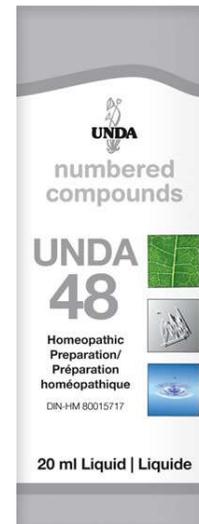
Endocrine System Application

Organ System Applications:

Cardiovascular, Endocrine, Respiratory, Urinary

Applications:

- For the temporary relief of minor symptoms associated with low energy and fatigue:
 - Drowsiness
 - Fatigue
 - Headache
 - Restless sleep
 - Lethargy
 - Weakness
 - Sleeplessness

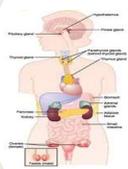


FORMULA

Calendula officinalis	4x
Condurango	4x
Sabina	4x
Lycopodium clavatum	4x
Thuja occidentalis	4x
Arsenicum album	12x
Aurum metallicum	12x
Plumbum metallicum	12x



UNDA 74



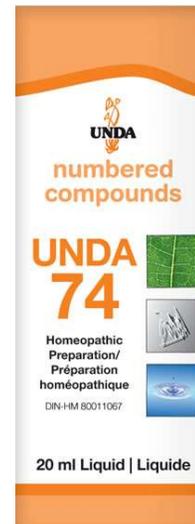
Endocrine System Application

Organ System Applications:

Cardiovascular, Digestive, Endocrine

Applications:

- For the temporary relief of symptoms associated with mild digestive distress:
 - Constipation
 - Bloating
 - Stomach cramps
 - Stomach acidity

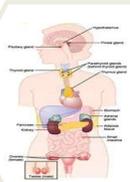


FORMULA

Cynara scolymus	4x
Hamamelis virginiana	4x
Lycopodium clavatum	6x
Boldo	6x
Sepia	6x



UNDA 245



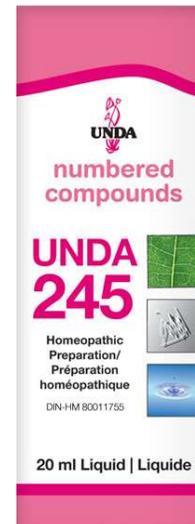
Endocrine System Application

Organ System Applications:

Endocrine

Applications:

- Support for female endocrine health function
- For the temporary relief of symptoms associated with minor menstrual pains:
 - Ovary pain
 - Uterine pains
 - Cramps
 - Headache
 - Painful menstruation

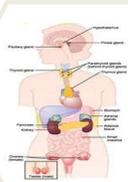


FORMULA

Fagopyrum esculentum	4x
Pulsatilla	4x
Rheum	4x
Thuja occidentalis	4x
Viburnum prunifolium	4x



UNDA 273

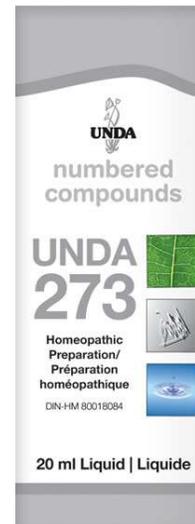


Endocrine System Application

Organ System Applications: Endocrine

Applications:

- Support for endocrine health and function
- For the temporary relief of symptoms associated with nervousness:
 - Daytime drowsiness
 - Restless sleep
 - Sleepiness

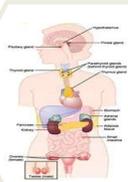


FORMULA

Arnica montana	4x
Equisetum arvense	4x
Polygonum hydropiperoides	4x
Rubus fruticosus	4x
Verbascum densiflorum	4x



UNDA 1000

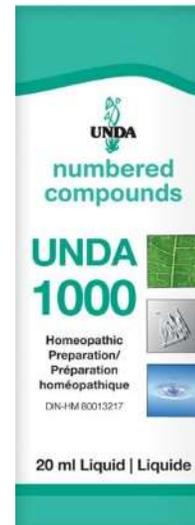


Endocrine System Application

Organ System Applications: Endocrine

Applications:

- Support for endocrine system health
- For the temporary relief of minor digestive upset and tiredness:
 - Abdominal discomfort
 - Abdominal cramps
 - Diarrhea
 - Tiredness
 - Drowsiness

