



Patient Manual

www.MaximizedLivingDrBucknell.com

PLEASE READ BEFORE MOVING ON!

Through this Patient Manual, you will learn the basic fundamental steps you must take to get your health moving in the right direction, and many advanced techniques you can add to radically transform every aspect of your life. From my experience I highly recommend you don't try to implement too much, too quickly. The idea here is not to "try" this for a while and see if it works. Through [Maximized Living Health Centers](#) internationally we have already transformed the lives of MILLIONS. So the only way you can really fail is if you quit. There's a saying that *"those who fail to plan, plan to fail"*. Plan NOW that you will not commit lightly, and you will not go *"all out to burn out"*. Take one step at a time, and through "spaced repetition" each step over time will become habit, which then turns into lifestyle. Over the course of the next months to years you will see your life transform at the rate at which you want it, and are willing to commit to it.

You MUST identify right now that if you allow yourself to quit then either; 1. You're making the biggest mistake of your life, or 2. The information contained in this packet, the thousands of resources developed by Maximized Living, the science it is all based on, and the principles of health and healing they're aligned to (that I see work every single day in practice) are all a LIE. In other words, not to sound boastful but you'd better know more about the human body than I do before you decide *"that didn't work for me"*. It's YOUR life.

I want the absolute best results for you and your family. Beyond my Bachelor of Science in Human Biology and Doctor of Chiropractic degrees I have spent WELL over \$100,000, and hundreds of hours, learning and implementing the most advanced spinal correction techniques and health technology programs available. And without hesitation will continue to do what's necessary to make sure you're always getting the best of the best. But it's up to you to show up for every opportunity you can.

Through committed implementation and follow through of this program, it will be worth potentially TENS of thousands, if not HUNDREDS of thousands of dollars to you and your family over your lifetime. It's very common for patients in just the first year of care to say how they have not gotten sick, have not seen any other doctors, and have not filled any prescriptions. Imagine if you and your whole family lived without frequent illness, drugs, medical visits, expensive testing, and extensive costs of the typical medical "treatments" for the diseases developed as a result of incomplete health. Imagine also the lost work days/months/years, functional capacity loss, and emotional energy drained that are eliminated as well. Altogether the potential health savings over your lifetime is STAGGERING! Where will you invest the difference, and what could that do for your family?

I sincerely hope, and will do my duty to ensure, that you follow up on your commitments. I've always said that *"nice doctors don't always make good doctors"*. This is NOT a haircut or getting your nails done. So if I'm ever harsh or upfront with you it's because again this is YOUR LIFE. Enjoy the process, follow through, and let me help you reach your potential.

Protect Life...Maximize Potential,

A handwritten signature in black ink, appearing to read 'MB D.C.', is positioned below the typed name.

Maximized Living is NOT just Chiropractic...It's a Way of LIFE

What it takes to get TOTAL HEALTH TRANSFORMATION

1. Read EVERYTHING you are given. “The book you don’t read CAN’T HELP YOU.”
2. Read it AGAIN. The brain does not absorb something the first time it’s read. Spaced repetition (reading again and again over time) is the best technology available to internalize information. We know it as “studying”.
3. Make EVERY appointment and stick to your commitments.
4. Plug in! “People perish for lack of (applied) knowledge.” You can never say we didn’t do our part in getting you healthy.
5. Most importantly I’ll repeat that this process has worked for MILLIONS through Maximized Living Health Centers internationally...DON’T QUIT! “The only guaranteed loss is when you take yourself out of the game”

Covered Topics

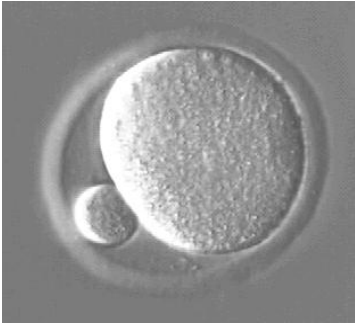
The topics covered in this e-book are laid out for you again using the latest technologies in human learning. Today you are bombarded by THOUSANDS of drug and junk food ads, rich colorful TV/Newspaper/Magazine ads, voices yelling at you through the radio, ads flashing on your computer screen, and more. For those reasons we now are said to live in the “attention age”. If you’ve made it this far you’re doing good (you’re ADD hasn’t kicked in yet). So throughout this e-book, [by CLICKING on the hyperlinks, you will be linked to websites, videos, etc](#) so that not only are you totally connected with everything you need, but through visual stimulation you can get a richer sense of the topics covered better than if I just handed you a packet of paper. So here’s the topics:

1. Essential #1: Maximum Nerve Supply
 - a. The Corrective Chiropractic Care Program
 - b. The Home Therapy and Advanced Spinal Rehabilitation Program Introduction
2. Essential #2: Optimum Oxygen Levels and Lean Muscle
 - a. The Home Fitness Program
 - b. 12 Minute Revolution
3. Essential #3: Quality Nutrients
 - a. The Customized Nutrition, Supplementation, and Dietary Program
4. Essential #4: Avoidance and Reduction of Medications and Toxins
 - a. The 21st Century Detoxification Program
5. Essential #5: Maximized Mindset
 - a. The Stress Reduction and Life Management Program



The Problem with “Health” Care as You Know It

Almost every “health” or “wellness” program out there makes gaudy claims about how it’s the answer to your every ailment, so what makes the Maximized Living approach DIFFERENT? It all starts with the philosophy ([Read the 33 Chiropractic Principles](#)). The number one truth to realize is that Innate Intelligence is the cause of ALL health and healing. Another way of saying this is “the Power that made the body HEALS the body”, and that “a doctor can only CREATE or REMOVE interference” with that healing power.



Take it right from birth. Two cells come together in the womb and for the next 9 months need HOW MUCH help? That’s right, ZERO. Just two cells turning into TRILLIONS and no help is needed. Yet from the day we’re born forward we are led to believe that we need help with every ailment in order to keep us from keeling over. So the underlying message being proliferated is that your brain and nerve system is incapable of maintaining homeostasis (self sustaining health) or healing on its own. Here’s a simple lesson to correct this false assumption. Give cholesterol meds to a dead body with high cholesterol, chemotherapy to a dead body with cancer, or even Neosporin on the cut of a dead man’s leg and see what happens. Right again, NOTHING! It is never a potion, lotion, pill, or incision that CREATES better health. Only how the brain and nerve system utilizes that particular intervention in order to create or remove interference.

So when we’re looking to restore health we should look to the mantra doctors regularly quote before practicing on human beings. Do you know it? The climactic phrase is “FIRST DO NO HARM”. Ironic the very thing they do rather drugging or cutting by nature first does harm. Now do you see why the more medical care we introduce the more disease, disability, dysfunction, debt, and death we see?

Do You Have a Health Plan?

When asked this question, most people will answer “Yes, I have _____ Insurance”. So what does insurance pay for?

- Your car breaks down, they pay. But do they pay for maintenance oil changes?
- Your home catches on fire, they pay. But do they pay for a new roof or to have your carpets cleaned?

So “health” insurance will pay for emergencies. But DO THEY CARE if you stay healthy? NO, they care about PROFIT ([Watch Insurance Company Rules Video](#)). So rather than call it “health” insurance, why don’t we start calling it what it is, Medical Emergency Insurance. If you’re only doing what insurance pays for, you’re waiting for DISASTER to happen. So have a backup plan for emergencies, but your “health” plan is PREVENTION.

Now choosing a provider do you want a Doctor who commits insurance fraud? I didn’t think so. Did you know that it’s ILLEGAL to bill insurance for ongoing Chiropractic care? Insurance calls initial pain relief care Medically Necessary, but anything beyond the initial 12-18 visits is regarded as “maintenance” or “wellness” care which is NOT covered by insurance, and therefore a Chiropractor is committing insurance fraud if they continue to bill insurance for ongoing care year after year. Moral, ethical, and legally conscious doctors DO NOT commit insurance fraud even if it saves the patient out of pocket expense, so don’t bother asking.

Drugs

There's a pill for everything (even diseases they've completely made up). Why do these drugs sell so well? Because THEY WORK (at least for the SYMPTOM). What I mean by that is NOT that they fix the problem but rather they give the illusion that they've "fixed" the problem. Here's a few examples:

- High Blood Pressure: You take a [beta blocker](#) and blood pressure goes down. Did it fix the cause of the increase? Was the increase really even a problem? What side effects will develop?
- High Cholesterol: You take a [statin](#) and cholesterol goes down. Did it fix the cause? Was the cholesterol increase a natural response to the underlying cause? What side effects will you suffer?
- Headache: You take a Tylenol or other [NSAID](#). Headache goes away. What caused the headache? Why? What effects did the drugs have on your liver, kidneys, digestive tract, etc?

We teach our kids to "Just Say No" to drugs, but turn around and send them to the school nurse to get what...DRUGS! We've been trained and conditioned to think we can't live without drugs. What did we do before drugs? What's happened to public health since their introduction? If you don't know the facts you'd better start looking around. One study titled "[Death By Medicine](#)" gave the grim truth of a drug oriented society.



Surgery



Let's say you have PAIN in your arm. You go to the Doctor, they run tests and determine "your arm is not working properly" and they need to do surgery. So they proceed to remove your arm. Well what do you know, magically the pain is GONE! Some day we will realize how primitive the "just remove it" approach is.

Clearly you can see the obvious problem with this situation, but it happens every single day. Gall bladders, tonsils, appendixes, uteruses, small intestines, stomachs, thyroids, and more get removed as "spare parts" or unnecessary without much notice. It may sound silly but do you think people would be as quick to have

these organs removed if they were outside of their bodies? If they could actually SEE them, would they miss them more? You bet. But since "out of sight, out of mind" is the rule more than the exception most gladly give up their organs. Now in life threatening EMERGENCY situations, might surgery save your life? YES. But the big point is the body can NOT function as a whole if it is not whole. Something is lost! So avoid if at all possible.

Vaccinations

More is to be said of the vaccination theory than drugs and surgery by far. As you get informed you quickly find this is one of the biggest debacles of our time. From the charts below you can see where the decreasing rates of all the diseases in relation to the introduction of the vaccines. THERE IS NO CORRELATION! What you are to gather from this is that the vaccine theory was nothing more than a media and mass manipulation campaign to take the credit for already declining illnesses for the sole purpose of profit! Don't just take my word for it. There are THOUSANDS of resources available today to prove the same thing. Yet for every resource there's another news alert or newspaper fear campaign to keep people locked in a state of fear. Tell me, when was the last time YOU actually knew of anyone dying from one of these illnesses? Yet how many autistic children have you seen ([Watch Oprah Video](#))? How many family members, friends, neighbors, etc have you seen have a serious or even fatal reaction to a shot or other medication ([Watch MSNBC Video](#))? It's time to start talking back to the fear. It's time to start doing YOUR OWN thinking and stop letting others make decisions as to "what's best for you".

It's important to note though that as I'm writing this, there are campaigns in action to try to change legislation under the claim that those opposing vaccination are putting OTHERS at risk in an attempt to FORCE vaccination against your will. Will you stand by and let this happen? Please visit www.VacLib.org and <http://www.nvic.org/> for additional information, laws, rules, exemption information, and more.

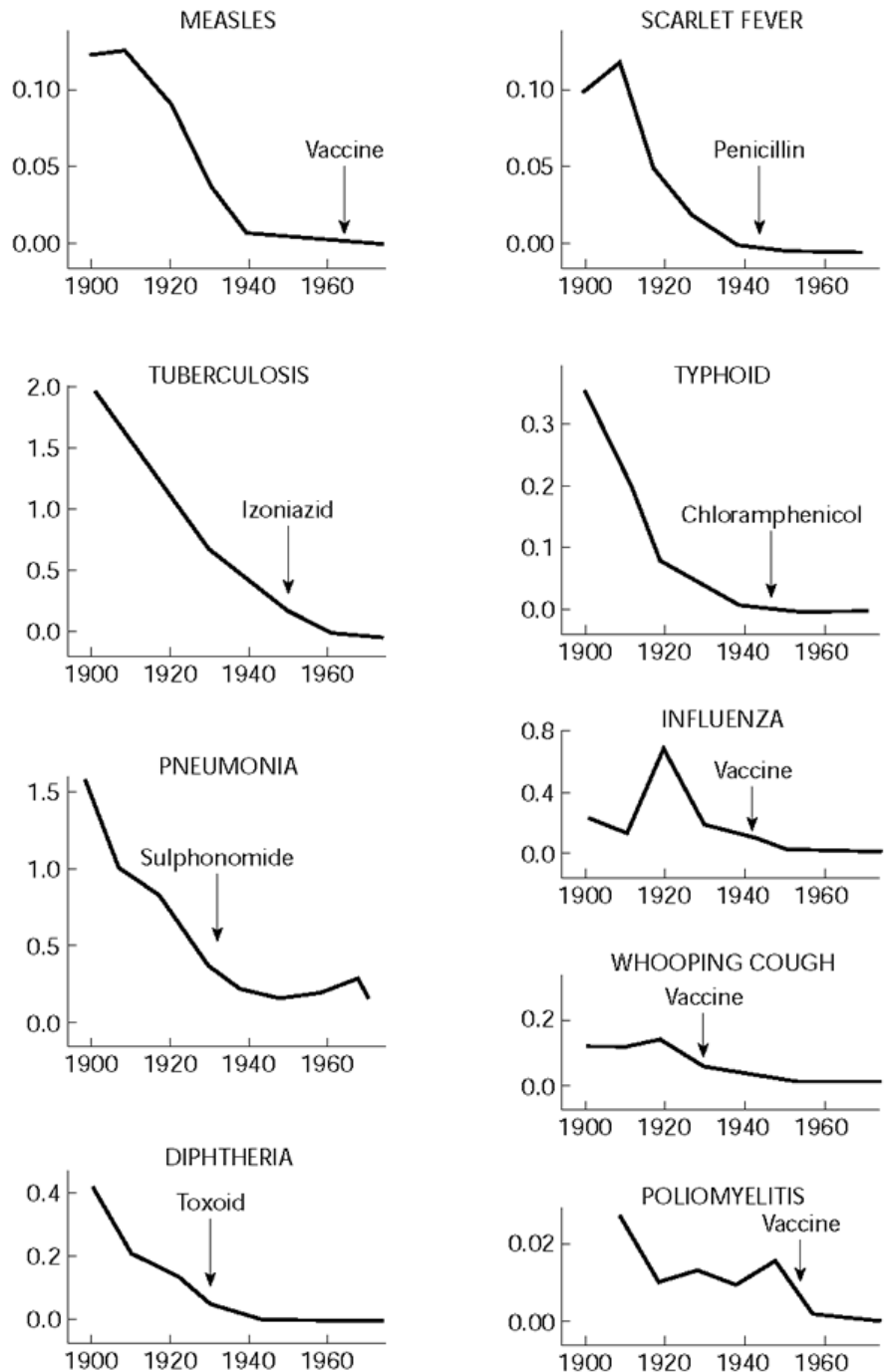


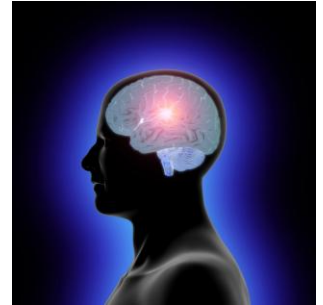
Figure 1.1 The fall in the standardized death rate (per 1000 population) for nine common infectious diseases in relation to specific medical measures in the USA, 1900–1973.

Source: McKinlay and McKinlay (1981).

Maximized Living: Connecting the Pieces

The Maximized Living approach is different because we focus on REMOVING interference. By LAW the more interference you remove, the more health is restored. If you could remove ALL interference to your brain and nerve system, how healthy would you be? So what we know as “disease” can only occur as the result of:

1. Dysfunction: The brain and nerve system due to interference at some level cannot maintain optimum function to an organ or tissue. (example: cut any nerve and see what happens to the organ at the other end)
2. Accommodation: The brain in fact is in control, and what you see as symptoms are actually the body’s protective/reactive mechanisms in play. (examples: fever, high cholesterol, and high blood pressure)



Understanding this principle is the key to understanding why the Medical Model has failed, because it’s fighting something that in fact does not even exist (Disease). That’s why Chiropractors instead call it DIS-EASE, meaning a lack of normal function. Once that is understood the obvious answer to defeating illness and restoring health to Maximum potential is to remove as much interference as possible to let your nerve system do exactly what it was designed to do. ([Read the amazing story of Masha and Dasha Krivshlyapova](#))

The Puzzle

That’s why Maximized Living in coordination with Dr. Dan Pompa developed the puzzle ([Watch Video](#)). Each component works together with the others to restore function with greater efficiency. Our network of doctors internationally train and educate on a continuous and organized basis to stay ahead of the information curve so that our patients can be certain they are up to date on the latest techniques. What that means to you is better health NOW, but even better and faster results as new information comes available. This is a sustainable model of health care that achieves the REAL goal, a long healthy life for your family. Not just breathing, but functioning and enjoying life all along the way.



