

BioBites

a virtual house call for
your health and wellness

*Natural Laws to
Live By: Your Keys
to Lifelong Health*



Tuesday, January 3rd,
12 noon ET

with Dr. Dickson Thom, DDS, ND
The BioMed Center, Scottsdale | Providence



Dickson Thom, DDS, ND



**To remind you of
the everyday
activities that
enable you to
maintain a level
of optimal
performance**

Basic Treatment Guidelines

Aka, some “Natural Laws”
to Live By

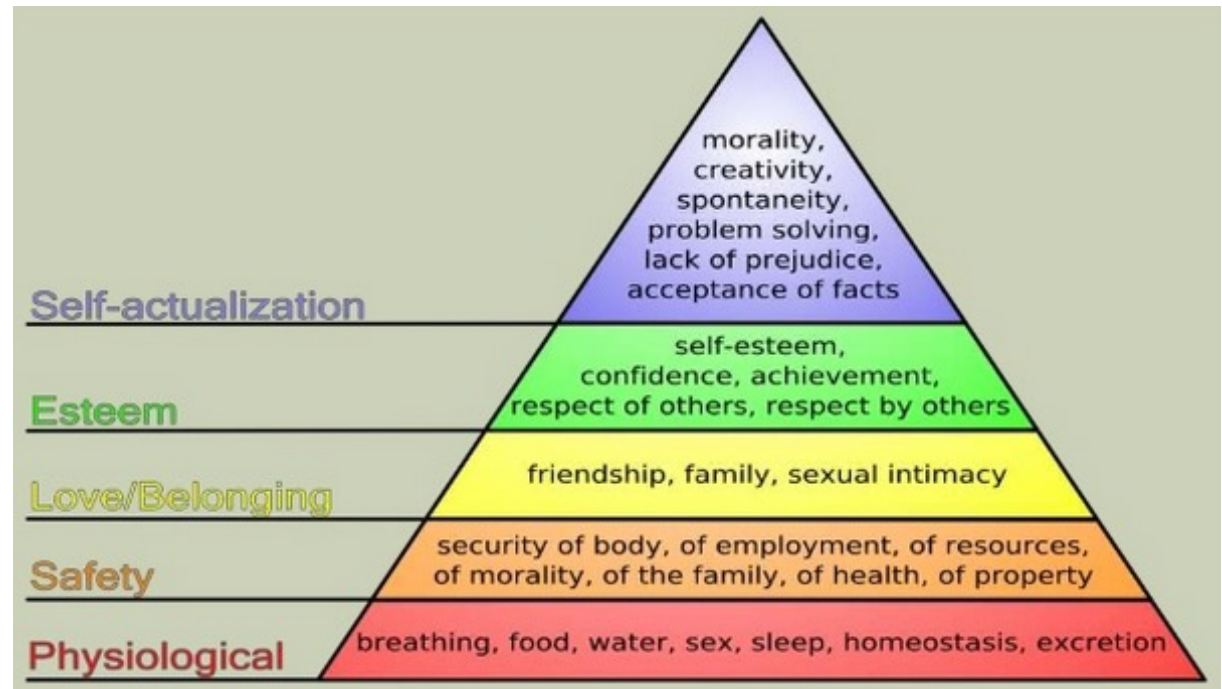
Basic Treatment Guidelines

**Natural Laws do not treat
any specific condition
but at the same time are
known to help all
conditions.**

Basic Treatment Guidelines

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

Basic Human Needs



“Man is a hierarchy of needs, with the biological needs at the base of the hierarchy and the spiritual needs at the top.”

Abraham Maslow, *The Farther Reaches of Human Nature*, p. 186

Basic Human Needs

- All people have the same basic needs, however, each person's needs and reactions to those needs are influenced by the culture with which the person identifies.
1. People meet their own needs relative to their own priorities
 2. Although basic needs generally must be met, some needs can be deferred
 3. Failure to meet needs results in one or more homeostatic imbalances, which eventually will result in illness.
 4. A need can make itself felt by either external or internal stimuli.
 5. A person who perceives a need can respond in several ways to meet it.
 6. Needs are interrelated