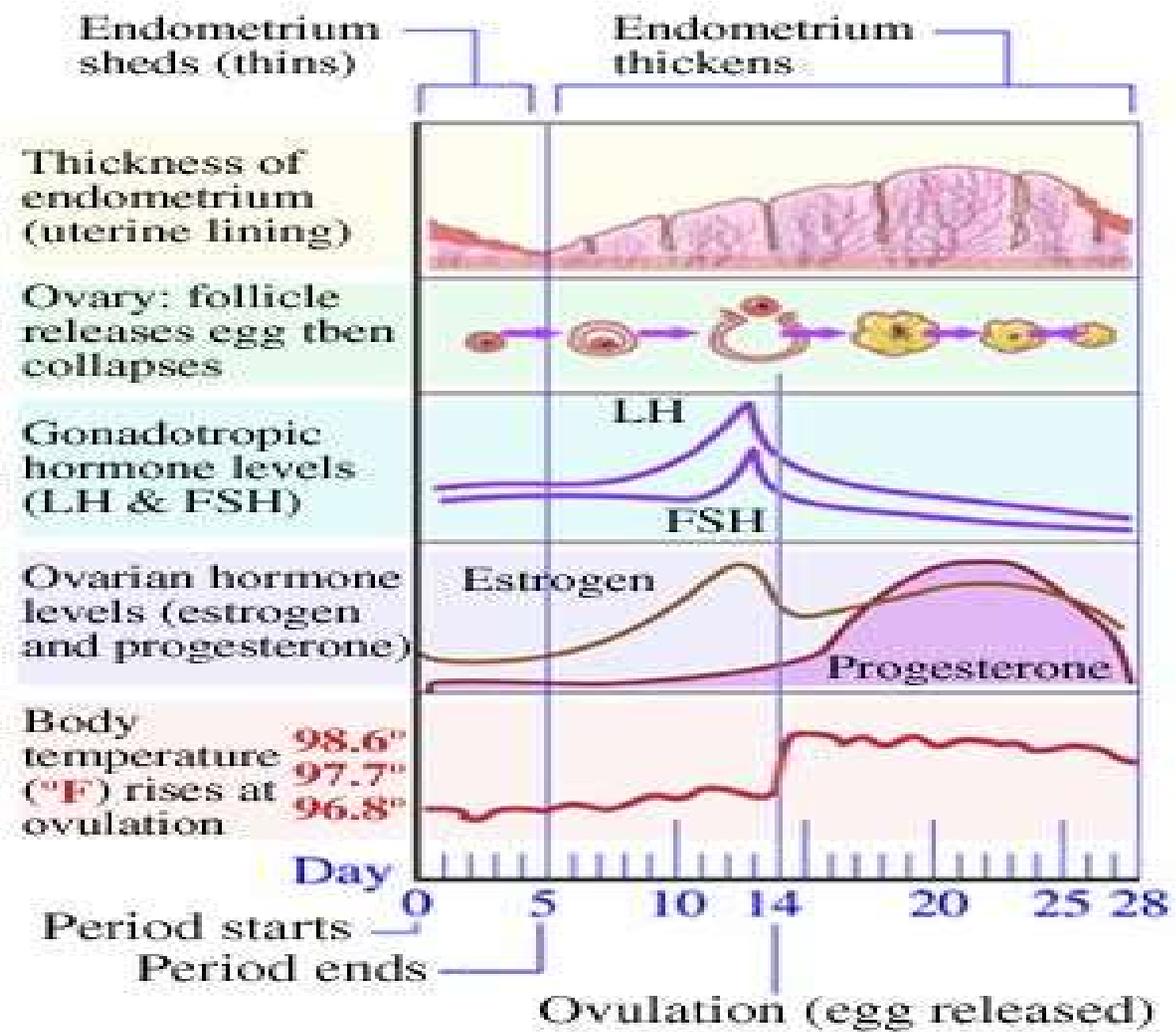


FORMULA

Calendula officinalis	4x
Drosera	4x
Rubus fruticosus	4x
Spongia tosta	4x



PHASES OF THE MENSTRUAL CYCLE





The Number 1 Management Technique for Menstrual Cycle Health is?





**Sleep in TOTAL
darkness**

Except



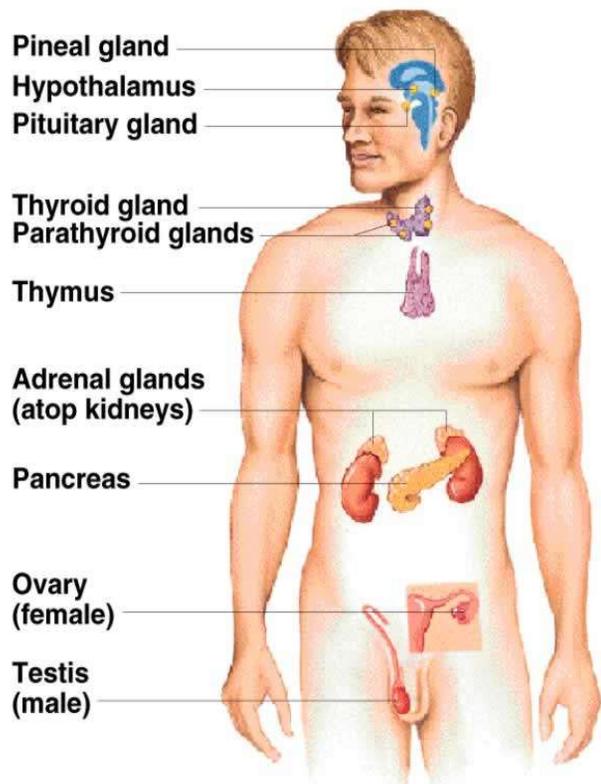


Except:

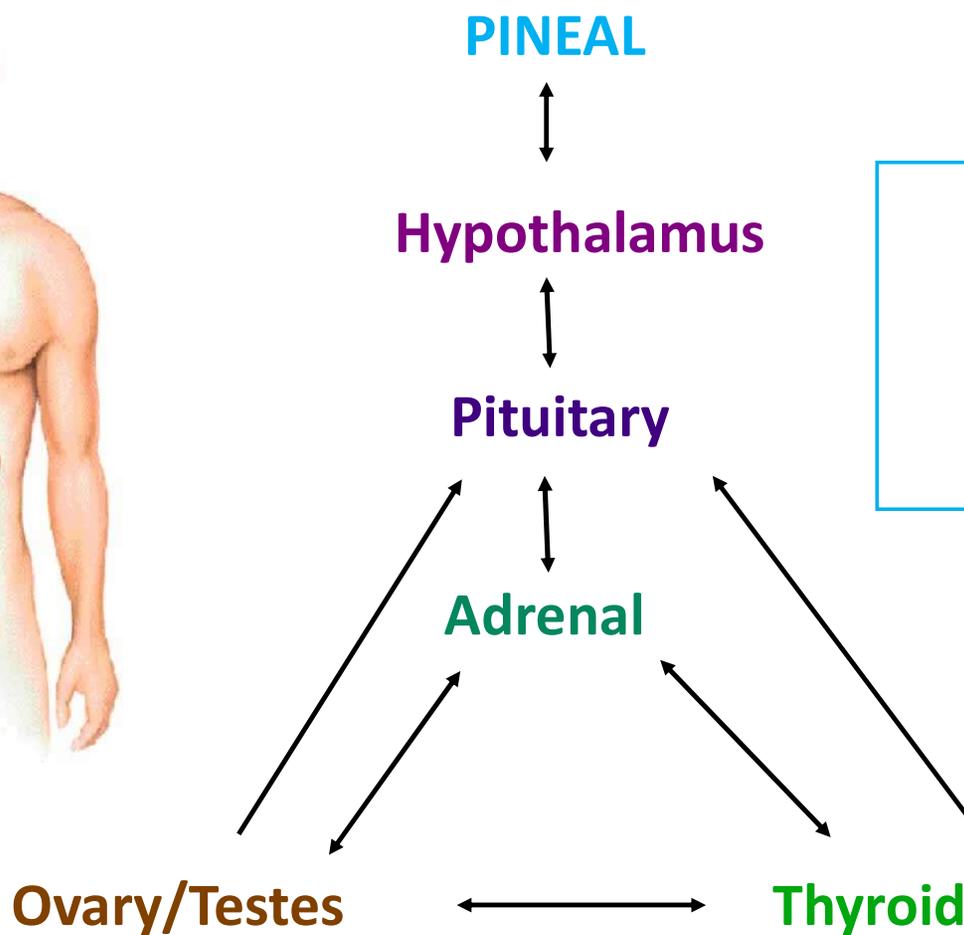
- **Day Before**
- **Day of**
- **Day After**

**FULL
MOON**



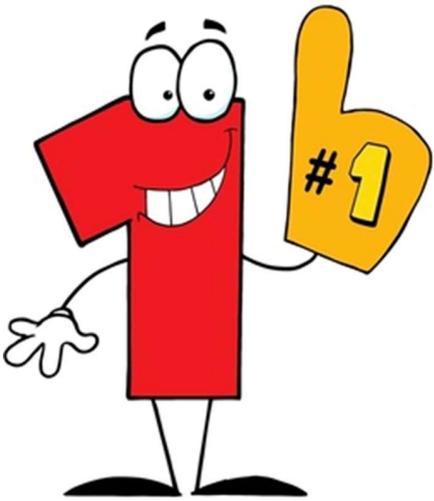


©Addison Wesley Longman, Inc.