So what does that mean to you and your family? In understanding and implementing the different components of the puzzle virtually any health condition can be resolved given sufficient effort and depending on the level of damage. Naturally a young child who’s body has great functional resiliency will respond quickly and have great chances at 100% recovery. But for adults whose body has been deteriorating for many years, if permanent damage has been done it limits the capacity for full recovery. In Doctor lingo we call it “limits of anatomical integrity”. Before I extrapalate on this let me press not to use “I’m too old” or “I’m beyond repair” as an excuse to give in and not put forth effort. While degeneration is a fact, it is not a death sentence unless you let it be.

Arthritis: A Deceiving Definition





Sadly, I often hear patients say during the initial examination that their doctors have told them they have arthritis. I want to pick on this because again it's another example of turning "accommodation" into "disease". What most doctors call arthritis is actually degeneration, which is not a disease but rather the result of not taking care of your spine. Imagine for a moment that dentists had never been successful in educating you on the importance of brushing your teeth. What do you suppose the chances would be that you would make it to 60, 50, or even 40 years old with great healthy teeth? So is it any surprise that without any public education program for taking care of your spine in effect that 98% of people have damaged and deteriorating spines by their 20's or 30's, often even younger? But there are still those who actually believe that somehow they'll manage to defy the odds and walk through life without losing a wink from "spinal decay". Required understanding for those is that the process of spinal degeneration is actually described in [Wolff's LAW of Degeneration](#).



This law states that bone deforms in response to changes in stress placed upon it. The greater the spinal distortion, the faster it degenerates. So like the LAW of Gravity, nobody escapes the rules.

Phases of Spinal Degeneration

Once the process of degeneration is in motion, it is not a matter of IF your nerve system will deteriorate. The question becomes instead WHEN will I start to experience symptoms and HOW MUCH time will it take to reach advanced stages. This depends on many factors, but remains as an absolute.

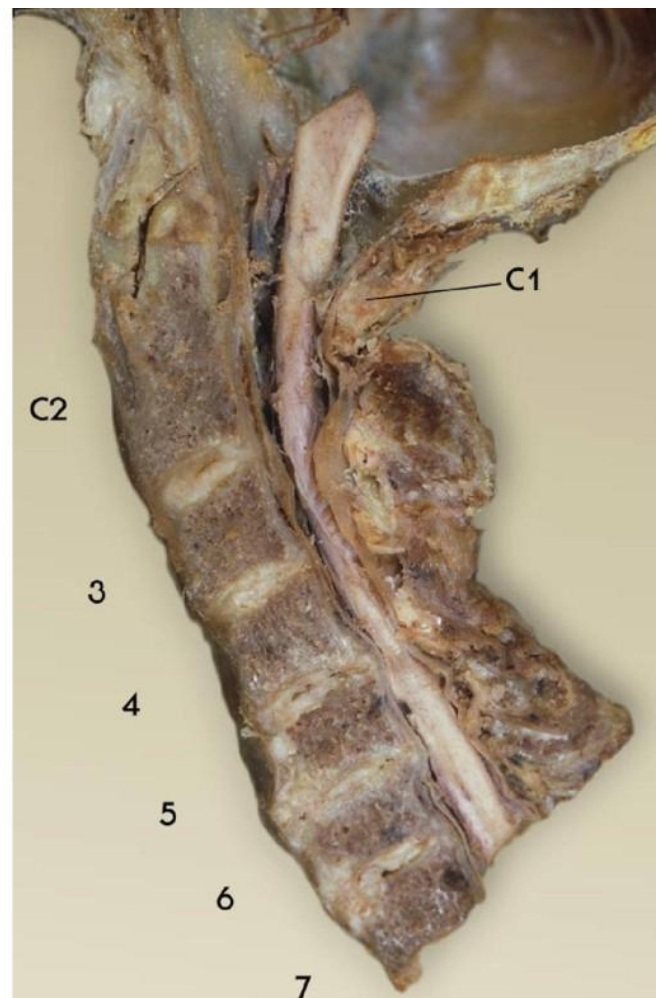
Textbook Normal	Spinal Dysfunction Can Lead To...	If Ignored Can Deteriorate To...	If Neglected Can Degenerate To...
<ul style="list-style-type: none">• Graceful Forward Curve• Equal Disc Spacing• Normal Turning & Bending	<ul style="list-style-type: none">• Loss of Curve• Narrowing of Disc Spacing• Impaired Turning & Bending	<ul style="list-style-type: none">• Roughening Joint Surfaces• Bone Spurs• Reduced Mobility	<ul style="list-style-type: none">• Severe Bone Remodeling• Irreversible Joint Fusion• Permanent Loss of Motion
			
Normal	Phase I	Phase II	Phase III

Starting with Normal, the arch (or lordosis) in your neck should be a C-shaped curve arching backwards. The optimal angle of the curve measured from top to bottom should be 34-43 degrees. In the chart above you can see the smooth gradual curve with the top directly over the bottom. This curve, as used in architecture for eons creates strength and reduced load on the spine so as to last 80-120 years with little to no wear and tear.

Unfortunately our society is developed around activities that destroy this normal curve from backpacks and studying, to computers and video games, sleeping on pillows, even driving your car. So Phase I of Degeneration begins here. By Phase II you begin to see physical deformation of the hard, calcium bones resulting in loss of motion and often grinding sounds when going through range of motion due to the destruction of the intervertebral discs. And by Phase III the spine has literally rotted often to the point of complete collapse of discs and resulting fusion of the joints. This is usually the stage where Orthopedics most often perform fusion surgeries ([Watch Anterior Fusion Animation Video – OUCH](#)) to attempt to fix the problem. But like all surgical intervention, it always has it'

Neurological Impact and the Destruction of Health

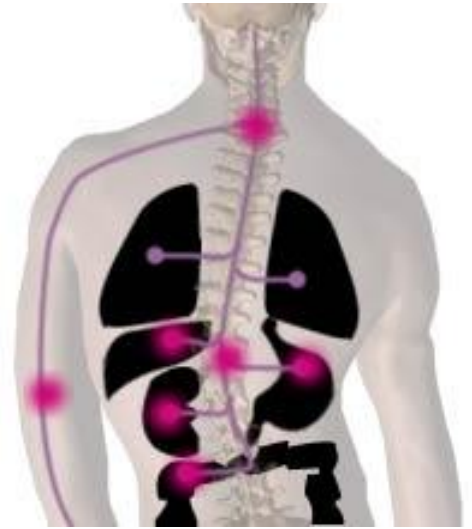
As disturbing the process is as seen in the bones and discs, the damage to the nerve system is the real culprit behind the resulting disability and disease as you can see in the pictures below (look at the cord being crushed). Loss of the curve physically stretches the spinal cord placing tension on the nerve roots exiting the spine as well, and resulting in compression restriction of nutrients and oxygen vital to keeping the spinal cord and nerves healthy. Your cord and nerves become physically choked. The result is [nerve cell destruction](#) which has the same effect as Multiple Sclerosis ([Watch Multiple Sclerosis Animation](#)) in its prognosis, leading to eventual organ failure as the nerve damage continues to increase. This is the MAIN factor we're working to avoid through a Lifetime of Corrective Chiropractic Maximized Living Care.



Essential #1

Maximum Nerve Supply and Corrective Care Program

The most IMPORTANT aspect of your care in this office is “Turning Your Power ON” so your cells, tissues, and organs can all function at 100% of their potential. That’s why your Chiropractic adjustments are fundamental to every other component of your care. Without taking the physical pressure off of your nerve system, all other efforts put forth including nutrition and detoxification are done in vain. Your body as a whole can only function as well as the nerve system controlling it. Looking at the picture, what would happen if you cut the nerve going to your liver? OK, but WHAT IF you ate an all organic diet and took the best supplements on the market? That’s right, you would still die and there is nothing those nutrients can do to repair that liver. The same goes for detoxification, exercise, positive thinking, and in my experience even prayer. If you jumped off a building and prayed on the way down, regardless of theological conviction and affiliation you would still go splat, right? So as incredible as our body was created, and as great a gift we have in the capacity for health, healing, and life, our bodies are still bound by the basic fundamental laws of physics and nature. Last time I checked the death rate for humans was still 100%. So it remains [our responsibility](#) to take very good care of what’s been [entrusted to our keep](#). This principle is exactly why we see so many “miracles”. It’s simply designed that way (on purpose) and when we ACT we get results!



The POWER of the Chiropractic Adjustment

Let me remind again what POWER it is I’m talking about. That POWER cannot be described in any clearer and more poetic description than in the words of BJ Palmer, the developer of Chiropractic:



*“We chiropractors work with the subtle substance of the soul. We release the prisoned impulses, a tiny rivulet of force, that emanates from the mind and flows over the nerves to the cells and **stirs them to life**. We deal with the magic power that transforms common food into living, loving, thinking clay; that robes the earth with beauty, and hues and scents the flowers with the glory of the air.*

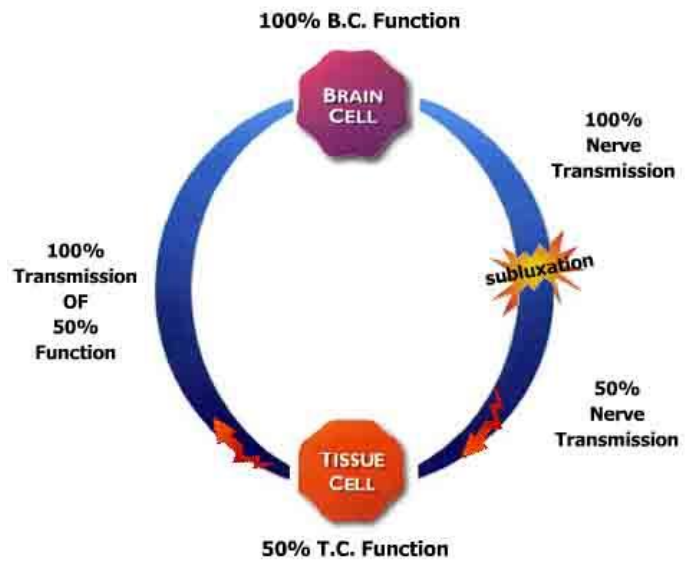
*In the dim, dark distant long ago, when the sun first bowed to the morning star, **this power spoke and there was life**, it quickened the slime of the sea and the dust of the earth and drove the cell to union with its fellows in countless living forms. Through eons of time it finned the fish and winged the bird and fanged the beast. Endlessly it worked, evolving its forms until it produced the crowning glory of them all. With tireless energy it blows the bubble of each individual life and then silently, relentlessly dissolves the form and absorbs the spirit into itself again.” – BJ Palmer 1920*

As amazing as that power and healing potential is, there is a constant battle waged between life and lack in the body due to subluxation. To understand subluxation the best start is a simple word study. The common medical definition of subluxation is “less than (sub) a complete dislocation (luxation)”. But when researching the latin roots you find that while “Sub” has the root meaning “less than or under”, “Lux” actually has the root meaning “(divine) light”. So while the common understanding is simply a bone out of place, the underlying principle is the operation at “less than divine light”.

That’s how the POWER works and moves through the body as seen in the earlier example of cutting a nerve and watching the organ die immediately. ([See which organs are affected by each vertebrae in 3D](#))

Subluxation though is not ONLY a physical problem. There are actually three types of subuxation.

1. Physical: Any physical blockage, compression, or damage to a nerve resulting in decreased nerve flow.
2. Chemical: Any chemical alteration or damage to a nerve resulting in decreased nerve flow.
3. Mental/Emotional: Any trauma, stressor, or conditioning to the nerve system resulting in sufficient biological response to cause decreased nerve flow.



VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck Muscles • Diaphragm	• Vision Problems • Runny Nose • Sore Throat • Stiff Neck
C5	C5	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C6	C6	• Elbows • Arms • Wrists	• Hand and Finger Numbness or Tingling • Asthma • Heart Conditions • High Blood Pressure
C7	C7	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty Breathing • Asthma • High Blood Pressure • Heart Conditions
T4	T4		
T5	T5	Gallbladder • Liver	
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10	• Small Intestines • Colon	• Gastritis • Kidney Problems
T11	T11	• Uterus	
T12	T12	Uterus • Colon • Buttocks	
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual Problems • Low Back Pain
L4	L4	• Colon • Thighs • Knees	• Pain or Numbness in Legs
L5	L5	• Legs • Feet	
S	S	Buttocks • Reproductive Organs • Bladder	Constipation • Diarrhea • Bladder Problems • Menstrual Problems
A	A	• Prostate Gland • Legs	• Lower Back Pain • Pain or Numbness in Legs
C	C		
R	R		
A	A		
L	L		

Each time that the spine is adjusted, a single bone moving off of a nerve, it releases the physical choke hold keeping that POWER from working in your body. Immediately that POWER is released so the brain and nerve system can identify and ACT upon any malfunction affecting the body. In result a cascade of powerful reactions occur in the body stimulating repair and healing such as [increased Serum Thiol levels which is a marker for DNA repair](#), [normalization of blood pressure and oxygenation](#), [reduced systemic inflammation](#), and [increased immune system strength](#) to name just a few. And yet you ask “*Can chiropractic cure appendicitis or the flu? Have you more faith in a knife or a spoonful of medicine than in the power that animates the living world? – BJ Palmer*”.

No matter how you look at it, the principle holds up under scientific and philosophical scrutiny. That’s why despite a century long [battle with the American Medical Association](#) and their efforts to destroy Chiropractic since its discovery, there are now more

visits to a Chiropractor each year than any other Health Care Profession. With EVERY single adjustment you are releasing that Innate POWER inside of you allowing for your best chance at living to your potential. Would you allow yourself, your spouse, or your children to go through life with anything less?

The Process of Your Chiropractic Appointments



Now that you know WHAT you need to do, let's go through the process start to finish. We want you to feel right at home in our office from the start. I have found that when patients know what to do in the office and are comfortable with the process, they feel more like family which means easier integration and better results. We strive as well to keep your appointments as quick as possible. But like any great restaurant, great service typically comes with a wait. But if everyone sticks to the system, we can be as efficient as possible and save everyone time. So here's a quick walkthrough:

Scheduling Your Appointments:


1. You should be set up on an automatic recurring appointment schedule. This is the easiest way to schedule and keeps you from having to stop at the front desk each visit.
2. It is your responsibility to keep your appointments. If you cannot make an appointment call ahead of time and reschedule.
3. If you do miss, it is your responsibility to make up that visit. If you don't then that's one step backwards in your health. You can't expect the same results in 3 months when you make 21 of 28 appointments in that time frame.

Checking In:

1. When you arrive, check in at the Front Desk Kiosk by swiping your Maximized Living ID Card under the scanner. Then choose your family members that are getting adjusted today. Then take numbers for each family member. NOTE: Make sure the screen is READY before you swipe. If you don't see your name you are not checked in!
2. The screen will then either show your name which means you're free to head to the back and get adjusted without waiting, or **RED** which means stop at the Front Desk and wait for assistance. DO NOT proceed to the back if you are stopped. You will be sent back up front which will take up your time.



Getting Adjusted (not "popped" or "cracked"):

1. If you need to do therapy, please do it BEFORE your adjustment to warm up the spine.
2. Please set your keys, purses, phones, wallets, etc on the shelf before coming to the tables. Do not put them on the ground next to the table because the doctor will step on it and break something, or at the least has to step around it to get you adjusted.
3. If there is no one waiting to get adjusted please lay on the first available table FACE UP . This gives you an opportunity to relax for a few seconds for a better adjustment. If you are sitting up until right before the Doctor is ready to adjust you, your muscles will still be contracted.
4. While waiting in the "hot seat" area take note of your position by watching the numbers. And please be polite!