BASIC TREATMENT GUIDELINES

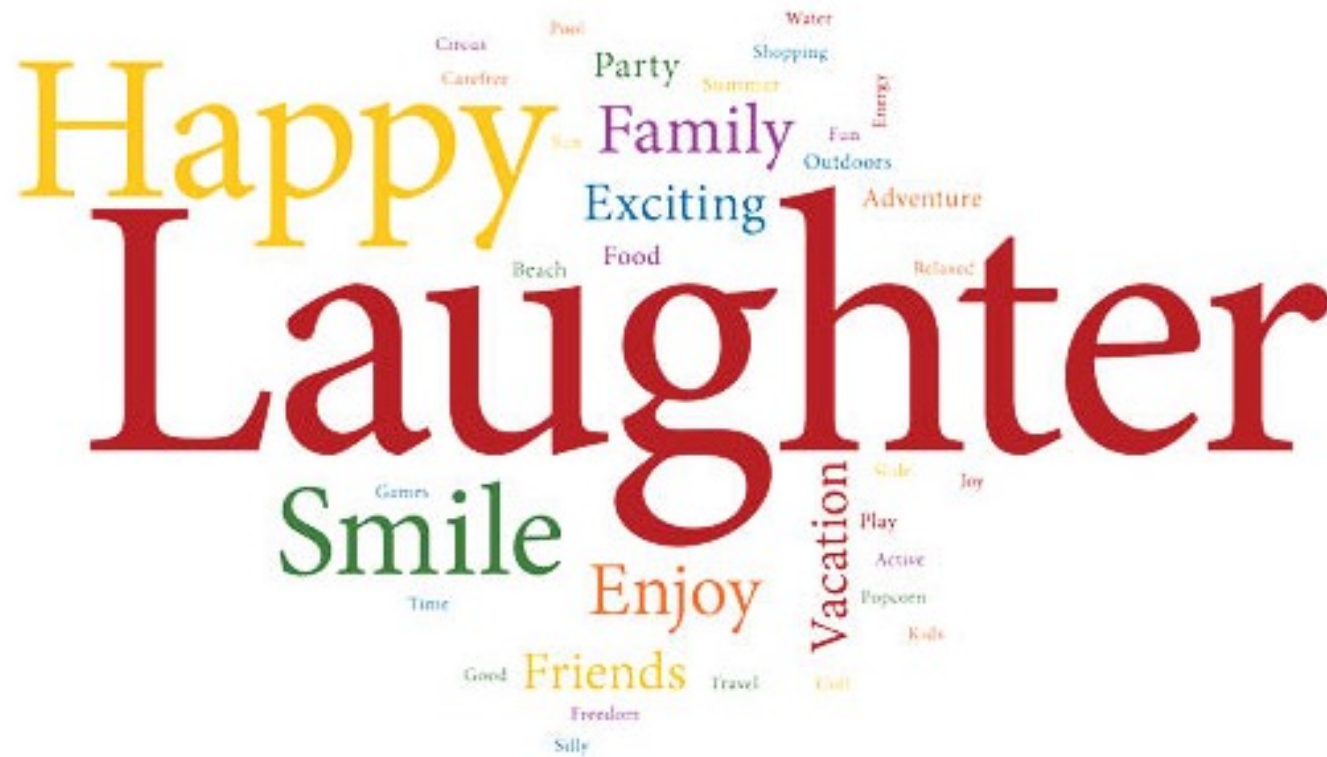
- Outside daily (sunshine)
- Play, fun, laughter daily
- Deep Breathing
- Water
- Movement (10-minute rule)
- Hydrotherapy - dry skin brushing, castor oil packs
- Grounding – bare feet, grass, sand

- Nebulizer
- Sleep hygiene
- Apple cider vinegar/
Lemon
- Diet- AI, IR, GF, CF, blood type, EAV, allergy free, etc.
- Nutraceuticals (probiotic, EFA, minerals)



**GO OUTSIDE and
ENJOY SOME SUN**

FUN – What did YOU do today





Rule #1
Have Fun
Every Day!



Breathing

Daily Consciousness of Breath is essential for health



Deep Breathing



One example would be:

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

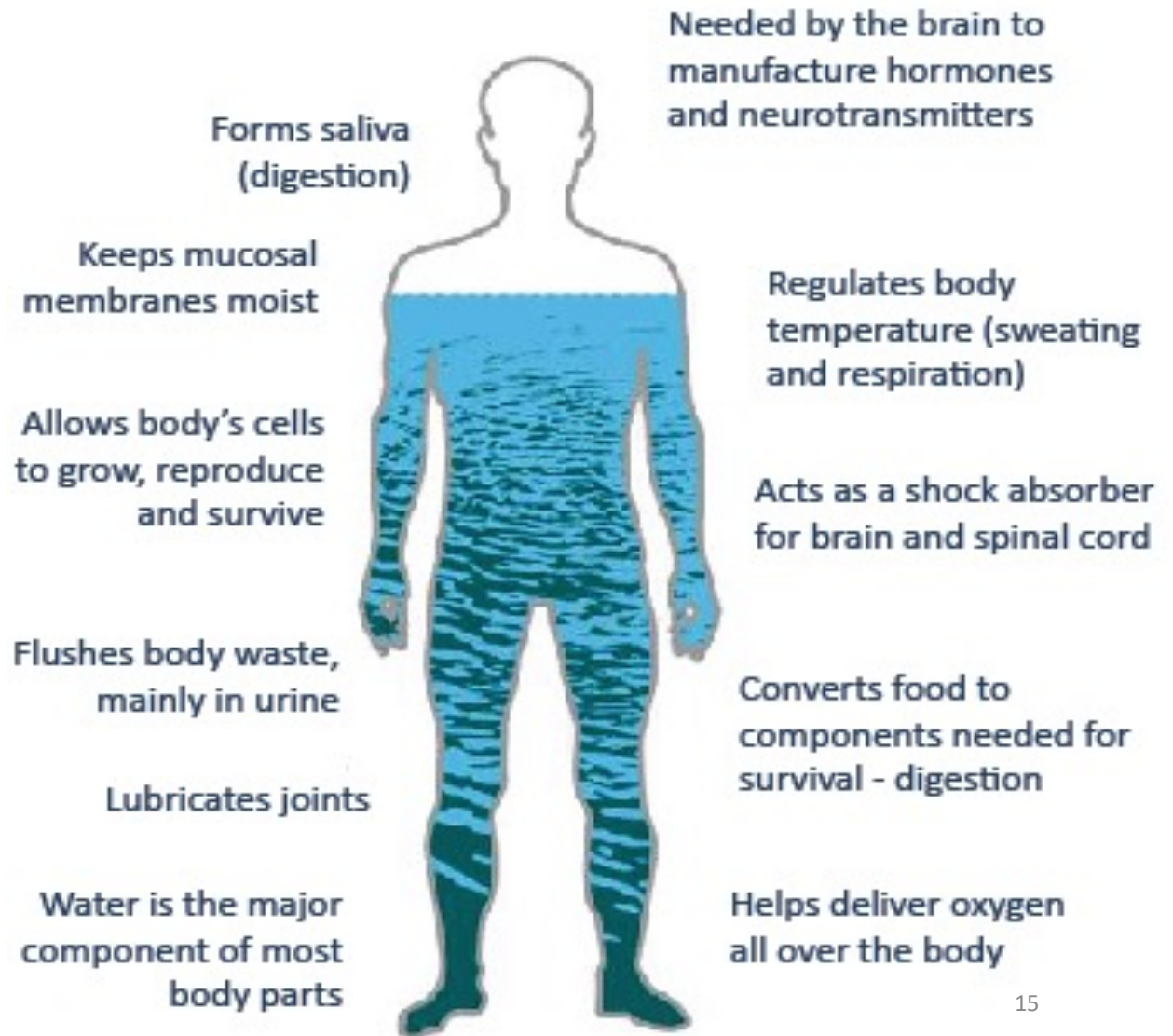
Example: if you inhale for 2 seconds, you hold for 8 and exhale for 4. Do sets of 10 breaths, several times a day.

MINIMUM of 100 DEEP breaths a day

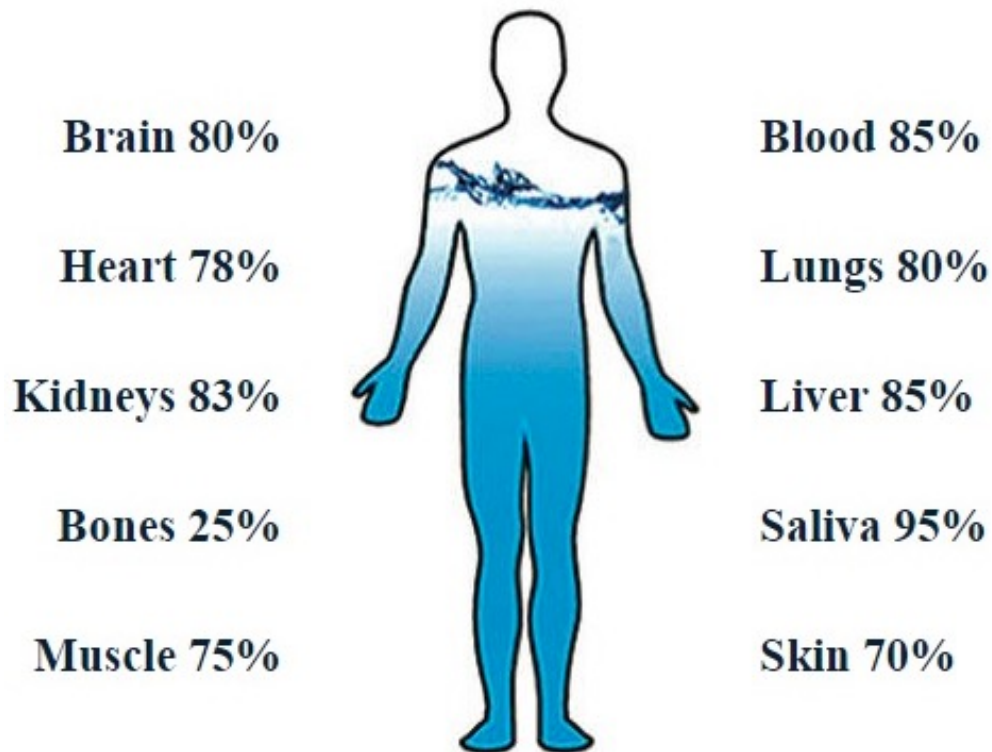
Body Composition



Water has so many functions



Percentage of water that makes up each organ



How Much of Your Body Is Water?