**THE
MAJOR
PLAYERS**





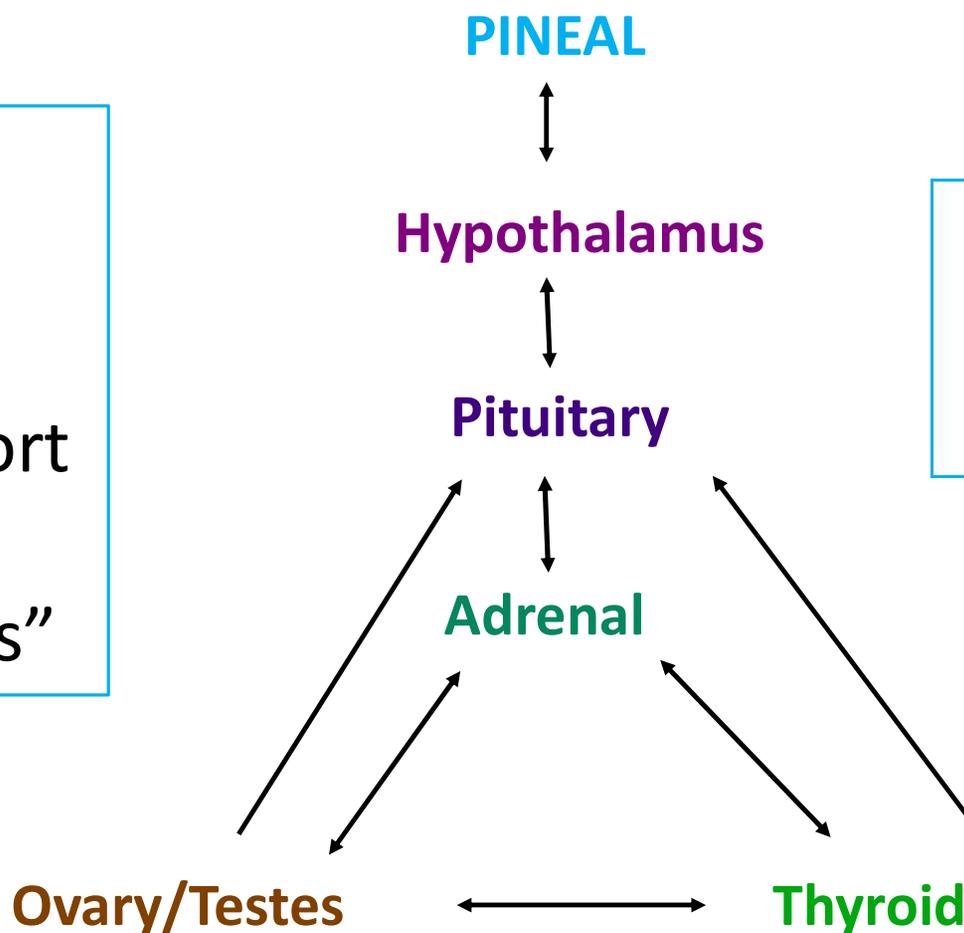
The Number 1 Support for the Adrenal Gland is?





The **most** successful protocol involves support for **ALL** the “major players”

THE MAJOR PLAYERS



Ideas for Supporting Adrenal Health

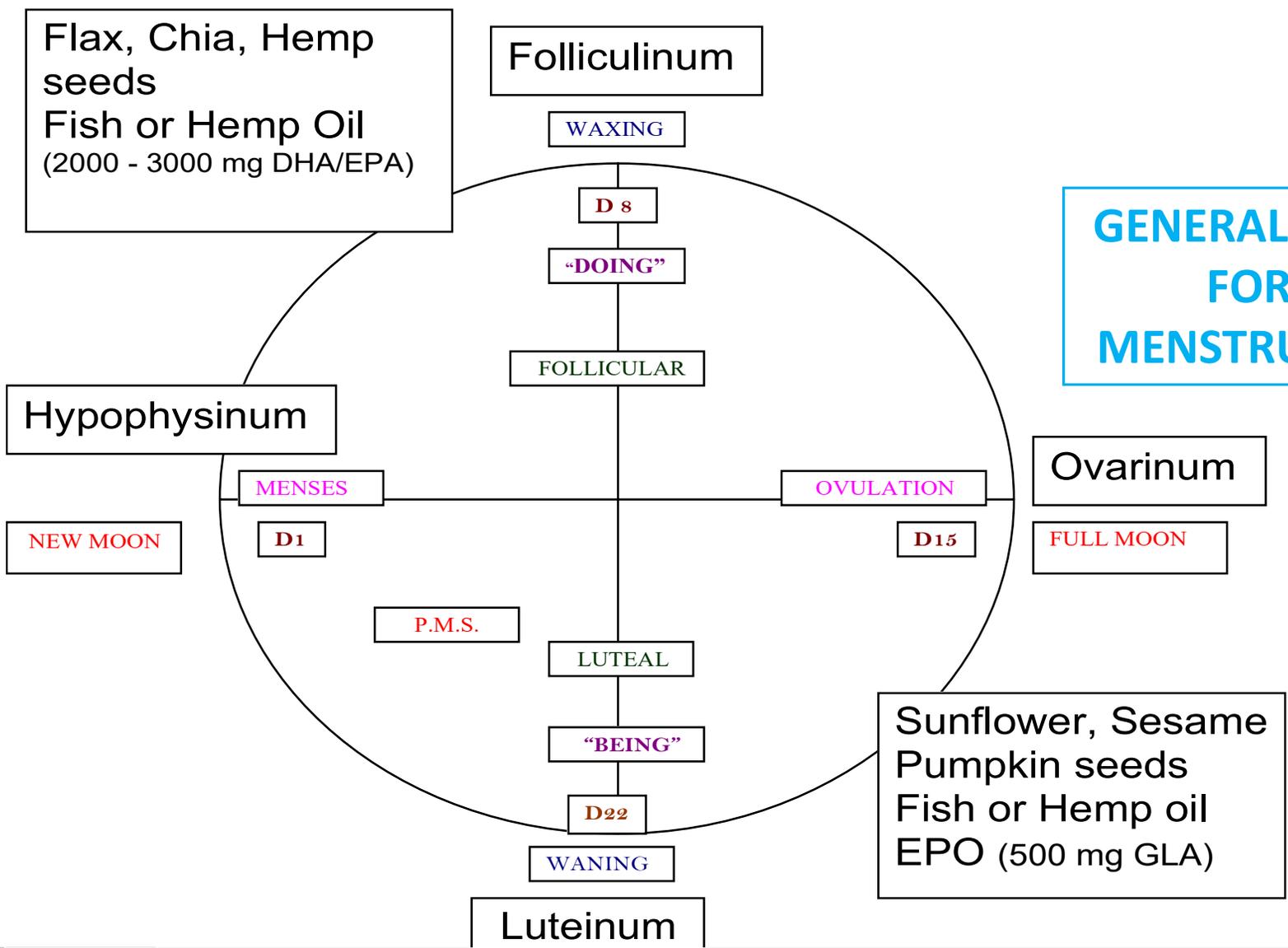


- RHYTHM is essential and the most important approach
- Stress management techniques
- Water - 6-8 glasses
- ALL THE BASIC NUTRIENTS