5. There should only be **ONE** body per table in the adjusting area! Family and friends should not sit or stand in, on, or around the adjusting area and tables, and kids are not to be climbing around or under the tables while parents are getting their adjustment. All of this gets in the way of the doctor and his focus on the patient.
6. The adjustment only takes 30-60 seconds simply because it's no more complicated than flipping a light switch. You simply flip the switch and "Power's On". Once adjusted PLEASE follow these rules to help us keep the pace moving and serve as many as possible in a timely manner.
 - I. Tear off your face paper. Nobody likes pulling off someone else's greasy paper 😊
 - II. If you made a dirty mess with shoes, boots, etc please use the spray bottle to clean it up.
 - III. Once you are done getting adjusted PLEASE don't hang around on or around the tables for the rest of your family. Please wait in the Patient Education Room for them to finish. It's not that we don't enjoy your company, but if we have other patients waiting to get adjusted you're slowing things down and making them have to wait longer.
7. If you have a special appointment and need to be put in a room before your adjustment. You will be adjusted IN THE ROOM. So if you have x-rays and the doctor is not the one to take them, please stay in the room so you don't have to wait in line again to be adjusted. This again will save YOU time.

Checking Out:

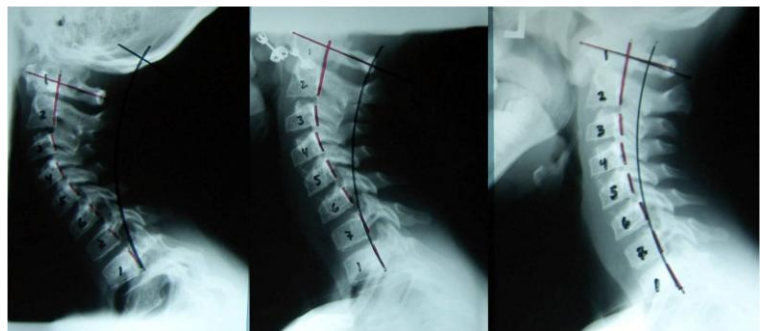
1. If you're on a automatic schedule you should be fine, but if you are not make sure to stop at the front desk and set up your next appointment for you and your entire family.
2. Do not just walk out the door without having your next appointment set up. If we don't have any future appointment, there is no way we can track your progress and help you get the best care possible.

Advanced Posture Correction

The next step is posture correction. Correction of the postural curves is fundamental to your success in care and ultimately in your long term health.

The minimum goal for the curve in your neck is AT LEAST 34 DEGREES, though 42-45 degrees is accepted as "normal". When below 34 degrees research has shown that the spinal cord is in a stretched and/or compressed state which results in lower functional neurological capacity,

[demyelination and nerve cell death](#), and ultimately degeneration and disease. The longer the spine remains in a distorted position, the more damage occurs. The more distortion, the faster the damage occurs.



Once the spine reaches physical degeneration and destruction of the bones and discs it is beyond the level of complete repair. At this point the goal of care is to stop the process by restoring as much curve as possible. This level of correction may or may not be possible due to the damage you already have in your spine.

The Advanced Postural Correction procedures define what it will take for you to see the best possible results. These therapies are developed in the world's leading spinal institutes including the C.L.E.A.R. Institute (<http://www.clear-institute.org/>) and the Pettibon Institute (<http://www.pettiboninstitute.org/>).

Advanced Spinal Rehabilitation Techniques



Problem #1: Subluxation, Immobility, Scar Tissue, and Adhesions:

Scar tissue sets in immediately upon subluxation or injury of the spine and like a rusted bolt prevents proper mechanics.

□ **Solution: Chiropractic Adjustments:**

The adjustment restores proper motion in the spine and removes Nervous System interference. Healing takes TIME and REPETITION.

Important Notes: If you miss 25% of your appointments, you will only get 75% results. Follow your care plan exactly as the Doctor recommends if you want the best results.

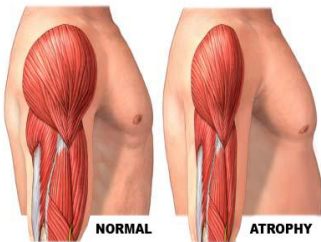


Problem #2: Ligament Elasticity:

Ligaments, like rubber bands, are elastic in nature. Therefore, force is applied in order to change shape.

□ **Solution: Repetitive Cervical Traction or Wobble Disc/Chair:**

These “wear out” the elasticity of the ligaments by placing them through repetitive loading/unloading cycles allowing better flexibility of the spine.

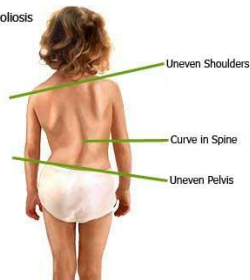


Problem #3: Weak Postural Muscles:

The injured/damaged muscles become progressively weaker, known as atrophy, over time leading to instability of the spine. These muscles must be retrained and strengthened or the spinal curves will not be restored because they cannot hold.

□ **Solution: Head/Body Weighting & Therapy Glasses:** Weighting in the correct positions causes a reaction in which the muscles will strengthen over time to support the additional weight and correct the imbalance.

Indication of Scoliosis



Problem #4: Plasticity/Contracture/Adaptation of Soft Tissue:

The muscles, ligaments, and all other soft tissue will adapt over time to postural distortion. Changing all this is a SLOW process, taking TIME and REPETITION. The laws of physics can't be beaten!

□ **Solution: Fulcrum Wedges:** When used in conjunction with the other therapies, fulcrums allow GRAVITY over time to mold the soft tissues into a corrected pattern.

To ensure correct home practice of all therapies, we have conveniently placed short training videos for each of the therapies online. Training dozens of individuals each week would result in missed details here and there. This method ensures nothing is missed in training and that you can return to the training at any time for refreshing on details you may forget. See the [Home Patient Therapy Manual](#) for all of these resources.

Following your corrective care program, 1-3 degrees of correction per 90 days is a reasonable expectation, therefore if loss or damage is significant it may take a number of years to see significant improvement. This is the most important note of all because it is common to think that since you signed up for a 6-12 month program initially that your spine will be completely corrected in that time. In most cases this is an unrealistic expectation. Yes some people improve and correct incredibly fast, but here's a few points to consider:

1. How long has your spine been lapsing into its current position?
2. If you started feeling pain ___ months or years ago, how long was it deteriorating before the pain set in?
3. If you have degeneration in the spine will it correct faster or slower?
4. If you had braces put on your teeth (which stay on 24/7) how long does it take to correct your teeth?



From the above questions you can understand that like wearing braces to straighten your smile, it takes lots of time and repetition to straighten your spine. The Laws of Physics can be manipulated but never broken. The speed at which your spine corrects is directly proportional to the amount of time you commit to correction including adjustments and home therapy. If you don't commit the time, you're unlikely to see speedy postural correction. Yet this is NOT to be read as getting no results. Even without the spine changing physical position, each adjustment and health promoting input of any kind is powerful in itself regardless of "visible" change.

Home Support Tips

Whenever a patient follows through with all of their adjustments and home therapies yet does not see good results on x-rays, we always uncover something in their daily life that is training the spine in the wrong direction. The following are the most common and what you should do to avoid:

1. Sleep: Get rid of the pillow if you sleep on your back! Even on your side it is common to end up in the fetal position due to the pillow. Or you can roll a small towel and put under your curve to support it.
2. Computer Usage: Raise the monitor up to eye level or higher and center it in front of you so you're not looking down or crooked. Also take frequent breaks. Set a timer for 15 minutes if you need to.
3. Driving in the Car: Raise the seat back to vertical. Otherwise your head juts forward since you're leaning back. Also put a small cushion behind your lumbar spine. As the lumbar curve sinks into the seat your head follows by slumping forward.
4. Studying and Reading: Buy a cheap sheet music stand from the music store. You can raise it up in front of your face so you're not looking down for hours.
5. Heavy Book bags or purses: Parents, ask for a letter to the school to use a rolling backpack. If you carry a purse, lighten it and carry it OPPOSITE your high shoulder. Now you're using it for therapy!
6. Video Games: Parents, limit your children's use of hand held games. They're curve killers.



90 Day Action Tracker

PRINT THIS PAGE and place it in a highly VISIBLE location such as the bathroom mirror. That way you will see it when you get up and before you go to bed. The checklist works great in helping you track YOUR results and to see how well you're keeping up on your In Office AND Home Care. This is NOT about OUR schedule. The better you stay on track the faster **YOU** will see results!

Start Date: _____

(Put ONE slash through the day when first set of therapy exercise is complete, TWO if two sets.)

(Put an "A" on days you get adjusted.)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ex.	 	A	 	 	 	 	
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

X-ray Date: _____

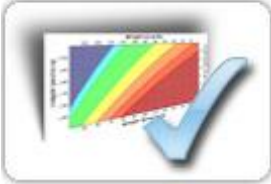
Be sure you write down our Office Hours!

Essential #2

Optimum Oxygen Levels & Lean Muscle Home Fitness Program

Physical fitness is not simply so you can look good in a bathing suit. Every single organ in the body, including the spine, must have movement in order to function properly. Exercise is so important for function of the body both mechanically AND chemically that it has been proven more effective than medications in the [treatment of Depression](#). Before starting any exercise program there are some basic tests you should take to know your condition and set your goals.

BMI Calculator



BMI (Body Mass Index)

This test is to measure your weight to body size ratio. It does not measure body fat directly but gives you a range against the average for where you should weigh.
(CLICK ON THE IMAGE TO TAKE THE TEST)

Body Fat Calculator



Body Fat

This test calculates your total body fat. In doing so you can understand your overall classification of fat percentage.
(CLICK ON THE IMAGE TO TAKE THE TEST)

Target Heart Rate



Target Heart Rate

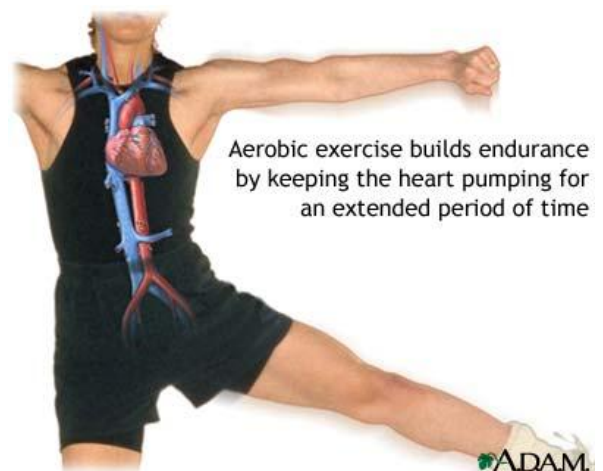
In order to get the most out of your workout without overstressing your heart, you need to know your target heart rate.
(CLICK ON THE IMAGE TO TAKE THE TEST)

Now that you have the basics, you can read any book in stores or any article online about all the hundreds of reasons why you should exercise. So we'll go straight to HOW:

Aerobic Training (Exercise with Air):

Your body needs oxygen to survive. Aerobic training improves your ability to utilize oxygen efficiently. In this level of training it's essential to only push to the point where you can keep breathing efficiently. If you are "gasping for oxygen" then you need to slow your pace.

Running, Jogging, Swimming, etc: Any activity that you can maintain pace without oxygen starvation for 15-60 minutes depending on your level of training. The key is balanced exercise while maintaining good posture.



Aerobic exercise builds endurance by keeping the heart pumping for an extended period of time

An-aerobic (Adaptation Exercise):

Your body is an “Energy Factory”. When you push production it will meet your demand in more ways than one. By exceeding your current “capacity” without starving the body of needed oxygen the body will adapt to keep up with demand. This level of exercise increases HGH production (Human Growth Hormone) which has a “Fountain of Youth” effect on the body.



“[Surge Training](#)”: Any activity can be utilized that causes you to break a sweat and get out of breath in less than 20 seconds. Sprinting, jumping, squat thrusts, or any other balanced activity. Body weight only is recommended for this level of exercise to avoid injury.

3 Minute Surge Cycle: Your Key to Outstanding Results in just MINUTES a week

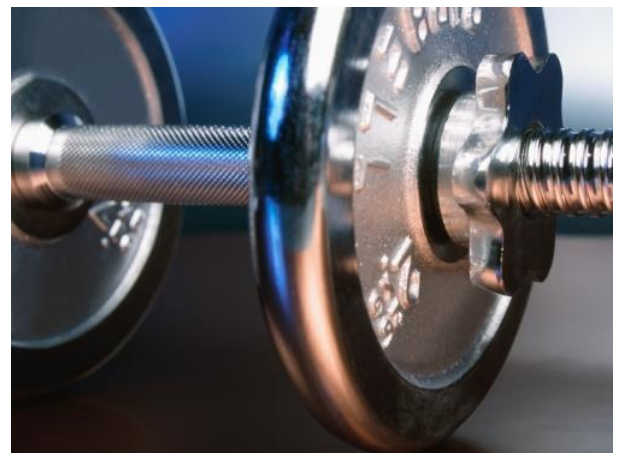
The key to [Surge Training](#) is MAXIMUM EFFORT. If your body can “handle” the demand you place on it, then why would it react by getting stronger, faster, leaner? So the harder you go the better and faster the results.

20 second SURGE...
20 second REST...
20 second SURGE...
20 second REST...
20 second SURGE...
1 MINUTE REST...
20 second SURGE...
FINISHED!

Resistance Training (Muscle Building):

This is about LEAN muscle...not bodybuilding. If you don’t use it, you lose it. Muscles protect your spine and bones from injury on top of all the other benefits. Resistance forces muscles to respond by getting stronger and leaner, able to perform and burn energy more efficiently.

Free-Weights, Machines, Body-Weight Resistance: My preference is doing bodyweight only exercises such as push-ups, squat thrusts, dips, crunches, and pull-ups, but weights can be used as well as long as you balance your routine front to back and side to side. When using free weights, proper weight should reach muscle failure in about 12 reps. With body weight only, perform reps until muscle failure.



Home Fitness Program Planner

The following are sample programs you can use to start a Home Fitness Program. For a detailed breakdown of different exercises you can use to address all the different muscle groups (and a whole lot more) I recommend the book "[Body By God: The Owner's Manual for Maximized Living](#)" by my friend, colleague, and mentor Dr. Ben Lerner.

Beginner:

Aerobic: 15 minutes once per week
"SURGE": 3 minutes three days per week (Just 12 minutes total per week!)
Resistance: Perform 2-3 sets per muscle group, 2 days per week
(15-20 minute sessions: one day upper body, and one day lower body).
OR Make it easy with the [12 Minute Revolution](#) Beginner Level

Seasoned:

Aerobic: 30 minutes once per week
"SURGE": 2-3 3 min sets 3 days per week
Resistance: Perform 3-4 sets per muscle group, 3 days per week
(20-30 minute sessions: 1-2 days upper body, and 1-2 days lower body).
OR Make it easy with the [12 Minute Revolution](#) Intermediate Level

Advanced:

Aerobic: 30 minutes twice per week
"SURGE": 3-4 3 min sets 3 days per week
Resistance: Perform 3-4 sets per muscle group 5 days per week
(20-40 minute sessions: work upper body while lower body rests...but work both zones every session)
OR Make it easy (ok maybe not that easy) with the [12 Minute Revolution](#) Advanced Level

It's worth noting that you do NOT need fancy equipment like thousand dollar treadmills to exercise. I prefer body weight only exercises that require no equipment at all, but even with a simple set of dumbbells you can get a wide range of exercise with little to no cost.

Also ask about our FREE Weekly 12 Minute Revolution Group and how you can be a part of the transformation process!

Essential #3

Quality Nutrients, Supplementation, and Dietary Program

If you're like most people, you are probably confused, overwhelmed, misled, over-marketed, and just plain fed up with trying to figure out WHAT YOU NEED in terms of nutrition. So to start I'm going to give you some basic rules you might not know as well as some simple nutrition program recommendations to give you a solid foundation to build on. The key to nutrition is EDUCATION...after all "knowledge is power". Use this as a stepping stool to learn more and more.

Also read "[Body By God: The Owner's Manual for Maximized Living](#)" for a more some great and very useful tricks and rules on how to eat; such as the "vacation rule", the "replacement rule", "food by God vs. food by Man", and many others to get you moving.

"The doctor of the future will give no medicine, rather interest their patients in the care of the human frame, in diet, and in the cause and prevention of disease." – Thomas A. Edison

1. **Diet** – The definition of diet is simply "what a person eats and drinks during each day", not how to lose weight. The best way to lose weight and get healthy is to eat a balanced diet and exercise. If you're eating a clean, healthy diet the body will naturally reach homeostasis (ideal weight) unless there is an underlying toxicity or other subluxation in the way.
2. **Essentials of Life** – There are seven things the body needs to have in order to survive. They are nerve supply, air, water, vitamins, minerals, protein, and fat (most of the brain is composed of fat, therefore when body fat is depleted the brain goes next).
3. **Eat Smart, not "Healthy"** – Most think salads and sandwiches are healthy, but nine times out of ten this is not the case due to ingredients used in the preparation. Consider every ingredient. The more simple and the fewer the better. You need a balanced and nutritionally diverse diet to be truly effective.
4. **Healthy food is hard to find** – This is true and seems to be getting worse all the time. As a rule of thumb, if it comes in a can, box, or other shelf package, it's "dead food" and should be avoided. "Whole foods" are much better than concentrated products. Read every label! ([Watch Processed People Movie Trailer](#))
5. **"Shelf" Nutrition** – Most supplements bought at a store are low quality, poor bioavailability compounds. The best way to get all your vitamins and minerals is to get them in food. This is tough, so choose "whole food" supplements from reputable companies to supplement.
6. **Health food?** – Even when purchasing so called "healthy alternatives", education is your best resource. Ingredients you want to avoid may be "snuck in" in small amounts. Always read labels of health foods as you do with all foods.