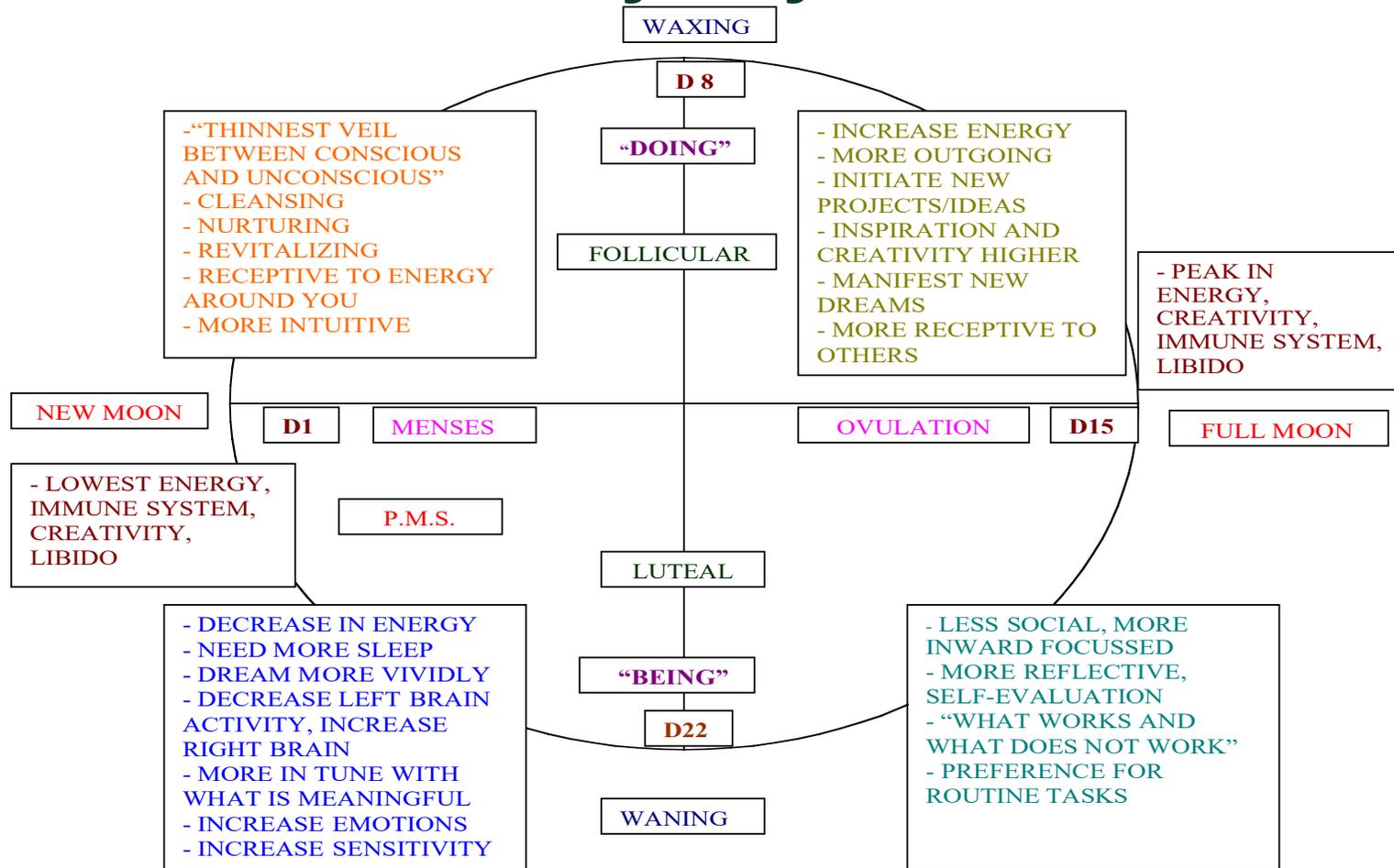




**GENERAL SUPPORT
FOR THE
MENSTRUAL CYCLE**



Monthly Rhythms



Female Hormone-related Situations



- **UNDA 1:** Liver and Kidney support
- **UNDA 10:** Specific to the female system
- **UNDA 14:** Deteriorating hormonal health concerns
- **UNDA 16:** Thyroid & menopausal health
- **UNDA 21:** Deteriorating hormonal dysregulation and hormonal epithelial tissue homeostasis
- **UNDA 34:** Pancreas and adrenal health
- **UNDA 37:** Immune system support
- **UNDA 48:** Deteriorating tissue health
- **UNDA 74:** Portal congestion
- **UNDA 245:** Menstrual cycle & flow; and vaginal health
- **UNDA 273:** Thyroid health
- **UNDA 1000:** Thyroid and menopausal health



Clinical Case # 8



26 Year Old Female - PMS



- Presents with moderate to severe PMS, with uterine cramping that at times is “crippling”
- Other symptoms are breast swelling and pain, irritability, digestive problems, and food cravings
- For many years she used non steroidal anti-inflammatory drugs and had tried birth control pills but was concerned with the long term complications so discontinued its use three years ago
- Does not eat on a regular schedule and consumes whatever happens to be at hand. She does not drink milk but eats a great deal of cheese. Coffee, bread, pasta, chicken, turkey, potatoes, and some vegetables are the typical foods eaten. She also eats a lot of snack items such as cookies and chocolate



26 Year Old Female - PMS



- Premenstrually, her cravings are “intense” and “unstoppable”
- About five days before the onset of menstruation, begins to have uterine cramping, swollen and painful breasts that reach full intensity in three days
- The cramping can be incapacitating and is usually responsible for one or two days spent at home. During this same period of time she is irritable and feeling considerably down
- Day 1 of menses her symptoms diminish quickly
- O: 151#, 118/78, 72, 14, 98%



26 Year Old Female - PMS



- BTGs
- Liv Complex 2 caps AM and PM
- Femagen PMS 2 caps AM and PM
- Unda 10, 21, 48 5 drops AM and PM
- Rosmarinus Officinalis 75 drops ($\frac{3}{4}$ tsp) AM and PM
- Glnd-gen 10 drops AM and PM
- Mag Phos 6x 2 tabs AM and PM

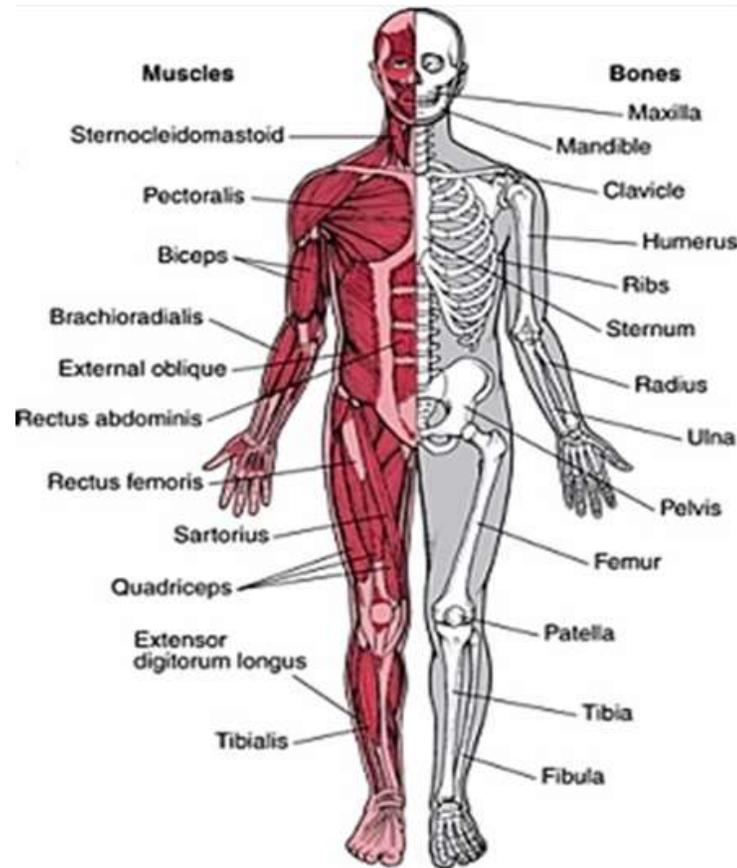




Musculoskeletal System & Skeletal System



Musculoskeletal System



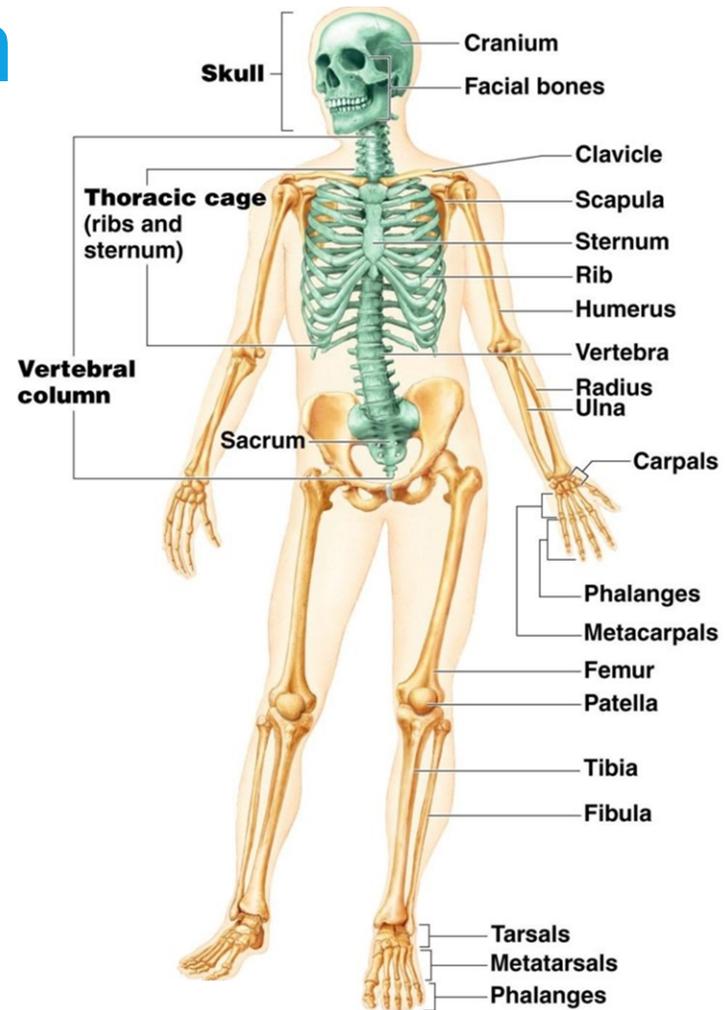
Musculoskeletal System Overview



- The musculoskeletal system comprises of two systems – the muscular system and the skeletal system. These two systems consist of bones, joints, joint capsule, muscles, muscle fibers, ligaments, tendons, cartilage, synovial membranes, and other connective tissue
- Among many purposes, this system:
 - Protects vital organs
 - Maintains body structure, posture and stability
 - Allows for and supports controlled movement
 - Acts as storage for specific minerals
 - Supports the formation and supply of new blood cells



Skeletal System



Skeletal System Overview



The skeletal system:

- Provides shape and support for your body
- Protects internal organs
- Enables movement
- Produces blood cells
- Stores certain materials until they are needed





SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
UNDA 11 Musculoskeletal System (Joint Health)	UNDA 28 Musculoskeletal System (Joint Health, Comfort and Function)	UNDA 240 Skeletal and Urinary Systems (Healthy Mineral Balance and Joint & Bone Health)
	UNDA 29 Musculoskeletal System (Peri-articular Health, Comfort and Function)	UNDA 600 Musculoskeletal System (Tendon and Ligament Health and Support)
	UNDA 42 Musculoskeletal and Nervous Systems (Nervous System and Nerve Health)	UNDA 1002 Musculoskeletal System (Joint Health, Comfort and Function)

SKELETAL & MUSCULO- SKELETAL SYSTEMS



UNDA 11

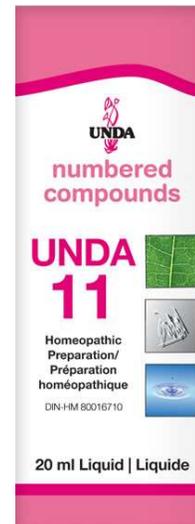


Musculoskeletal System Application

Organ System Applications: Musculoskeletal

Applications:

- Support for musculoskeletal health
- Temporary relief of minor pain associated with headaches and joints:
 - Joint pain
 - Mild Inflammation
 - Headache



FORMULA

Millefolium	4x
Uva-ursi	4x
Asparagus officinalis	4x
Crocus sativus	4x
Glechoma hederacea	4x
Mentha piperita	4x
Rosmarinus officinalis	4x
Thymus serpyllum	4x
Verbena officinalis	4x
Cuprum metallicum	12x