7. **Chew slowly** – Saliva and mastication play a very important role in preparation and digestion. Chewing slowly allows breakdown of food which increase surface area for digestion while saliva begins the digestion process.
8. **HCl, Enzymes, & Bacteria?** – HCl is a critical component of digestion though as we age our HCl levels drop. Digestive enzymes help break down food. And probiotics, the normal flora (bacteria) of your digestive tract further aid digestion, produce nutrients, and fight infection! Don't rely on antacids, drugs, or even herbs to solve digestive issues; they may actually make the CAUSE worse.
9. **Drugs** – Prescription or over the counter, drugs are not only UNSAFE...but POISONOUS. These unnatural substances change the chemistry of the body and side effects frequently involve the digestive tract first.
10. **Get Chiropractic adjustments** – Proper organ function depends entirely on regulation and control by the central nervous system. Subluxation and the associated malfunction lead to systemic dis-ease.
11. **Trans-fatty acids** – Partially hydrogenated oils ([Watch the Twinkie vs the Torch Video](#)) as found on most food labels are artificial and have been shown to cause various problems. Many so called "healthy" alternatives such as margarine and non-margarine butter are typically pure hydrogenated oils. Something you may not know though is that if you cook Olive Oil above low heat it turns to Trans Fats as soon as you see it start smoking. ([Watch video on cooking with Coconut Oil by Dr. Mercola](#)) Coconut Oil available at the office for purchase.
12. **The 3 "White" deaths** –
 - a. **White sugar** – Bleached, refined sugar and High Fructose Corn Syrup (HFCS) is the culprit behind innumerable deadly diseases including diabetes. Read ALL food labels and avoid completely. ([Watch what our Vice President has to say about Corn Syrup and Terrorism](#)). Raw turbinado cane sugar is more natural and digestible but should still be limited.
 - b. **White bread** – Bleached, refined breads are an empty source of carbohydrates and should be substituted with coarsely stone ground, unbleached, unrefined, whole grain breads. Ezekiel Brand bread is a fantastic choice available at some stores.
 - c. **Cow's milk** – This is one of the most common food allergies, affecting upwards of 30% of children. Most nutrients like calcium are either lost during pasteurization or are simply not bio-available, while hormone levels, blood, pus, bacteria, mucus, and other chemicals such as antibiotics and deadly dioxins are high. ([Watch Deadly Poison Video](#)) or see www.notmilk.com. Healthy alternatives such as Unsweetened Almond Milk are available.
13. **Caffeine** – Caffeine, especially in concentrated forms like soda, plays a role in Fibrocystic Breast Disease, ADHD, and many other health concerns. Swiss Water Process Decaf coffee is a great way to get your coffee without the caffeine!
14. **MSG** – Monosodium Glutamate is an excitotoxin like the Aspartic Acid in Aspartame. It's also found under MANY different names to hide it on the labels of packaged foods ([See list here](#)). It excites the nervous system to make food taste better, creating free radicals and causing brain damage.



“If the doctor of today does not become the dietician of tomorrow, the dietician of today will become the doctor of tomorrow.” – Dr. Alexis Carrel - Rockefeller Institute of Medical Research

15. Artificial Sweeteners –

- a. **Aspartame “Blue Death”** – The blue package or “NutraSweet” (Equal) is found in most sweetened products from soft drinks, to breath mints and chewing gum, to children’s candies. Metabolic breakdown products include Formaldehyde (used to preserve corpses) and Formic Acid (Fire Ant poison) both of which cause measurable amounts of damage to the nervous system and other tissues. AVOID 100%. ([Watch video from Dr. Russell Blaylock](#))
- b. **Saccharin** – The pink package or “Sweet n Low”, has been shown to cause cancer in laboratory animals.
- c. **Splenda (Sucralose)** – This one’s the yellow package flying off the shelves by the truckloads being marketed as being “made from sugar”. Well early studies indicate long term effects to various organs including the Thyroid, Thymus, Liver, and Ovaries. Read more about it at <http://www.truthaboutsplenda.com/>.




*Natural Alternatives

Stevia – A natural herbal extract which has no effect on insulin levels! (Available in the office)

Xylitol – This sugar alcohol has been shown to reduce the instance of dental caries by 86%, as well as fight ear and nasal infections.

16. **Soda** – A T-bone steak placed in phosphoric acid, the acidic base in Coke, will be gone in two days. Coke dissolves grease, blood stains, rust, corrosion, and toilet bowl stains. The phosphoric acid and sugar in soda alters your body’s PH balance, leaches calcium from bones and teeth, and puts enormous strain on the pancreas creating insulin resistance, the root cause of Type II Diabetes.
17. **H2O** –Dehydration caused by replacement with carbonated and sweetened beverages causes everything from fatigue, to memory loss, to joint pain. Drink ½ of your body weight in ounces each day. Filtered or Spring water is recommended to avoid poisonous Fluoride.
18. **Sunshine** – Pure, Natural sunlight every day plays a critical role in your overall function and metabolism as well as Vitamin D production.
19. **Calcium** – Bone loss actually begins as early as age 20. [Getting calcium from Milk is a MYTH](#) and actually contributes to Osteoporosis. Calcium is absorbed best at a 5:1 Calcium to Magnesium ratio. Oranges, broccoli, bell peppers, and Sesame Seeds contain high levels.
20. **Omega balance** – Fatty acids play key roles throughout the body such as composition of the cell membrane. Omega 6 to Omega 3 fatty acids should be a 4:1 ratio, but in our diets it’s usually between 6:1 and 12:1. [Pro Omega Rx](#) is in the right ratio so you never have to worry about balance.
21. **Cooking oils** – Butter, Canola, and other common cooking oils are terrible for you. Substitute with Extra Virgin Olive Oil on low heat applications. For high heat or deep frying Organic Virgin Coconut Oil is the safest and healthiest choice!

22. **Baaam!** – Garlic, Cayenne, Oregano, Onion, Ginger, and many other natural herbs and spices are being proven through current research to have various and sometimes miraculous health benefits. Using fresh ingredients can improve health while making food taste better.
23. **Fiber** – Suggested daily fiber intake is 30 grams, while the average American gets less than 10 grams. With colon cancer on the rise, the importance of fiber can be accommodated by the addition of beans, lentils, and whole grain breads to the daily diet.
24.  - Most fish are low fat, while high in Omega fatty acids like EPA. 3 serving per week can lower cholesterol. Use caution with dense fish such as tuna and swordfish due to high levels of heavy metals such as mercury. Always choose ocean caught (wild) over farm-raised.
25. **Fruits and Vegetables** – The food guide pyramid, [even though it's fraudulent in itself](#), at least is right in suggesting consumption of 7 servings of fresh, raw fruits and vegetables every day. Most store bought



supplies are picked days before they are ripe to maintain freshness in transit, but most nutrients are produced in the final few days of vine ripening. Cooking further decreases their vitamin and mineral content. While most fruits and vegetables contain more than 10,000 phytonutrients, most of them are lost between the ground and your mouth. And most people don't eat the recommended total anyways. A great way to get around this is PaleoGreens or Springgreen. You get raw, vine-ripened fruits, vegetables, and cereal grasses in capsule form for the cost of a soda a day. But remember, this is not a total dietary replacement for your vegetables and fruits.

“Let food be thy medicine, and medicine be thy food.” – Hippocrates

Suggested Baseline Nutritional Supplementation:

1. WHOLE FOOD SUPPLEMENT
2. [OMEGA FATTY ACIDS](#)
3. [CELLULAR DETOXIFICATION SYSTEM](#) and see the section on “The Healing Diet” in the Essential #4 section
4. ADVANCED TESTING is available for SPECIFIC nutrient deficiencies through [“Comprehensive Metabolic Profile”](#) testing as seen after the following page. Ask for current pricing.

GOOD:	Springgreen Tablets or Powder (Multivitamin/Minerals) Nordic Naturals ProOmega or similar (Omega 3/6 oils)	Ask for Pricing
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BEST:	Designs for Health PaleoGreens Healthy Solutions Planet Pro Omega Rx	Ask for Pricing
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Acid Alkaline Diet

The body does much better as a whole following this as closely as possible. This is critical [if your pH is Acidic](#).

Acid Causing Foods

Avoid or reduce to <10% of Diet

Fruits

Cranberries

Grains

Rice (Rice Milk), Wheat, Amaranth, Barley, Buckwheat, Corn, Oats, Quinoi, Rye, Spelt, Kamut, Wheat, Hemp Seed, Flour

Pasta

Noodles, Macaroni, Spaghetti, (Whole Wheat too)

Dairy

Any pasteurized or homogenized dairy, Cheese, Goat Cheese, Sheep Cheese, Milk, Butter

Animal Protein

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Port, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison (Deer)

Beans & Legumes

Black Beans, Chick Peas (Garbonzo Beans), Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans (Soy Milk), White Beans

Nuts

Cashews, Brazil Nuts, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts, Almond Milk

Fats and Oils

Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil

Other

Distilled Vinegar, Wheat Germ, Potatoes

Drugs and Chemicals

Chemicals, Drugs (Legal or Illegal), Pesticides, Herbicides

Alcohol

Beer, Spirits, Liquor, Wine

Alkaline Causing Foods

Increase Intake to >90% of Diet

Fruits (and Fresh Juices)

Apples (Apple Cider), Apricots, Avacados, Bananas, Cantaloupe, Cherries, Currants, Dates, Figs, Grapes, Grapefruit, Limes, Honeydew Melon, Nectarines, Oranges, Lemons, Peaches, Pears, Pineapple, All Berries, Tangerines, Tomatos, Tropical Fruits, Watermelon

Vegetables (and Fresh Juices)

Garlic, Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard, Chlorella, Collard Greens, Cucumber, Eggplant, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips, Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squash, Alfalfa, Barley Grass, Wheat Grass, Wild Greens, Nightshade Veggies

Oriental Vegetables

Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori, Umeboshi, Wakame

Dairy

Organic Milk (unpasteurized and non-homogenized), Whey Protein, Cottage Cheese, Yogurt

Protein

Eggs, Chicken Breast, Tofu (fermented), Tempeh (fermented), Millet

Nuts & Seeds

Almonds, Chestnuts, Flax Seeds, Pumpkin Seeds, Squash Seeds, Sunflower Seeds, Sprouted Seeds

Spices, Seasonings, & Sweeteners

Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, All Herbs, Stevia

Other

Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Kombachu

Comprehensive Metabolic Profile Testing



Now there is a highly accurate test that can reveal the specific nutrients you need to optimize your metabolic function and health: [The Designs For Health™ Comprehensive Metabolic profile](#). This exclusive test includes:

Organix™ (urine organic acids)

The [Metabolic Profile](#) starts with an Organix™ test to establish the metabolic basis of your symptoms. A simple urine specimen reveals important information about:

- B-Vitamins, which are involved in many critical processes. Even modest B-Vitamin insufficiencies can compromise your energy production, digestion, and muscle and nerve function.
- Cellular energy, measuring compounds that relate directly to how efficiently your cellular engines ("mitochondria") produce energy.
- Neural function, especially neurotransmitters, the chemicals your nervous system uses to function and communicate with your body. Abnormalities can relate to symptoms of mental, emotional, and behavioural problems.
- Detoxification capability, critical for eliminating environmental toxins and certain chemicals produced by your body. Brain fog, headaches, insomnia, nausea, chemical sensitivities, and a variety of chronic health problems can be related to toxicity issues.
- Intestinal microbial overgrowth, which can lead to a wide variety of symptoms caused by toxins produced by bacteria, parasites or fungi.

Lipid Peroxides

In its efforts to produce the chemical energy necessary to power cells and fight infection, your body makes harmful chemicals called free radicals. These free radicals break down the lipid components of cell membranes, forming lipid peroxides. Antioxidant nutrients help protect your cells against this process. The lipid peroxide test shows if you are getting enough antioxidants. High levels of lipid peroxides are associated with cancer, heart disease, stroke and ageing.

Bloodspot™ Fatty Acids

While there is much discussion of the impact of fats on health, the positive benefits associated with "good fats" are often overlooked. Achieving the optimum balance of good fats, or essential fatty acids minimizes inflammation, a major risk in heart disease and cancer. A proper balance of fatty acids is also necessary for proper brain development and nervous system function. This unique test includes the AA/EPA ratio a measure of silent inflammation that can lead to heart disease. In addition, this profile can show if you are consuming the right amount of fish oils. Too much can lead to increased free radical oxidation and suppression of your immune system.

Bloodspot™ IgG Food Allergies

Research estimates that a large percentage of the population suffers from "hidden" food reactions. These are difficult to identify since they can occur hours or even days after consuming an offending food. Symptoms can be extraordinarily diverse, ranging from arthritis to eczema to migraines. For that reason, it is important to consider food allergy or intolerances when evaluating health concerns. The Bloodspot™ IgG Food profile tests for sensitivity to the most commonly positive foods and helps you design a diet that eliminates and/or alternates the offending foods, alleviating your symptoms.

All of this information is used to give you a report showing EXACTLY what your body needs. Ask for pricing.

Essential #4

Avoidance and Reduction of Medications and Toxins 21st Century Detoxification Program

Neurotoxicity is at the very center of Autoimmune Disease. As featured in [Glamour Magazine](#), the problem is most everybody is affected but NOBODY KNOWS IT! Toxicity levels have increased exponentially in the last number of decades as chemicals are dumped into our external, and internal, environments at record levels ([Watch NBC Video](#)) and with an alarming lack of regulation. As a result we're seeing what used to be adult diseases occurring in children at racing escalation. ([Watch CNN Body Burden video](#))

The Customized Nutrition and Detoxification portion of the program is your first step in radically reducing or even eliminating your risk. By taking steps to reduce or eliminate cellular toxicity you will effectively improve your nerve systems biochemical ability to function meaning support to your Chiropractic care. In addition you'll be addressing true cellular level detoxification (rather than just another colon cleanse), remove the root source of many new millennium diseases, gain more energy and focus, and if needed be able to lose weight quickly and safely without drugs and surgery. Therefore if your desire is to truly be as healthy as you can be, then you are about to see why we're at the cutting edge of health technology with Maximized Living.

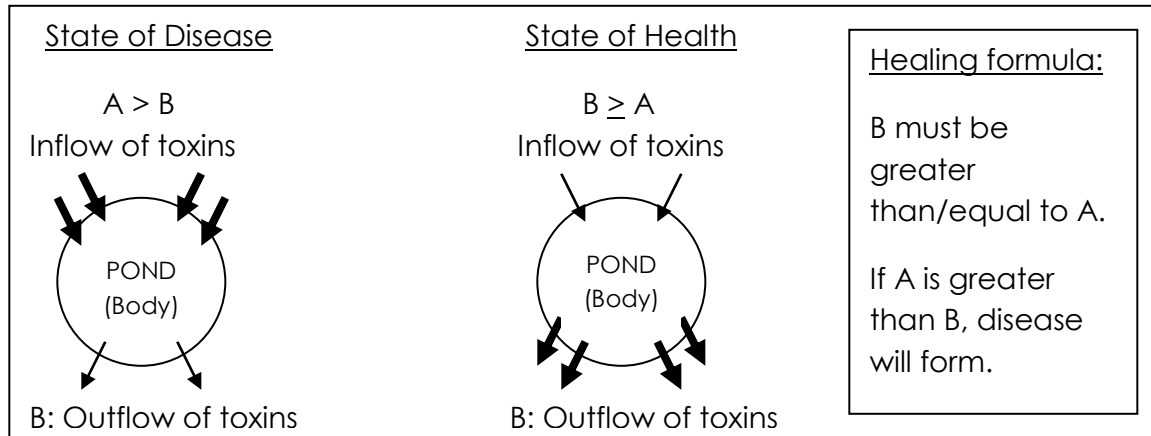


Neurotoxins



Imagine your body, all of your cells, as a collection of chemical buckets. Throughout your life you are exposed to toxins including Environmental toxins such as industrial chemicals, plastic residues, pesticides, herbicides, pharmaceutical drugs, heavy metals, and biotoxins. These toxins continue to build up in your buckets year after year until the buckets gets full. The "spill over" at that point results in what we see as symptoms. This is the source of many of the 21st century diseases we see, and the explanation of why we're seeing them in people younger and younger all the time. Our children are exposed to more toxins than ever before, and as the [Mt. Sinai National Children's Study](#) confirmed we have MILLIONS of children who are or WILL BE affected due to the dramatic exposures.