UNDA 28



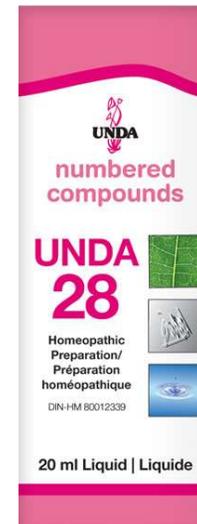
Musculoskeletal System Application

Organ System Applications:

Musculoskeletal

Applications:

- Support for musculoskeletal health function
- For the temporary relief of minor joint, muscle and bone pain:
 - Back and joint pain and soreness
 - Bone and joint aches
 - Muscle pain
 - Limb stiffness
 - Minor local inflammation
 - Joint weakness



FORMULA

Condurango	4x
Lactuca virosa	4x
Sarsaparilla	4x
Spiraea ulmaria	4x
Taraxacum officinale	4x
Aluminum metallicum	12x
Cuprum metallicum	12x
Stannum metallicum	12x



UNDA 29

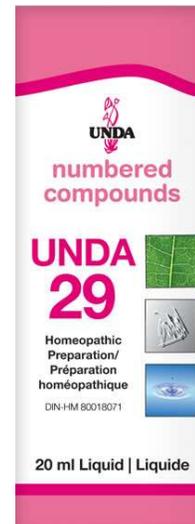


Musculoskeletal System Application

Organ System Applications: Musculoskeletal

Applications:

- Support for musculoskeletal health function
- For the temporary relief of mild joint and muscle aches:
 - Body aches
 - Muscle cramps
 - Joint pain
 - Aching extremities



FORMULA

Allium cepa	4x
Absinthium	4x
Betula pendula	4x
Lamium album	4x
Salvia officinalis	4x
Argentum metallicum	12x



UNDA 42



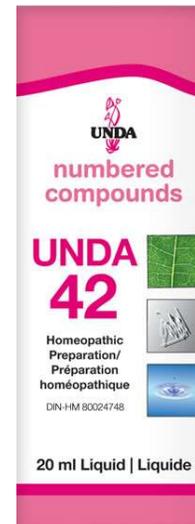
Musculoskeletal System Application

Organ System Applications:

Musculoskeletal, Nervous

Applications:

- Support for the musculoskeletal system and peripheral nervous system homeostasis
- For the relief of symptoms associated with minor back pain:
 - Back pain
 - Lower back pain



FORMULA

Aconitum napellus	4x
Arnica montana	4x
Gelsemium sempervirens	4x
Aurum metallicum	12x
Cuprum metallicum	12x



UNDA 600

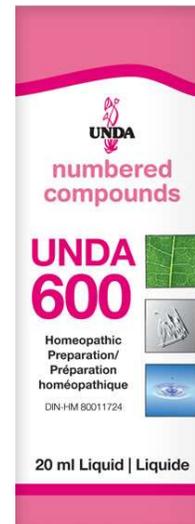


Musculoskeletal System Application

Organ System Applications: Musculoskeletal

Applications:

- Support for muscle and musculoskeletal health
- For the temporary relief of occasional muscle stiffness:
 - Limb fatigue
 - Muscle stiffness
 - Muscle weakness



FORMULA

Berberis vulgaris	6x
Rheum	6x
Rhus toxicodendron	6x



UNDA 1002

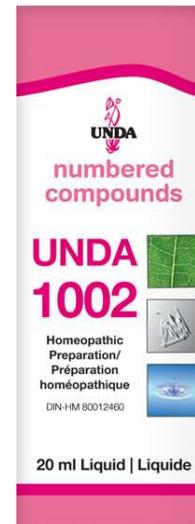


Musculoskeletal System Application

Organ System Applications: Musculoskeletal

Applications:

- Support for musculoskeletal and joint health
- For the temporary relief of symptoms associated with mild joint pain:
 - Joint pain
 - Swollen joints
 - Backache
 - Joint stiffness



FORMULA

Allium sativum	4x
Cynara scolymus	4x
Hamamelis virginiana	4x
Ranunculus ficaria	4x
Rhus toxicodendron	4x
Sarsaparilla	4x
Bryonia dioica	6x



Clinical Case # 9



21 Year Old Basketball Player



- College basketball player sprained his left ankle after landing on an opponent's foot after a jump shot
- His ankle went over and it was very painful. The ankle swelled quickly and he could not fully weight-bear
- Went to ER and x-ray confirmed that there had been no fracture sustained. The patient was not immobilized at the time
- Came to clinic at the four week post injury mark, the ankle was still swollen and painful
- This is the patient's first ankle injury and so far he had not undertaken any real form of physiotherapy



21 Year Old Basketball Player



- Daily Pattern – the ankle is stiff first thing in the morning for 30 minutes and then sore after walking for more than 15 minutes
- Past medical history – Nothing significant
- Medication – Inhalers for mild asthma
- Social History – lives with partner and trains most days basketball or gym based
- O: 187#, 122/ 76, 68, 12, 99%



21 Year Old Basketball Player



- BTGs
- Multi min Colloidal liquid 2 tbsp 2x a day
- Wobenzym PS 2 tabs 3x a day away from meals
- Unda 11, 29, 600 5 drops 3x a day
- Ampelopsis Weitchii 75 drops ($\frac{3}{4}$ tsp) AM and PM
- Car-gen 10 drops AM and PM
- Calc Fluor 6x + Calc Phos 6X 2 tabs of each 3x a day
- Alternating hot (3 min)/ cold (30sec) x 3 to BOTH feet
- Warming socks to bed

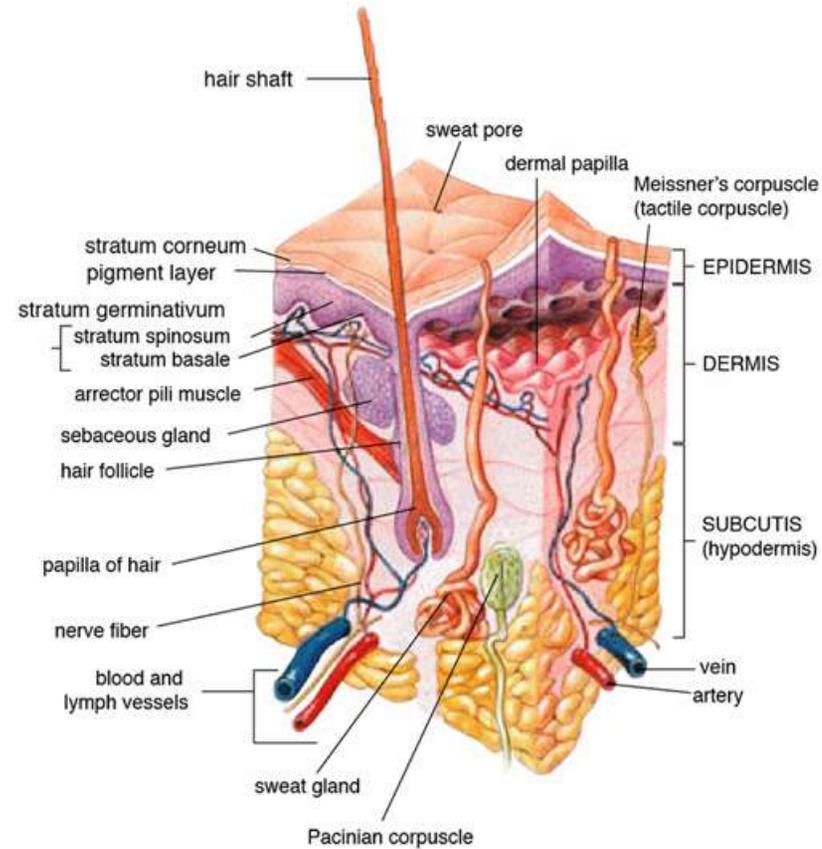




Cutaneous System



Cutaneous System



Cutaneous System Overview



- The skin is the largest organ in the body. The cutaneous system comprises of the skin, it's nerve fibers and deeper tissues
- This system serves primarily to:
 - Act as a barrier to protect the body and its deeper tissues from the external environment
 - Support temperature regulation and protect the body from dehydration
 - Be a receptor for touch, pressure, pain, heat, and cold
 - Provide Vitamin D synthesis
 - Serve as a secondary emunctory



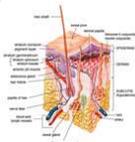


CUTANEOUS SYSTEM

SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
UNDA 3 Cutaneous, Entero-hepatic and Gastrointestinal Systems (Gastro-intestinal Barrier Health & Support)	UNDA 17 Cutaneous and Digestive Systems (Skin and GI Health)	UNDA 270 Cutaneous and Renal Systems (Skin and Kidney Health)
UNDA 12 Cutaneous System (Skin Health and Healthy Skin Immune Response)		UNDA 710 Cutaneous and Respiratory Systems (Skin Health and Support for Natural Defenses relating to Skin Health)



UNDA 3



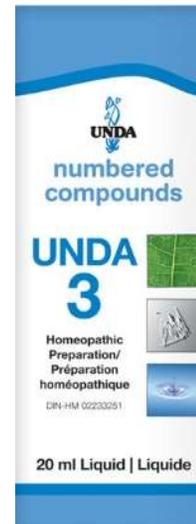
Cutaneous System Application

Organ System Applications:

Cutaneous, Entero-hepatic, Gastrointestinal

Applications:

- Support for gastrointestinal health and function
- Temporary relief of symptoms associated with abdominal cramping, bloating and gas following meals:
 - Constipation
 - Abdominal bloating
 - Abdominal cramps
 - Stomach pains
 - Bloating
 - Flatulence

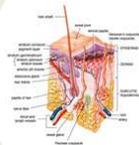


FORMULA

Equisetum arvense	4x
Condurango	4x
Chamomilla	4x
Boldo	4x
Viola tricolor	4x
Aluminum metallicum	12x
Stannum metallicum	12x



UNDA 12

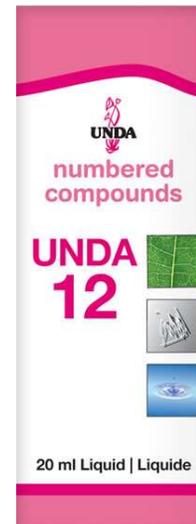


Cutaneous System Application

Organ System Applications: Cutaneous

Applications:

- Support for skin health
- Temporary relief of symptoms associated with mild skin irritation:
 - Skin eruptions
 - Pimples – red and dry pimples
 - Dry skin
 - Itching
 - Mild acne
 - Dry, itchy skin

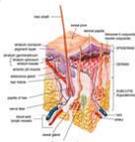


FORMULA

Lappa major	4x
Fagopyrum esculentum	4x
Illicium anisatum	4x
Sarsaparilla	4x
Staphysagria	4x
Smilax officinalis	4x
Dulcamara	4x
Viola tricolor	4x
Argentum metallicum	12x
Aurum metallicum	12x



UNDA 17



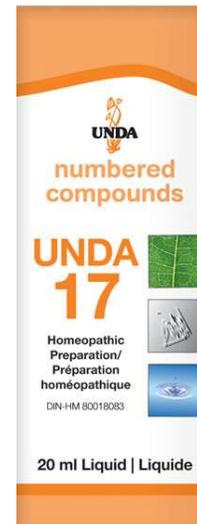
Cutaneous System Application

Organ System Applications:

Cutaneous, Digestive

Applications:

- Temporary relief of symptoms associated with mild skin irritation and poor digestion:
 - Itching skin
 - Itchy skin rash
 - Dry skin
 - Painful skin eruptions
 - Poor digestion
 - Bloating
 - Flatulence

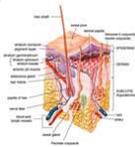


FORMULA

Jateorhiza palmata	4x
Boldo	4x
Rhamnus frangula	4x
Rumex crispus	4x
Scabiosa succisa	4x
Dulcamara	4x
Valeriana officinalis	4x
Argentum metallicum	12x



UNDA 270



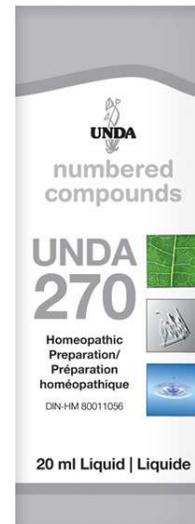
Cutaneous System Application

Organ System Applications:

Cutaneous, Renal

Applications:

- Skin health and renal support
- For the temporary relief of symptoms associated with minor skin irritation and occasional headache:
 - Headache
 - Skin eruptions
 - Skin blisters
 - Red spots on skin
 - Dry skin



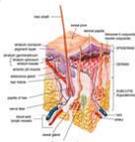
FORMULA

Calendula officinalis	4x
Equisetum arvense	4x
Hypericum perforatum	4x
Dulcamara	4x

Note: Also available as an ointment for topical use – will not cause suppression



UNDA 710



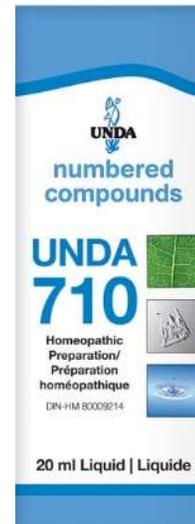
Cutaneous System Application

Organ System Applications:

Cutaneous, Respiratory

Applications:

- For the temporary relief of symptoms associated with common colds:
 - Headache
 - Tiredness
 - Fever
 - Runny nose
 - Swollen glands
 - Sore throat
 - Congestion



FORMULA

Apis mellifica	4x
Calendula officinalis	4x
Lycopodium clavatum	4x
Dulcamara	4x
Aurum metallicum	12x

Note: Contains 1 metal

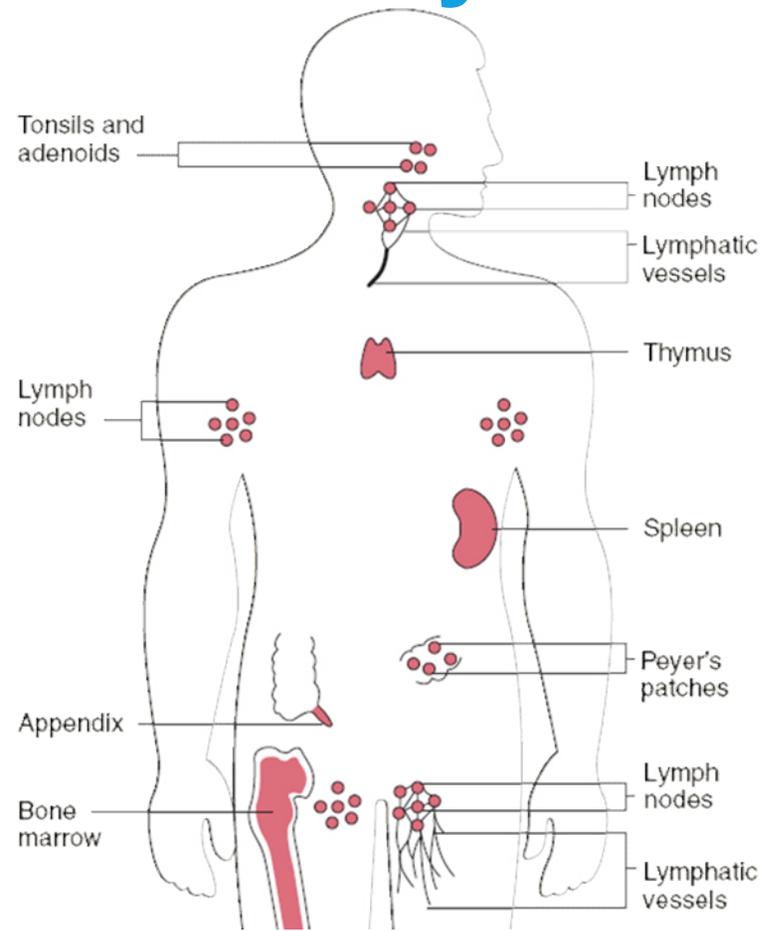




Immune System



Immune System



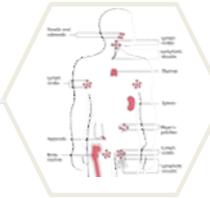
Immune System Overview



- The immune system is a network of cells, tissues, organs and processes that work together to protect the body from infection and disease and supports general health
- Major components of the immune system are bone marrow, GI system including peyer's patches, lymph nodes, lymphatic vessels, spleen, thymus, tonsils and adenoids; with approximately 80% of the immune system residing in the GI system
- A healthy immune system is essential to continuously detects invaders and either utilize barriers to prevent microbes from entering the body and/or to eliminate invaders and irregular cells before they infiltrate the system



UNDA 37



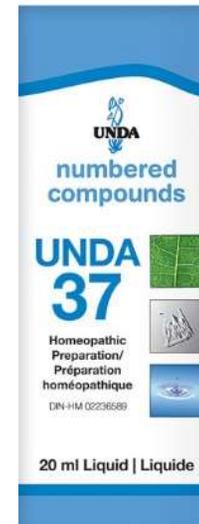
Immune System Application

Organ System Applications:

Cardiovascular, Digestive, Immune, Respiratory

Applications:

- For the temporary relief of symptoms associated with general minor inflammation:
 - Sore joints
 - Minor swelling
 - Redness with pain
 - Stiffness with pain
 - Stiff neck
 - Joint stiffness
 - Fever

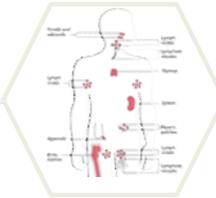


FORMULA

Calendula officinalis	4x
Hypericum perforatum	4x
Lycopodium clavatum	4x
Petroselinum sativum	4x
Dulcamara	4x
Aurum metallicum	12x
Argentum metallicum	12x



UNDA 700



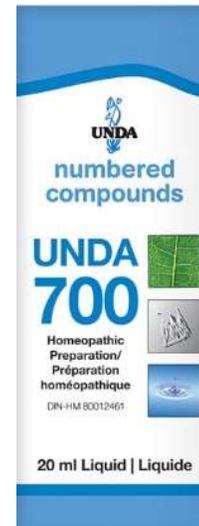
Immune System Application

Organ System Applications:

Cardiovascular, Digestive, Endocrine, Immune, Nervous, Respiratory

Applications:

- For the relief of symptoms associated with low energy and fatigue



FORMULA

Berberis vulgaris	4x
Calcarea fluorica	12x

Note: Contains 1 metal



Clinical Case # 1 (revisited)



23 Year Old Female

Initial Visit

What would you do for this patient?



- 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?



- 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?**

WHAT SYSTEM SHOULD WE START WITH?



23 Year Old Female

Initial Visit – Protocol Plan



- On waking:
 - HAD Add 1 drop to 4 oz of water and take 1 drop
- Add the following to food whenever you are eating
 - Vitamin D3K2 1 drop on food
 - Vitamin A Mulsion 1 drop on food
 - Liquid chlorophyll 1 drop on food (goal is to increase and take orally)
- Fungisode 1 drop on L elbow crease
- Chelidonium Plex 1 drop on R elbow crease

Take away from food (~10-15 minutes or more)

Unda



23 Year Old Female

Initial Visit – Protocol Plan



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Unda 2 start taking 1 drop daily, increase to 5 drops daily



23 Year Old Female

Initial Visit – Protocol Plan



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23 Year Old Female

Initial Visit – Protocol Plan



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Take away from food (~10-15 minutes or more)

Unda 2, 20, 243 start taking 1 drop daily, increase to 5 drops daily





Upcoming Sessions Complimentary Webinar Series

Complimentary 7-Session Webinar Series

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 serovalevents.webex.com,
click on the "Unda Numbered Compounds" header, select all remaining 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)



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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

FunctionallimmunologyON.eventbrite.ca

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Thank you for your participation!

Session 4:

Wednesday, March 25, 2020

8:00-10:00PM EST - 5:00-7:00PM PST