The more the toxic intake, the worse the illness will be. The chart below illustrates the difference between a state of disease and the state of health.



An Example of Disaster: Chemotherapy



Let's take a common example so you can understand how most of the world is completely lost when it comes to toxicity and its effects on disease. Chemotherapy is now the number one prescribed application (can't even call it "treatment") for Cancer. Yet in [a study published in 2004](#) they cited that "In this evidence-based analysis, we have estimated that the contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults is 2.3% in Australia and 2.1% in the USA (Tables 1, 2). These estimates of benefit should be regarded as the upper limit of effectiveness." **Yes ONLY 2.3% effective, but 100% effective at poisoning you!**

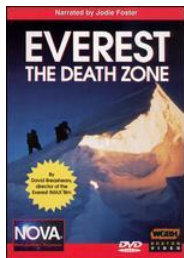
A study was performed using biopsies on the fat of humans. Of the test group, 100% were found to have cancer-causing agents in their bodies. Another study performed found 100% of their test subjects were positive for at least 77 different toxic chemicals each! Of the 167 types of chemicals found in this study, 76 cause cancers, 94 are toxic to the brain and nerve system, and 79 cause birth defects or abnormal development. Interestingly, this study was done on a group who considered themselves to be "healthy," did not work around chemicals, nor did they live near chemical industries.

There IS hope for this situation! Health CAN be achieved! Stopping or limiting the inflow of toxins into your "buckets" and increasing your body's ability to remove them will result in a healthier you. While you cannot avoid EVERY source of toxicity, you can take steps to eliminate the major sources, as well as allow your body to start the healing process.

IMPORTANT: The Multi-BILLION dollar cancer industry is built on FEAR. It was built FOR PROFIT, not for results. If YOU or someone you love EVER develop or have been diagnosed with cancer, do NOT let yourself be fooled. There are answers. We can help. ([Watch Cancer Inside Out Video](#))

Detoxification

1. **Start the Advanced Diet:** This diet addresses the problem of cellular inflammation, which is responsible for cellular congestion which leads to cancer and other diseases. By reducing inflammation, the cells can begin to regenerate and “reboot” so they can start getting rid of toxins. Plus, the Advanced Diet protocol will help eliminate a major source of toxic intake: food.



The FIVE FACTORS to Determine if the Advanced Diet Plan is Right for You:

There's a point when climbing Mount Everest where the oxygen levels drop so much that they call it "The Death Zone" ([Watch Dr. Pompa Video](#)). At this altitude many climbers have died because they THOUGHT they were ok, but little did they know their blood oxygen levels were dropping and before they could get back down they died. This scenario describes the following conditions quite accurately. You may feel “fine” today, but you're health is a ticking time bomb if any of the following indications exist.

- High Triglycerides – If you are a sugar burner and not a fat burner your body will not store or burn fat normally, therefore elevating triglycerides (100 to 135 Normal : > 135 Elevated).
- High Blood Pressure – Inflammation of the large arteries leads to high blood pressure. This inflammation is controlled by the Advanced Diet.
- Elevated Glucose / Insulin / Leptin – Once the insulin receptors are burned out, a fasting glucose, insulin, or leptin test will be elevated. Removing all sugar is the only way to heal the insulin receptors.
- Neurotoxicity – Toxins attached themselves to fat cells and continually elevated leptin. This burns out leptin receptors in the brain leading to leptin resistance resulting in weight gain that does not respond to exercise and diets. ([Learn more about Neurocleanse](#))
- Protein/Fat Genetic Type – Some individuals genetically do better without grains, high fat, or even high protein. This can only be determined by how you feel on a particular diet.

THE FIVE RULES of the ADVANCED DIET

The Basic Idea: We must eliminate *all* sugars and *everything* that turns to sugar.

1. **NO GRAINS** – not even whole, healthy grains until normal glucose and weight are reached!

LOW FIBER CARBOHYDRATES TO ELIMINATE

These carbohydrates are high and moderate glycemic and turn to sugar very quickly.

- Barley
- Brown Rice
- Bulgur (tabouli)
- Buckwheat Groats (kasha)
- Millet
- Rye
- Steel Cut Oats
- Semolina (whole grain-dry)
- Tapioca
- Whole Grains
- AkMak Crackers
- Whole Grain Bread
- Ezekiel Bread
- Wasa Crackers
- Sweet Potato/Yam
- Whole Grain Tortillas
- Whole Grain Cooked Cereals

2. **NO SUGARS** – this includes hidden sugars (read the ingredients)!

ELIMINATING REFINED SUGAR IS CRITICAL

- ✓ Refined sugar lowers the immune system.
- ✓ Sugar promotes yeast growth.
- ✓ One can of soda has 9 to 11 teaspoons of sugar.
- ✓ USA: 120 pounds/year per person - 5 pounds/family (early 1900s)

- ✓ Eliminate corn syrup, fructose, honey, sucrose, maltodextrin, dextrose, molasses, rice milk, almond milk, fruit juices, sweetened brown rice syrup, maple syrup, dates, sugar cane, corn, beet, and lactose (the herb *Stevia* is an acceptable sweetener).
- ✓ Look at sugar content on all food labels.

YOU CAN EAT HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

- ✓ Choose organic when possible. Remember the best carbohydrate choices are vegetables due to high fiber content and low glycemic action.

- | | | | |
|--------------------|------------------|--------------------|--------------------|
| • Arugula | • Asparagus | • Bamboo Shoots | • Bean Sprouts |
| • Beet Greens | • Bell peppers | • Broccoli | • Broadbeans |
| • Brussel Sprouts | • Cabbage | • Cassava | • Cauliflower |
| • Celery | • Chayote Fruit | • Chicory | • Chives |
| • Collards | • Coriander | • Cucumber | • Dandelion Greens |
| • Eggplant | • Endive | • Fennel | • Garlic |
| • Ginger Root | • Green Beans | • Hearts of Palm | • Jicama (raw) |
| • Jalapeno Peppers | • Kale | • Kohlrabi | • Lettuce |
| • Mushrooms | • Mustard Greens | • Onions | • Parsley |
| • Radishes | • Radicchio | • Snap Beans | • Snow Peas |
| • Shallots | • Spinach | • Spaghetti Squash | • Summer Squash |
| • Swiss Chard | • Turnip Greens | • Watercress | |

CARBOHYDRATE CHOICES TO EAT IN MODERATION

These carbohydrates can be consumed in small amounts and not on a daily basis.

- | | | | |
|----------------|----------------|-------------------------------------|-------------------------|
| • Artichokes | • Leeks | • Okra | • Pumpkin |
| • Tomatoes | • Turnip | • Legumes | • Black Beans |
| • Adzuki Beans | • Black Beans | • French Beans | • Chick Peas (garbanzo) |
| • Navy Beans | • Kidney Beans | • Lentils | • Great Northern Beans |
| • Mung Beans | • Yellow Beans | • Pinto Beans | • Split Peas |
| • White Beans | • Lima Beans | • Squash (acorn, butternut, winter) | |

*If carbohydrates or sugars are not from above ground vegetables, you should eliminate them (i.e. carrots and potatoes). They will alter insulin levels.

3. **NO FRUITS** – Berries in moderation, but only in the morning.

LOW GLYCEMIC INDEX (GI) FRUIT CHOICES IN MODERATION ONLY

Choose organic when possible. If weight loss is a concern eat low glycemic fruit in extreme moderation. Low GI – Best fruit choice, especially if weight loss is a concern.

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

4. **Monitor PROTEIN intake** – on average 15g per/meal. Larger males and those performing resistive exercise can consume between 20g and 25g per/meal. An egg typically contains 7 grams of protein. A piece of meat the size of a deck of cards typically contains 15 grams of protein.

GOD PROTEINS CHOICES

Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese) grass fed, free-range, cage-free, and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish.

- Eggs
- Vitol Egg Protein
- Venison
- Whey Protein – Raw Grass Fed (PaleoMeal™)
- Cold Water Fish - Salmon, Sardines, Mahi-Mahi, Mackerel etc.
- Cottage Cheese
- Ricotta Cheese
- Turkey
- Raw Cheeses
- Beef
- Game Birds - Pheasant, Duck, Goose, Grouse
- Chicken
- Lamb

5. **Increase Healthy FATS** – 2 to 3 weeks after beginning program. This is the typical time needed to become a fat burner.

GOD FAT CHOICES

Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), cold-pressed, grass fed, free-range, cage-free, and no hormone added sources whenever possible. (If Peanut Butter - Valencia Brand).

- [Grass Fed Meat](#)
- Olive Oil, Olives
- Avocado
- Coconut
- Cashew Butter
- Flax Seeds
- Raw Macadamias
- Lydia's Organics Crackers
- Coconut or Flakes
- Flaxseed Oil
- Butter
- Eggs
- Canned Sardines
- Hemp
- Sesame Seeds
- Cod Liver oil
- Grape Seed Oil
- Veganaise
- Full Fat Raw Milk
- Raw Almonds
- Raw Pecans
- Raw Sunflower
- Hemp Oil (3 to 1 ratio)
- Almond Butter
- [Raw Cheeses](#)
- Full Fat Plain Yogurt
- Raw Cashews
- Raw Pine Nuts
- Raw Walnuts

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils *such as cottonseed oil, soybean oil, and vegetable oils*; Trans Fats *such as margarine and synthetic butters*; Rancid Vegetable Oils *such as corn oil, canola oil, or those labeled simply vegetable oil, located in practically every bread, cracker, cookie, and boxed food.* ([Watch Twinkie vs Torch Video](#))

COOKING WITH FATS AND OILS – YOU CAN TURN GOOD FATS INTO BAD FATS!

- HIGH HEAT: Use only coconut oil, olive oil, grape seed oil or rice bran oil for frying. The best choice is coconut oil because of its superior flavor when frying food such as chicken or fries. Olive oil, while equally as healthy, tends to make food soggy rather than crispy. There is a word of caution regarding olive oil. It will turn rancid and become a bad fat when heated above 120° F. If it smokes, it has already turned rancid.
 - MEDIUM HEAT: To sauté foods, use sesame oil, rice bran oil, olive oil, grape seed oil, coconut oil or butter.
 - BAKING: Butter, coconut oil, sunflower, safflower or olive oil can be used in baking if temperature is less than 325° F. In a hotter oven, use butter, olive oil or coconut butter.
- NO HEAT OILS: Cold-pressed oils such as, flax oil, hempseed oil, sunflower oil, safflower oil and hemp seed oil should not be heated but added to food after it is cooked.

COOKING AND EATING TIPS

- ✓ If you are not losing weight on this diet. Try reducing your protein intake first.
- ✓ If still not losing weight, after protein reduction, your body likely has a toxic interference such as heavy metals and/or biotoxins. Ask about toxicity testing to identify this interference.
- ✓ Removing ALL grains and sugars is easiest when removed completely and at the same time. Your body will adapt to the change quickly and cravings will be eliminated in approximately 1 ½ weeks.

- ✓ Eating more frequent meals can minimize symptoms related to glucose and insulin adjustments you may experience when removing grains and sugars from your diet.
- ✓ Glutamine will help curb sugar cravings and reduce appetite.
- ✓ PaleoMeal™ works well as a meal replacement especially while traveling and at work.
- ✓ Be sure to drink clean water not tap throughout the day. Reverse osmosis (RO) and/or distilled water is best. Drinking water also reduces appetite.
- ✓ Eat God protein and God fat with every meal. Raw nuts and seeds are the perfect combination of protein and fat for a snack, if necessary.

EAT MORE VEGETABLES

- ✓ Potatoes are not vegetables, they are tubers.
- ✓ If you cook vegetables, lightly steam, but raw is best.
- ✓ Some people will do better with more protein and less vegetables and others will do better with more vegetables and less protein, depending on metabolic type (i.e., an Eskimo vs. a Peruvian Indian)
- ✓ Listen to your body. Your cravings and energy levels will tell you when you need to adjust or modify your personal plan. However, during the first two weeks while insulin levels are adjusting, you will need to eat more meals a day to feel better.
- ✓ Organic is best. If not organic, wash them with distilled vinegar or solution available in health food stores. Use bags to squeeze air out of the vegetables before storing. Sundays seem to be an ideal day to do this for the week.
- ✓ Always eat some protein with vegetables (i.e. an egg or piece of chicken, turkey or fish).

NOTE FROM DR. DANIEL POMPA: It will take several days to lower insulin levels. In the meantime, high insulin levels will cause symptoms such as dizziness, confusion, headaches and a general ill-feeling”.

- Eating every two hours can help minimize unpleasant symptoms during this transition.
- 4-6 meals a day is better for weight loss, even after your system adjusts.
- Eating more frequently has shown to normalize blood sugar levels.
- Artificial sweeteners such as NutraSweet, even Stevia, which is an herb, can stimulate carbohydrate and sugar addiction cravings.

2. **Filter your Water:** Chlorine and Fluoride ([Watch Flouride Fraud Video](#)) are added to most drinking water supplies in the U.S. While killing microbes in the water supply, they also increase the risk of cancer, birth defects, and even heart disease! Solutions for this include using a water filtration system for all drinking water, bathing, and other home uses. ([Suggested Water Filters](#))

3. **Eliminate Toxic Household Cleaners:** Those products you can buy at any grocery store contain many carcinogenic (cancer-causing) chemicals. Common Dishwashing Detergents, Oven Cleaners, Laundry Detergent, Floor and Furniture Polish, Air Fresheners, Hard-Surface Cleaners, Antibacterial Cleaners/Soaps, Dry Cleaning, Carpet and Upholstery Cleaners, and Toilet Bowl Cleaners all contain harmful neurotoxic chemicals.

The Toxic Top 15

- Poisons from medications and refined foods (continued on next page)

- Neurotoxins from injections/vaccinations (Aluminum and mercury)
- Neurotoxins from Amalgam (silver colored) fillings in your teeth (Mercury)
- Bio-toxins (Mold and Lyme)
- Environmental toxins (in carpets, flooring, paint, new furniture, sheets, & bedding)
- Dishwashing detergent
- Oven cleaner
- Laundry detergent
- Floor and furniture polishers
- Air fresheners
- Hard-surface cleaners (especially kitchen cleaners)
- Antibacterial cleaners and soaps
- Dry cleaning
- Carpet and upholstery cleaners
- Toilet bowl cleaners

4. **Reduce/Remove Plastics**: Try to avoid plastics whenever possible. They contain phthalates, a cancer-causing and hormone-disrupting chemical. Check the bottom of any plastic containers you use. Make sure they are numbered 1, 2, 4, or 5, and stay clear of plastics numbered 3, 6, and 7. Avoid placing hot foods in plastic containers, and try to use glass for any storage whenever possible. Stainless steel and glass bottles for drinking purposes are best.

5. **Change Your Personal Care Products**: Soaps, shampoos, cosmetics, and other household care products are known to contain toxic agents. Diethanolamine (DEA, which causes cancer), Propylene Glycol (which causes kidney and liver damage, skin cell growth problems, rashes, and respiratory, immune, and nerve system damage), and Sodium Lauryl Sulfate (SLS, which is a known mutagen that seeps into the heart, liver, lungs, and brain from skin contact) are all common in personal care products, including baby products. (Buy natural body care products at <http://www.vitacost.com/>)

6. **Remove Heavy Metals**: Heavy metal toxins are among the most dangerous neurotoxins you will encounter. Mercury is the third most toxic substance known to science. The extremely toxic effects of mercury were seen most perhaps in the [Minamata Disaster](#) of Japan when over 1,700 people DIED from Mercury poisoning, and another 10,000+ were permanently “disabled”. Mercury attacks the



BRAIN and NERVE SYSTEM ([Watch Neural Destruction Video](#)) and causes an enormous amount of diseases and dysfunctions, among which include:

Depression, Anxiety, Insomnia, ADD, ADHD, Alzheimer's Disease, Dizziness, Low Body Temperature, Skin Problems, and More...

Sources of Mercury are common: amalgam (silver) fillings in teeth ([Watch Queksilber Video](#)) which is the number one exposure in adults ([Watch Smoking Tooth Video](#)) ([Watch Mercury Test Video](#)).

Amalgam (Mercury) Dental Fillings



“Mercury is toxic... dental mercury amalgams should not be used as a filling material”

Despite decades worth of valid research, and the fact that most industrialized nations have banned the use of amalgam, the United States FDA and American Dental Associations continue to ignore the evidence and continue usage ([Watch Video Part 1](#)) ([Watch Video Part 2](#)). Children in particular are highly susceptible to mercury poisoning from amalgam fillings due to a still developing blood brain barrier, the nerve system’s primary line of defense against dangerous toxins ([Watch CN8 Video](#)). Another outrageous result of this toxic exposure is that the mercury vapor from amalgam fillings has an even greater effect on the growing fetus in pregnant women. The [New York Times reported](#) that a stunning *“ONE in SIX children born in the United States could be at risk for developmental disorders because of mercury exposure in the mother’s womb.”*

Thimerosal & Aluminum in Vaccinations

The number one source of Mercury in children is vaccinations. The preservative [Thimerosal](#) continues to be put into vaccines despite constant media attention. Take this example to understand the extent of the damage: A 6 month old baby weighing 20lbs should not exceed 0.9 mcg of mercury according to EPA exposure limits. Yet by 6 months of age the routine infant and flu vaccines total about 28 mcg of mercury! Just the two flu shots alone exceed EPA limits by 14 times. They say this is “safe”, then tell pregnant moms to avoid Tuna? Mercury is also found in eye care products, certain fish and seafood, compact fluorescent light bulbs, and more, and has in the past been an ingredient even in birth control pills.

How many vaccines will your child get?

AT BIRTH	6 MONTHS	15 MONTHS
- HepB	- DTaP - each shot has 3 vaccines	- DTaP - each shot has 3 vaccines
ONE MONTH	- Flu	18 MONTHS
- HepB	- HepB	- Flu - annually throughout
TWO MONTHS	- Hib - each shot has 2 vaccines	- Rotavirus
- DTaP - each shot has 3 vaccines	- IPV	- HepA
- Hib - each shot has 2 vaccines	- PCV - each shot has 8 vaccines	4-6 YEARS
- IPV	- Rotavirus	- DTaP - each shot has 3 vaccines
- PCV - each shot has 8 vaccines	12 MONTHS	- IPV
- Rotavirus	- HepA	- MMR - each shot has 3 vaccines
4 MONTHS	- Hib - each shot has 2 vaccines	11-12 YEARS
- DTaP - each shot has 3 vaccines	- MMR - each shot has 3 vaccines	- PCV - each shot has 8 vaccines
- Hib - each shot has 2 vaccines	- PCV - each shot has 8 vaccines	- MCV4
- IPV	- Rotavirus	

Too many.

Your child may receive up to **80** vaccines by six years of age.

Make an informed choice.

- ❖ Despite popular belief it is NOT mandatory to have your children vaccinated to enter school! By Constitutional Right you CAN refuse with a letter of exemption from the state health department. We’ve posted this [“Warranty of Safety Medical Exemption”](#) for you to bring to your Pediatrician or Medical Doctor compliments of [Mercola.com](#). Or visit [www.vaclib.org](#) for state by state exemption guidelines and walkthroughs.

Another source of Heavy Metal toxicity is Lead. Gasoline, paints, and older homes are major sources of lead. While these major sources have been eliminated, it still infected the generations before and during its phasing out and passed this poisoning along to their children. Common sourced of Lead are imported products (children’s toys, lunch boxes, jewelry), canned foods (with lead solder), painted dishes, drinking water, etc.

Heavy Metal Testing & Detoxification Protocol

1. REMOVE ALL AMALGAM FILLINGS:
 - a. BEFORE and AFTER all amalgams have been removed, Heavy Metal detoxification is a very specific process and should be done only using the guidelines in the Heavy Metal Detoxification Protocol as taught by Dr. Bucknell or another specially trained Maximized Living Doctor.
 - b. Amalgam removal should ONLY be done by a I.A.O.M.T. qualified and trained dentist. I highly recommend [Dr. Dayton Hart](#) – Foley AL – 251-943-2471

2. CREATININE CLEARANCE TEST:

Once ALL amalgam fillings have been safely removed, a Creatinine Clearance test is ordered. This will determine if your kidneys can tolerate the heavy load of the chelating agent necessary for the urine analysis.

3. HEAVY METALS URINE CHALLENGE: (UNAVAILABLE AT THIS TIME DUE TO FDA INTERFERENCE)


After results have been received for the Creatine Clearance, a Chelation Challenge urine test as seen below is performed to determine toxic levels. The PRE and POST challenge is simple to understand and identifies not just Mercury and Lead, but a number of the most common metal toxicities.

In the example you can see that the patient has an elevated Aluminum level. After questioning we were able to identify that they were cooking using anodized aluminum cookware. The pans were replaced to remove the ongoing exposure, and the chelation process was begun to remove the metals already stored in their tissues.

Results of the test can vary widely and are not always so obvious depending on how strongly the body holds onto the metals.

Again DO NOT attempt the chelation challenge until ALL fillings have been removed as you can leach mercury from the fillings at an accelerated rate and make the problem worse.

URINE TOXIC METALS



DOCTOR'S DATA

LAB#: U090212-0307-1
 PATIENT: ██████████
 SEX: Male
 AGE: 29

CLIENT#: 34088
 DOCTOR: Michael Bucknell, DC
 South Alabama Chiropractic
 7921 Tanner Williams Road Suite 1
 Mobile, AL 36608

POTENTIALLY TOXIC METALS					
METALS	RESULT µg/g CREAT	REFERENCE RANGE	WITHIN REFERENCE RANGE	ELEVATED	VERY ELEVATED
Aluminum	43	< 25			
Antimony	0.04	< 0.6			
Arsenic	6.1	< 120			
Beryllium	< dl	< 0.5			
Bismuth	< dl	< 10			
Cadmium	0.2	< 2			
Lead	4.6	< 5			
Mercury	0.8	< 3			
Nickel	2.5	< 10			
Platinum	< dl	< 1			
Thallium	0.2	< 0.7			
Thorium	< dl	< 0.3			
Tin	0.7	< 9			
Tungsten	0.06	< 0.7			
Uranium	< dl	< 0.1			

CREATININE							
	RESULT mg/dL	REFERENCE RANGE	2SD LOW	1SD LOW	MEAN	1SD HIGH	2SD HIGH
Creatinine	180	45 - 225					

SPECIMEN DATA			
Comments:			
Date Collected:	2/7/2009	Method: ICP-MS	Collection Period: timed: 6 hours
Date Received:	2/12/2009	<dl: less than detection limit	Volume:
Date Completed:	2/17/2009	Provoking Agent: DMSA	Provocation:

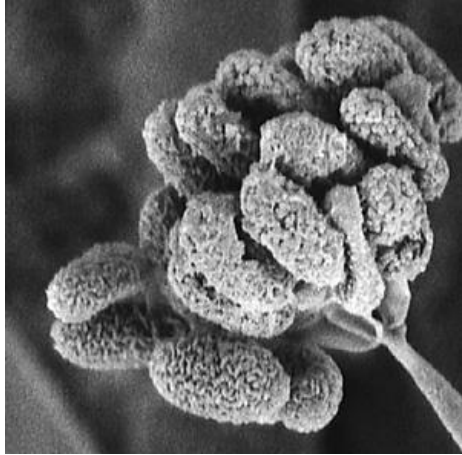
Toxic metals are reported as µg/g creatinine to account for urine dilution variations. Reference ranges are representative of a healthy population under non-challenge or non-provoked conditions. No safe reference levels for toxic metals have been established. V10.00

4. CHELATION PROCESS:

Due to FDA labeling of DMSA as a drug, this product is no longer available. However we do have other available and effective options.

If you would like additional information about any of these procedures, contact Dr. Bucknell's office.

7. **Remove Biotoxins:** Biotoxins are elements in your environment that affect your nerve system. They are in fact neurotoxins. There are several sources for Biotoxins, such as algae, bacteria, fungi, and viruses. However, the two most prominent are Mold and Lyme.



Mold can be found in almost any home or work place. The reason is because most houses today are built to be “energy efficient.” That means they are sealed buildings that let little air pass through. This becomes a breeding ground for mold. In addition, these homes also come equipped with HVAC systems that provide the needed transportation for mold to disperse throughout the house. The mold also becomes airborne so that the very air you breathe contains spores. Most houses and places of business are ripe for mold. All it needs is a little water to get started. Leaky roofs, busted pipes, or overflowed drains and toilets can provide the means to starting your own mold colony. This is especially true for buildings with basements, flat roofs, or

those which were simply poorly constructed. About 24% of the population lacks the genetic information to identify and remove mold Biotoxins. That means that the mold Biotoxins remain in the body, continuing to cause problems unless proper therapy is administered.

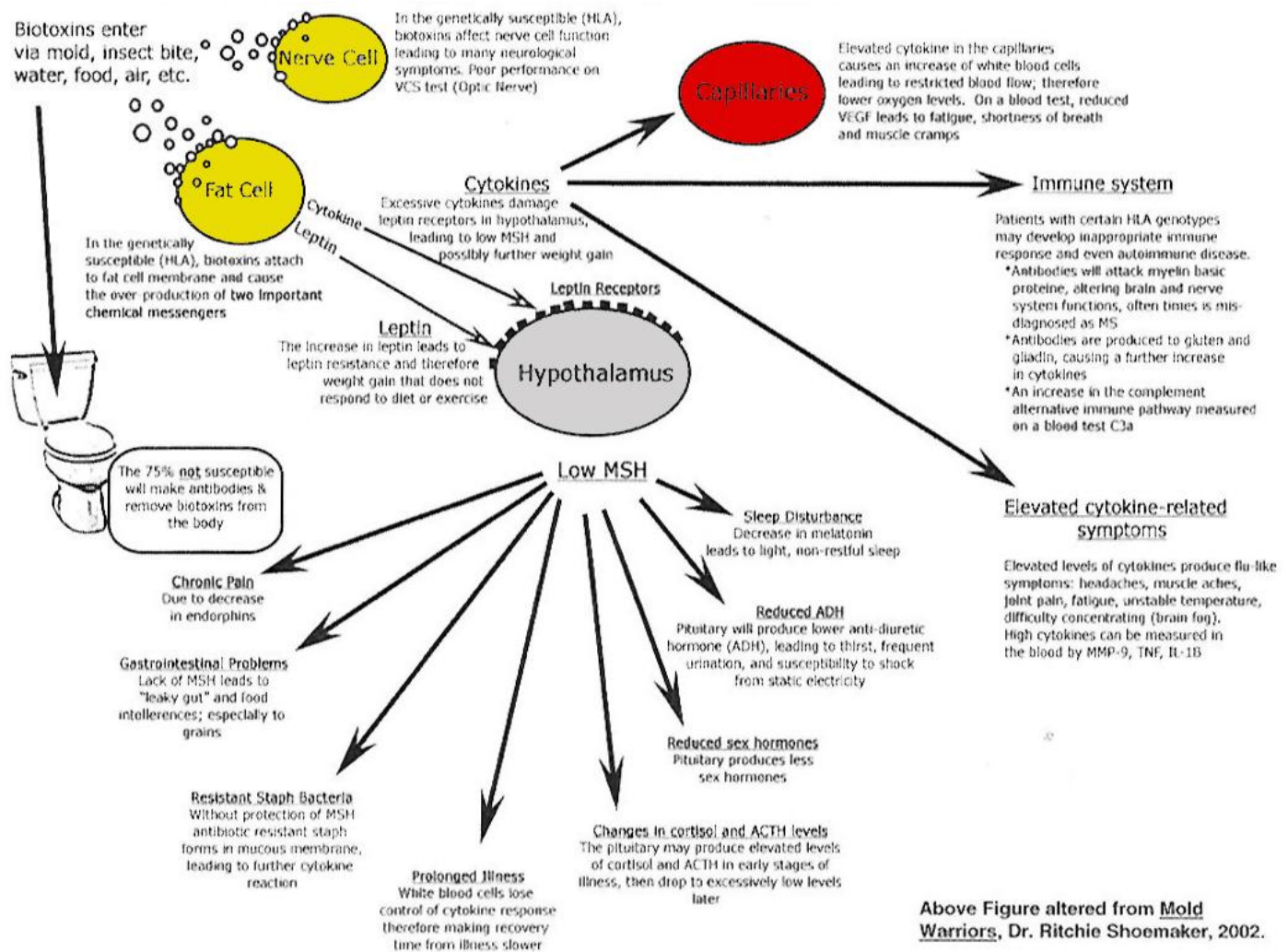
Lyme is another source of Biotoxins. About 19% of the population lacks the gene that produces antibodies to lyme's Biotoxins. Yes, some lyme does come via tick bites; however, there are many other cases in which patients of lyme disease were not bitten. These patients still exhibit symptoms and are rarely helped with antibiotics. Instead they continue to get sicker and sicker.

Less than 2% are genetically susceptible to mold and lyme, as well as other Biotoxins. Any exposure for these “multi-susceptible-types” will result in sickness. It is often difficult and sometimes impossible to return these types to health.

Biotoxins produce a wide-variety of symptoms, including but not limited to:

- Chronic respiratory infections (coughs, congestion, snoring, and sleep apnea)
- Shortness of breath (even walking up a small flight of stairs)
- Shooting/burning pain
- Tenderness or soreness in muscles (usually misdiagnosed as fibromyalgia in adults or “growing pains” in children)
- Extremely tight, achy, cramping muscles and/or ligament laxity
- Chronic joint pain/inflammation (often misdiagnosed as arthritis, especially in Lyme cases)
- Chronic fatigue (mostly in the morning, though some more toxic patients experience it throughout the day)
- Excessive thirst/urination

- Excessive sweat/body odor
- Sensitivity to electricity (shocks, interference with electrical devices)
- Sensitivity to light/sound
- Chemical sensitivities
- Skin sensitivities (including hypersensitive skin as well as desensitized skin)
- Skin infections (including persistent viral or fungal infections)
- Recurring infections (such as colds and flus)
- Interference with cognitive function (short-term memory loss, brain fog, ADD/ADHD, inability to concentrate, mood swings, and depression)
- Digestive problems
- “Mold eyes” (red eyes, glazed eyes, or deep dark hollows underneath the lower eyelids)



From the flow chart above, you can see how Neurotoxins affect your body's normal functions on a cellular level. Most "new millennium diseases" (ADD/ADHD, Autism disorders, Weight-loss resistance, etc.) can be linked to the effects of Neurotoxins in your system. The first step is stopping the toxic river from flowing into you. The less you take in, the less you will have to remove, and the quicker you will be on your way to health. Biotoxins directly affect nerve cell function as you can see in the TOP LEFT of the chart.

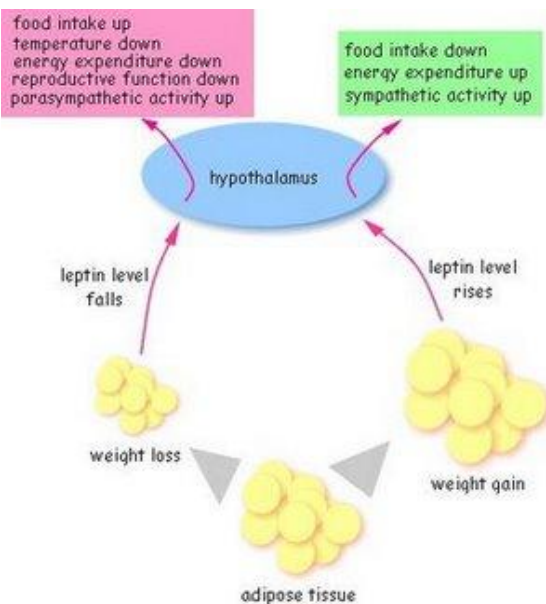
Biotoxins affect fat cell receptors as you can see which increases the production of "pro-inflammatory" cytokines. These cytokines are typically employed in the beneficial immune and inflammatory responses. For

example, when a flu virus attacks the body, the cytokines “jump into action” to fight back. However, when Biotoxins are present, the level of cytokines stays elevated, causing several symptoms including:

- Flu-like symptoms (headaches, muscle aches, fatigue, temperature fluctuation, and problems concentrating)
- Constriction of capillaries (fatigue, muscle cramps, shortness of breath, and cold extremities)
- Production of antibodies to myelin basic protein (which can scar the brain, and appears on an MRI as MS), gliadin (which is why many Biotoxic patients feel better on a gluten-free diet), and cardiolipins (which affect blood clotting)
- Cytokine over-production causes inflammation which can lead to several cases of heart and respiratory diseases (including heart attack and stroke)

Leptin

Another issue with Biotoxic patients is that of elevated levels of the hormone Leptin. Leptin is the hormone that tells your body’s cells to burn fat for energy. Typically, a patient who is weight-loss resistant will have elevated levels of Leptin. Regardless of effort, Biotoxic patients will have trouble losing weight and slimming down because their body cannot “hear” the Leptin at the cellular level. The hormone is there, but the cells are too toxic to receive it and so they do not burn fat as a result.



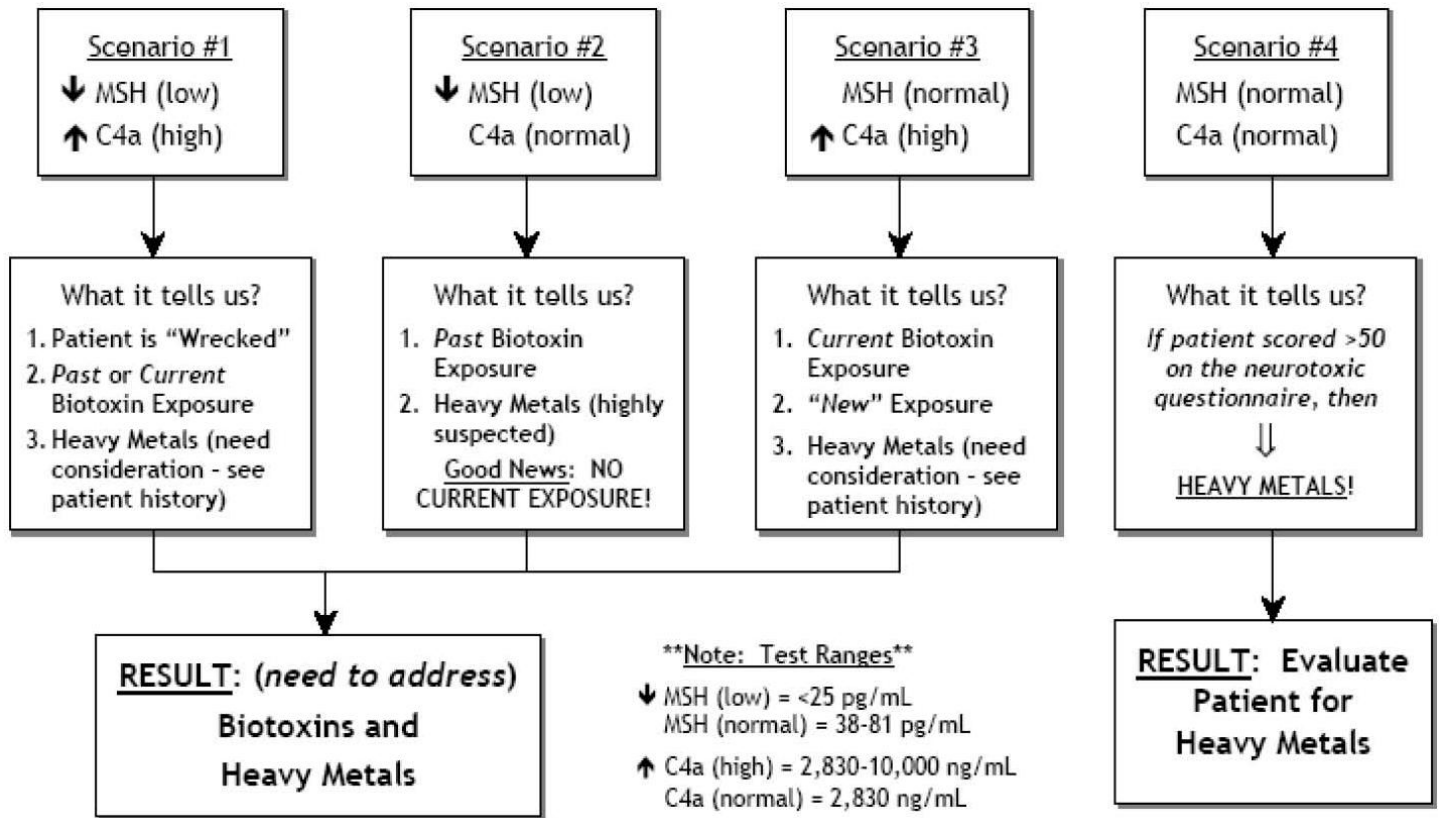
This is understood by looking at the diagram. As a person gains weight, Leptin rises which is supposed to cause hunger to stop and energy burning to accelerate. But when Biotoxins are present they block the Leptin receptors at the Hypothalamus of the brain. So the brain thinks it’s on the OTHER side of the diagram where there are low Leptin levels because it can’t “hear” the Leptin that’s there. The results are increased hunger, lethargy, etc.

Blood Leptin resistance testing is recommended for patients who simply cannot lose weight. This is done with a simple blood test. Typically you’ll find that Leptin levels are elevated in unison with Insulin levels due to their similar relationship to energy burning and storage. Therefore if you have high Insulin or are Diabetic you are highly likely to have elevated Leptin levels. If you’d like additional information about ordering a Leptin test contact your local Maximized Living office.

MSH and C4a

The third main hormone affected by Biotoxins is MSH (Melanocyte Stimulating Hormone). MSH is the source of all normal nerve, hormone, and immune functions. By looking at blood tests to see the relationship between MSH and C4a, a marker for the compliment immune system, we can determine if a patient is affected by a current exposure or if the symptoms/dis-ease is a result of a past exposure that was never properly cleared.

You can see from the chart below what the different combinations mean.



Low level MSH can produce:

- Chronic fatigue and fibromyalgia
- Sleep apnea/non-restorative sleep (due to low melatonin levels being produced)
- Leaky gut syndrome (continued)
- Low levels of anti-diuretic hormone (leading to excessive thirst, sweating, urination, and the static shocks most Biotoxic patients get)
- Reduced sex hormones
- Excessively high or low cortisol levels
- Slow recovery from infections
- Anti-biotic resistant staph infections (which further elevate the inflammatory cytokines due to their own Biotoxins)

Biotoxic individuals typically have low VCS Test (next page) scores since the Biotoxins directly affect the photoreceptors in the retina and optic nerve. However, the most reliable testing for Biotoxins is blood work. If you'd like to get additional information or schedule a MSH/C4a or Leptin blood test to identify any imbalance please contact your local Maximized Living office.

Neurotoxic Testing & Treatment

With simple in-office and outsourced blood testing, we can determine if you are Neurotoxic with certainty. These tests are highly accurate and based on sound research and technology.

LEVEL 1: Neurotoxic Questionnaire

Though simple, the Neurotoxic Questionnaire is designed to uncover Neurotoxic effects. The list of symptoms on each page corresponds to either Heavy Metal toxins or Biotoxins. You cannot proceed to additional testing of any kind until this basic test is completed.

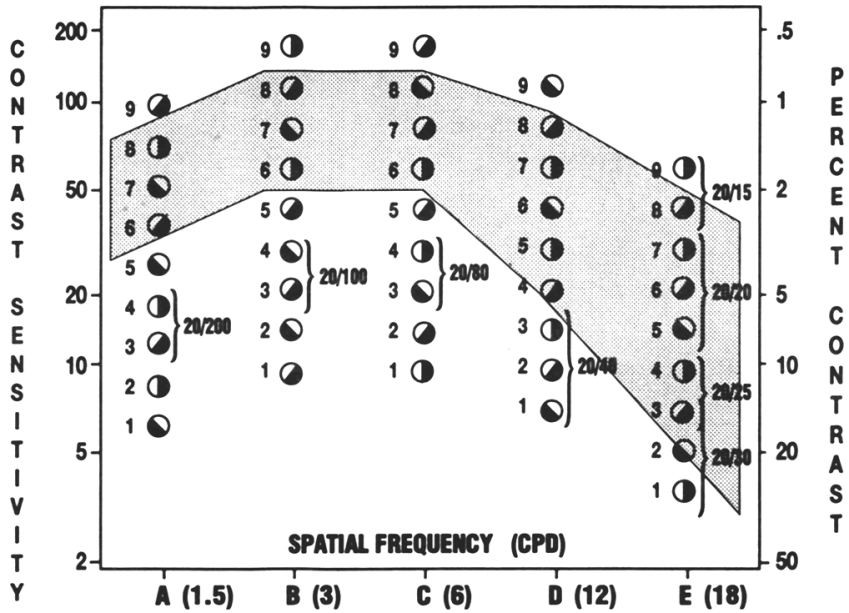
Your Total Score: _____

LEVEL 2: VCS Test ([Watch Video](#))

When Neurotoxins are in your system, they have an attraction to fat. As a result your optic nerve just like the brain and nerve system cannot get enough oxygen and thereby loses its ability to determine contrast (light & dark). The VCS test is scientifically proven with over 98% accurate for biotoxicity. Diagnostic rows for Biotoxicity are rows C & D, while a low reading on row A may indicate vitamin A deficiency.

Eye exam score: _____

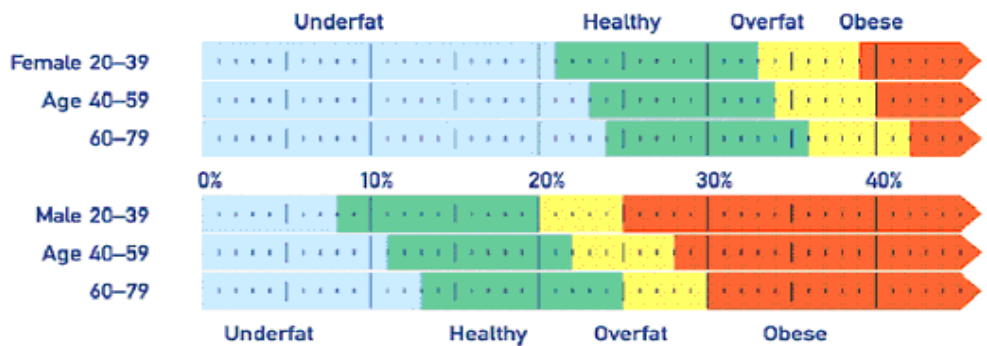
VCS Score: PASS FAIL



LEVEL 3: Tanita Scale

Weight-loss resistance is a key symptom to Neurotoxicity. A body-mass index is calculated to determine if you are weight-loss resistant as well as to help you achieve and maintain a healthy weight and body-fat percentage. Other factors, such as bone mass and body-water percentage, are essential to maintaining a healthy lifestyle.

Weight: _____
 DCI: _____
 Body-Fat %: _____
 Met. Age: _____
 pH: _____
 Water %: _____
 Bone Mass: _____



REFERENCE RANGES:

Water %	Male: 50-65%	Female: 45-60%
Bone Mass	Male: <143lbs = 5.9	143-209 = 7.3 >209 = 8.1
	Female: <110lbs = 4.3	110-165 = 5.3 >165 = 6.5

LEVEL 4: Special-Order Blood Testing

If the preliminary testing reveals a potentially more severe case of Neurotoxicity, the doctor may recommend more in-depth testing in order to provide a more comprehensive detoxification program.

LEVEL 5: Treatment

WEIGHT LOSS & NEUROCLEANSE

The number one reason why most people cannot lose weight is unbalanced hormones due to toxins in the body. How Do I Avoid Toxins? It is impossible to avoid toxins because they exist everywhere: in your home, at your workplace, in your food, and even in the air you breathe. However, research shows that true cellular detoxification can improve and reverse the effects of toxins in two simple and critical steps:

1. Unload the toxins from the millions of polluted and sick cells in your body
2. Remove the unloaded toxins safely and permanently from the body

After in-depth research of every detoxification system and colon cleanse product available, only one detoxification program properly unloads toxins at a cellular level, properly binds toxins in the gut, and properly removes the unloaded toxins from the body: that detoxification system is NeuroCleanse.

ANTIOXIDANTS & NEUROCLEANSE

Antioxidants are dietary substances that can prevent damage to your body's cells or repair damage that has already been done by oxidative stress, or damage from oxygen. This process is caused by substances called free radicals that can lead to cell dysfunction and the onset of problems like heart disease and diabetes. Antioxidants improve immune function and are critical in preventing cancer.

The answer to making sure your body has enough antioxidants is not taking more of them, but making sure that your body is producing enough naturally. The most powerful antioxidant in the world is not a berry, fruit, or vitamin, it's GSH. Glutathione (GSH) is the master antioxidant in your body that is critical to your overall health. GSH is found in all cells in the body, including the bile, the epithelial lining fluid of the lungs, and at much smaller concentrations in the blood.

However, GSH must be generated within the cells from its precursors before it can work effectively in the body. If your cells are toxic, then your body is not making enough. If not enough GSH is available, heavy metals and toxins are stored in fat tissue. Without it, your cells would disintegrate from unrestrained oxidation, your body would have little resistance to metabolic acids, and your liver would wither from the eventual accumulation of acidic toxins. In addition, the brain, nervous system, breasts and prostate are mostly fat, and therefore become receptacles for environmental poisons.

Proper amounts of GSH have been shown to slow the aging process, detoxify and improve liver function, strengthen the immune system, and reduce the chances of developing cancer. GSH also works to help improve mental functions, increase energy, improve concentration, permit increased exercise, and improve heart and lung function. Your life depends on Glutathione.

NeuroCleanse naturally increases GSH by providing the body with the raw materials and co-factors to promote, support, accelerate, and maintain a healthy GSH level. NeuroCleanse not only helps your cells to manufacture GSH safely and naturally, it also provides other nutrients and herbs that protect its destruction. In all the NeuroCleanse System provides true cellular detox within the body, removing toxins at a cellular level and then "catching" them in your gut for a safe and natural detox.



NeuroCleanse®

The #1 selling, complete, Body, Nerve and Cell detox and cleanse system

THE ONLY TRUE CELLULAR DETOX!

TOXINS are fat loving renegades that enter and/or accumulate in your body causing severe neurological and cellular dysfunction and disease. Some everyday toxins include:

- Heavy metals (mercury, lead, arsenic)
- Environmental contaminants (petroleum by-products, insecticides, herbicides)
- Biotoxins (toxins produced by living things such as mold, infections and parasites within and others outside the body)

THE BAD NEWS...

It is impossible to avoid these toxins because they are located in your home, your work place, and in **your** body!

THE GOOD NEWS...

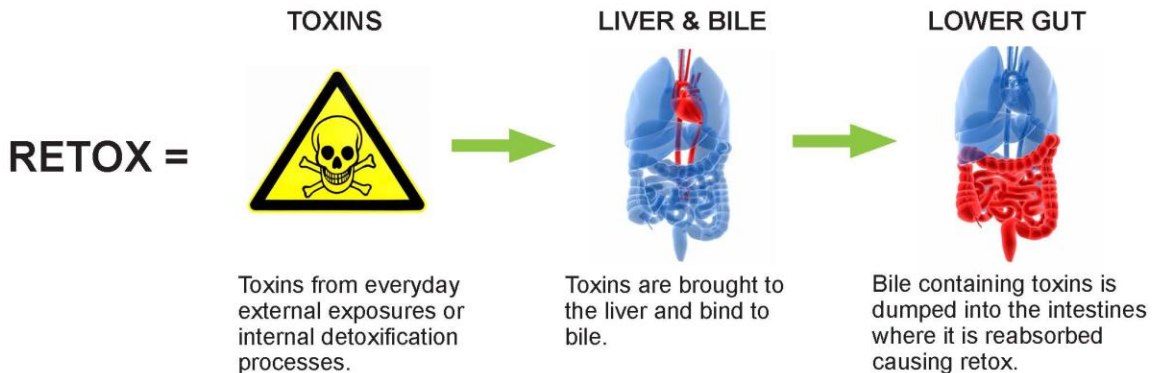
Research also states that proper or True Detoxification of certain toxins has improved and reversed these conditions!



TRUE DETOXIFICATION occurs in two simple steps:

- 1 Unloading the toxins from your body - **CellClear™**
- 2 Binding the unloaded toxins in the intestinal tract to prevent re-absorption by your body for safe and permanent removal - **BioClear+™**

A few of the current popular detoxification programs may, at some level, promote detoxification "Step 1" in the body. However, most of the toxins recirculate back into the body, never to be removed. We call this process Retoxification or "Retox".










CellClear™ was designed by a team of world-renowned doctors following years of research to contain the most scientifically accurate and complete detoxification system available on the market today. CellClear™ contains a proprietary blend of amino acids, fatty acids, and herbals that gently work synergistically with your body's own internal detoxification system to remove toxins stuck to the cells and promote and restore the cell membranes. This allows toxins to flow out and nutrients to flow in. **TRUE DETOX can ONLY OCCUR at the CELLULAR LEVEL!**

Preventing Retox: Bile, a greenish fluid produced by the liver, acts as a magnet in which toxins are collected. Bile is re-absorbed and recycled back to the liver for future use in the digestion process, poisoning the body again and again by the VERY SAME toxins that the body is trying to eliminate. This is the purpose of the simple yet critical "Step 2" of true detoxification, and NeuroCleanse is the only detox system to offer it with BioClear+™



BioClear+™ contains a blend of activated carbon and organic psyllium that avidly binds both bile and unloaded toxins while supporting the intestinal tract for fast, safe, and permanent toxin excretion. This process STOPS the devastating effects of toxins in the body's cells and organs and the disease processes caused by toxins can reverse naturally and safely.

BENEFITS	All Other Detox/Cleanse Products	NeuroCleanse™ CellClear & BioClear+
Contains a complete combination of ingredients to clear toxins from the cell for proper, safe, permanent detoxification and healing of cellular membranes		
Prevents re-absorption of toxins into the body at the source of uptake by binding bile and toxins, thus eliminating Retoxification		
No dangerous side effects that are frequently seen with stimulants and other weight loss and detox supplements		
Curbs cravings while significantly lowering blood cholesterol levels and caloric uptake		
Removes resistance to weight loss by correcting irregular leptin levels due to toxicity		
Corrects hormone imbalances that control physical, mental, and emotional health		
Complete oxidative/antioxidant support and increases cellular glutathione (#1 antioxidant and detoxifier)		

NeuroCleanse IS NOT JUST ANOTHER COLON CLEANSE SYSTEM!

Experience the power of true detoxification with the NeuroCleanse detoxification system, the ONLY cellular & TRUE detox on the market today.

Order Online at www.MaximizedLivingDrBucknell.com

One Year Advanced Organ Detoxification Protocol

Note that before considering a more advanced flushing program such as this, basic CELLULAR level detoxification should be ongoing using Neurocleanse.

January:	14 day MILD restriction fast (2-3 cups fresh RAW vegetables per day + Lots of WATER)
February:	Colon Cleanse (Springreen 7 Day Cleansing Program w/ optional home enema board for colon flush)
March:	Off Month (Neurocleanse Only)
April:	7 day STRICT restriction fast (2-3 cups fresh RAW vegetables per day + Lots of WATER)
May:	30 day Liver Cleanse (Himalaya LiverCare supplement available in office)
June:	Off Month (Neurocleanse Only)
July:	14 day MILD restriction fast (2-3 cups fresh RAW vegetables per day + Lots of WATER)
August:	Colon Cleanse (Springreen 7 Day Cleansing Program w/ optional home enema board for colon flush)
September:	Off Month (Neurocleanse Only)
October:	7 day STRICT restriction fast (2-3 cups fresh RAW vegetables per day + Lots of WATER)
November:	Gall Bladder and Kidney Cleanse (Baseline Nutritionals Stone Breaker formula available in office)
December:	Off Month (Neurocleanse Only)

All products listed are either available in the office or by special order. Ask for details.

Essential #5

Maximized Mindset

Stress Reduction and Life Management Program

This section above ALL others contains the fundamentals to give you the power and authority over your life to create incredible and lasting change in not just your HEALTH, but in your RELATIONSHIPS, your FINANCES, and every other aspect of your LIFE.



This is YOUR LIFE. Why would you not do EVERY single thing possible to get the most out of it? How many books should you read that improve your life? How many videos and movies should you watch? How many successful people should you meet? How much time should you spend in environments conducive to REAL success? You only get one opportunity and it's quite short. Maximize it!

The POWER of the Sub-Conscious Brain:

Did you know that your sub-conscious brain is a MILLION times more powerful than the conscious brain? While consciously you can only process about 40 bits of information per second, or two separate thoughts, the sub-conscious brain is a perpetual supercomputer processing over 40 MILLION bits per second. So what's it doing? That INNATE INTELLIGENCE is running every process within the body, sending signals to and from the tissues and organs at over 200mph. Understanding this POTENTIAL power is the first thing you must understand.



The User Interface

Incredible leaps are being made in the areas of Quantum Physics and Neuroscience. In doing so we're learning some incredible things not just about how the brain works but how our entire understanding of nature functions. Our whole lives we've been told that our genetics control our destiny. Most people feel that they're a slave to their flesh, confined in something less than what they "should" be. Is this really true? Do you feel this way?

If so it's time to change your ENTIRE way of thinking because the new science, or the "new biology" in the words of Bruce Lipton PHD, have changed all that. We're coming to understand a few components of our nature and our environment that will reshape the way you perceive life, and definitely how you LIVE it! Some of this may sound like science fiction to you, but how much throughout history that was once science fiction is now SCIENCE FACT. This is just one more.

First is that all of nature is realized as what they are calling "the FIELD of infinite potential". This FIELD is really nothing but ENERGY. In other words what you think is MATERIAL is really just ENERGY packaged. Think of the atom bomb. By splitting matter into its core energy you release incredible power. Knowing this opens a whole new perspective into how thought, vibration, frequency, and many other "energetic" terms now correlate with all that you see. The reality is that EVERYTHING is interconnected and that how you think and perceive manifests no differently than typing numbers into a calculator. As you THINK you ARE.



The User Interface we use to control, manifest, and operate within “the Field” is the Brain and Nerve System. Think of your Eyes, Ears, Nose, Mouth, Skin, etc as simply extensions of your Nerve System, like a mouse and keyboard, your Brain uses to acquire information from the environment for processing. Your genetics are simply a section of your hard drive that stores information to build proteins to replicate cells. How those instructions are “ordered” depends on your input into the computer. Therefore two people may see the same thing happen with their eyes, yet they may perceive or process that information completely different.

Where this becomes important is when you understand that YOUR CELLS HAVE NO CONNECTION TO THE OUTSIDE WORLD. The Brain must process all external signals, then relay signals accordingly to the cells. If the signals are that of a threatening nature, the brain will tell the cells to protect themselves which causes them to essentially “seal off” from the environment and STOP GROWTH. If the signals are non-threatening the cells are told to go on about growth, development, and reproduction. Consider then what happens to a body that is under the burden of stress and danger more often than not? You now see how your perception manifests disease or development of your body.

This is SO AMAZING because this new understanding of science and biology tells us why Chiropractic and the Maximized Living way of life is so powerful. Consider this.

As Dr. Lipton describes, the body is simply a collection of proteins. A dead body or a living one are composed of the same proteins. So what makes them so different? Signals (energy). Once you understand this you come to grips that only TWO things can cause dis-ease. Either the PROTEINS or the SIGNALS. Are you ready?

PROTEINS: If the DNA has errors within the code, then the proteins may be constructed incorrectly. This is what we call a “genetic condition”. Here’s the catch. While we’re told EVERYTHING is genetic, that is completely and totally false. How do you know? Because if it were your cells inability to create correct proteins then why did they work at one point, then couldn’t later? As you see, a true “genetic condition” only exists FROM BIRTH and is only the case in about 2% of the population!

SIGNALS: So if it’s NOT genetic, that leaves only one other option...SIGNALS. First identify how signals are transmitted through the body. This can be physically, chemically, or energetically. Let me describe each in detail.

- Physical: Let’s say your cells are functioning perfectly normal, then all of the sudden they suffer a physical impact from a passing automobile. Need I describe how function may be lost? So any means of physically interfering with the transmission of signals across the nerves throughout the body results in dysfunction. This is why Spinal Subluxation is so devastating. The signals cannot communicate properly if a bone is putting pressure on a nerve or if spinal distortion is putting pressure on the spinal cord.
- Chemical: There are two sides to this coin. The first side is nutritional deficiency. The nerves and cells require the proper nutrients in order to process chemical reactions properly. So for instance a B



Vitamin deficiency will most certainly inhibit proper signaling resulting in dis-ease of the cells. On the other side is toxicity. As we covered earlier you know that Mercury is neurotoxic. So the presence of mercury from vaccination destroys the nerve fibers therefore disrupting nerve signals. This is why we pay very close attention to every chemical that goes into and out of the body rather it be from skin, mouth, or air. We call these things Chemical Subluxation.

- Energetic (Emotion/Mental/etc): This requires you to consider what you may not understand, but for sake of how much you want to read I'll simply summarize here. If you want to understand it all read "The Biology of Belief" by Bruce Lipton PHD. But here's an example.

Let's say you turn on the TV and they're talking about Cancer. You see this commercial 8 times, you read 10 articles, and your mother dies from it. You now perceive the thought that you may have it or be developing it. This obviously is a disturbing thought which creates the stress response. Your nerve system sends this signal to your cells which respond according to the "fight or flight" response, they stop growth and reproduction, and go into protective mode. Because your cells are always in a state of "attrition", or death and replacement, older cells continue to deteriorate and die, yet they're not being replaced with healthy cells. What do you call this? Cancer and Degeneration.



Let's take another example of how emotions affect development. It's now known that if a mother is under extreme stress during pregnancy these stress hormones reaching the fetus will cause decreased blood flow to the frontal cortex (known for intelligence) and instead shuttle more blood to develop the posterior lobe (known for fight or flight). In addition the organs will get less attention in development and instead the large muscle groups will overdevelop to "prepare for a fight". If instead the mom keeps stress hormones to a minimum the frontal cortex and the organs will develop more easily. The bottom

line is, your thoughts affect signals and chemistry in such a way that actually control how your genetics are expressed in growth and developed in the body (even while still in the womb), hence the upcoming field of research known as Epi-Genetics (or "above the genes").

Key Steps In Changing Your "Hard Wiring"

Before you can talk about changing anything, you have to accept that you ARE hard wired. This "programming" actually started in the womb by means of the stress hormones etc referenced above. Up until about 2 years old the brain is downloading massive amounts of information, relying primarily on facial recognition and tonality response to stimuli from the parents. So if a parent shows a hand puppet you'll notice the baby look to the parents face to see their expression. If the parent shows fear the infant will cry, however if the parent smiles, the child will most likely smile too.

Then from 2 until about 6 the child's brainwaves remain in almost a dream state where everything they imagine is quite real to them. When they're riding a broomstick they may really think they're on a pony. During this phase the child is still being imprinted like a direct download. Have you seen The Matrix? It's like when they hook Neo up to the system and download Kung Fu and Helicopter Flying directly into his brain. This really isn't very far fetched which is why children at this age can learn 3 languages simultaneously and keep them separately identified.

Then after 6ish the child moves into the “cognitive state” where they now start thinking about what perceptions may mean. At this point it’s much harder to learn and hard wire anything because our thought gets in the way. BUT it also makes us human in this is where FREE WILL comes into play.



If you’re reading this, likely you’re in the above cognitive state which means we have to re-wire the hard wiring. Sound difficult? It is. It requires a two step process like a rewritable cd of ERASE and RECORD. But if you’ve acted and responded the same way for years or even decades it requires a LOT of scratch and record to change behavior. What have I found to be the best method to do so?

We’ll look to one of the great books of history for insight. Have you heard of the 12 actors? How about the 12 students? 12 teachers? Ok, how about the 12 Disciples? Why is the word disciple so unique? The current science calls this “modeling”. What it means is watching someone else be successful at a desired behavior and repeating in their action. Let’s break that down.

- Awareness: This is a prerequisite. You first must be aware of what you want or need to change.
- Observing: If you’re doing something different then what you want, there’s a reason. You may not believe you could do it a different way. In observing, you see the new behavior is possible.
- Believing: Once you SEE it, you can now BELIEVE it therefore causing the brain to scratch out old programming and accept the new software.
- Repeating: Action then proves that the same can be done which hard wires that new belief into behavior.

This is one of the most powerful techniques you can use to change your behavior and your LIFE. But it does have a few underlying implications.

First you must become AWARE of your environment and current behaviors. You must accept that everything you have in your life right NOW is a direct reflection of your behaviors and beliefs to this point. There is plenty of opportunity, happiness, health, and money available to you. So why don’t you have as much as you’d like? This awareness comes from constant and never-ending study and evaluation. Read books, listen to audios, etc.



The next fact is you must evaluate your environment. Have you heard the phrase that “you are a conglomerate of the 5 people you hang around the most”? So if you hang around depressed, angry, broke, sick individuals do you see that setting you up for success? Right NOW you are being disciple by the people you hang around with. Choose the people that have what you want and hang around them AS MUCH AS POSSIBLE!

There are literally hundreds of other directions and concepts we could go into from here, but by far this is the most powerful. Stick to this and DO IT. You will see your life unfold in a different direction amazingly fast. In the next section you will identify the areas of your life by categorizing everything you do, and in doing so you can begin to map out what you want and identify the people who you want to “model”.

Stress Management

Stress Management is actually PEACE Management. PEACE Management is controlled easiest through TIME Management. “You can’t manage your time if you let your time manage you, just like you can’t manage stress if you let your stress manage you.” It’s well established that if you start the Day with Stress...you’ll END the Day with Stress. What to do? First step is to identify how “stressed out” you really are. Use this simple tool to find out.



Once you have a “realistic” idea of your stress levels and have come to grips with what you must do to change it, the next step is to practice what Tony Robins calls “chunking”. We do this by separating your LIFE into the following five categories. Take a minute with a blank sheet of paper and separate all the “things” you do and routine commitments into each of these five categories.

1. Spiritual Life: Your activity building on your connection with your faith whatever it may be
2. Family Life: Your activity building relationships with spouse, children, and family
3. Financial/Work Life: Your activity related to the production of income and needs of living
4. Mission Life: Your activity related to PURPOSE and causes you believe in
5. Personal Life: Your activity related to both personal and social development and leisure

Once you have your life broken down into these categories, you’ll likely notice you’re spending a LOT of time in one or two areas while possibly neglecting one or two altogether. This is the first key to restoring balance in your life.

The next step is to start painting Solid Yellow Lines through your day so that you don’t cross over. Like the double yellow lines on the road, they’re never meant to be crossed. This process keeps you disciplined in your marriage, your relationships, time with your kids, and keeping a cap on your work time. That way you can master your time and accomplish all you need to and not suffer in any one area.

DO NOT move forward another sentence until you’ve done this exercise! Do this and you WILL see your life change.



Here's a simple daily planner you can start with and change as needed. Remember to keep it as SIMPLE as possible or you will never use it. Consistency is the key, and it's dependant on simplicity and user friendliness.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – 8am	<p>START your day in this order. This process is what we call the SPIRITUAL TRIATHLON.</p> <p><u>STAGE 1: QUITE TIME</u> Time to just sit in PEACE, listening and simply being THANKFUL and JOYFUL for your life.</p> <p><u>STAGE 2: READING</u> Bible or other Inspirational reading, getting something POSITIVE to start the day.</p> <p><u>STAGE 3: PRAYER (OR MEDITATION)</u> NOW you can talk to God about what you want.</p> <p>After completing your Spiritual Triathlon your ready to finish your morning required activities before you're charged and onto your day.</p> <p><u>EXERCISE (and Chiropractic Therapies):</u> After the previous step you should be mentally and emotionally charged. This makes the perfect time to "motivate" yourself to exercise. Remember that exercise does NOT make you tired when the body expects it. Exercise CREATES energy. Give this to YOURSELF so you can give the rest of the day to OTHERS.</p> <p><u>BREAKFAST:</u> Your body needs FUEL for the whole day ahead of you. Breakfast should be your biggest meal of the day. Especially the meal with the most carbs (if you must have them). This should also be your BEST meal of the day so your tank doesn't run empty halfway through the day.</p> <p><u>GET READY and GO!</u> Get your shower and go. You have WON the morning, now you can OWN the day!</p>						
8am – 10am							
10am – 12pm							
12pm – 2pm							
2pm – 4pm							
4pm – 6pm							
6pm – 8pm							
8pm – 10pm							

Final Action Step Checklist

- Register for the Maximized Living email newsletters at www.MaximizeMyLife.com and www.MaximizedLivingDrBucknell.com
- Study your Maximized Living [Home Therapy Manual](#) and implement immediately.
- Search www.YouTube.com for “Maximized Living” videos
- Sign up to attend the next [5 Essentials to Maximized Living Workshop](#) to learn the fundamental and simplest steps to putting each of the Five Essentials into immediate action
- Sign up for the next Advanced Workshop for detailed information on specific HOT topics
BRING A FRIEND AND GET A [DVD OF YOUR CHOICE FOR FREE!](#)
- Sign up for the next International Maximized Living Makeover
- Fill out and turn in a Referral Sheet to Help Save the Lives of Your Friends & Family! We will call them and invite them to our next Community Dinner where we'll feed them and share the Maximized Living life so they too can experience transformation.