- The **average** adult human body is **50-65%** water, averaging around **57-60%**.
- The percentage of water in **infants** is much higher, typically around **75-78%** water, dropping to 65% by one year of age.
- Body composition varies according to gender and fitness level, because fatty tissue contains less water than lean tissue.
- The average **adult male** is about **60%** water.
- The average **adult woman** is about **55%** water because women naturally have more fatty tissue than men.
- Overweight men and women have more water, as a percent, than their leaner counterparts.

The percent of water depends on your hydration level. People feel **thirsty** when they have already lost around **2-3%** of their body's water.

- **Mental performance** and **physical coordination** start to become impaired before thirst kicks in, **typically around 1% dehydration**.

Water

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

How much should you drink every day?

**For most people (including children)
ONE-half your body weight
(pounds) in OUNCES.**





Movement



30 MINUTES
A DAY IS
EASY

$$10 \text{ MINUTES} + 10 \text{ MINUTES} + 10 \text{ MINUTES} = 30 \text{ MINUTES}$$

Brisk walking to and from the coffee shop

Of stretching

Brisk walking to the car which was parked a little further away

Physical activity for the day



Movement: Is this what is required?



OR...



Functional Fitness - Sustainable



- Functional fitness is about training your body as an entire unit instead of muscle by muscle.
- It is about training your body to move the way in which you move *in everyday life*: **bending**, **lifting**, **throwing**, **pulling**, **reaching**, **twisting**, and **walking** (the 7 primal movements).
- Functional fitness is for everyone, and it should be used by those who want to stay strong, fit and moving well into their **old age**.

Functional Fitness - Sustainable

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

Walk your dog every day



Walk with your partner



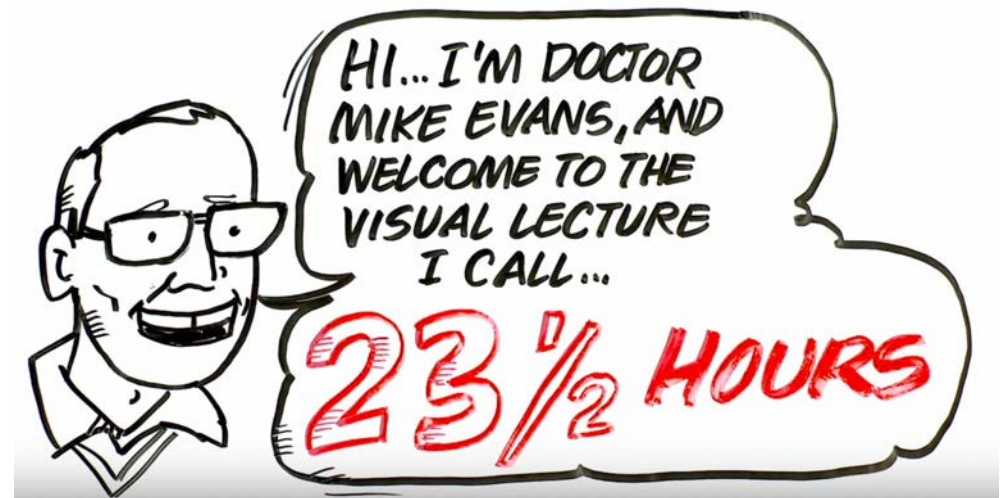


ALL
exercise
should be
finished by
EXTENDING
the spine
for a few
minutes.

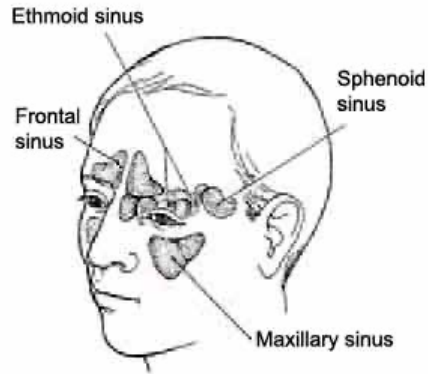


Is Walking really that helpful?

<http://www.youtube.com/watch?v=aUaInS6HIGo&list=PL4C1A496623BC60F5&context=C2d078AD0EgsToPDskJgfdQdD732Bkya1U9MbDby>



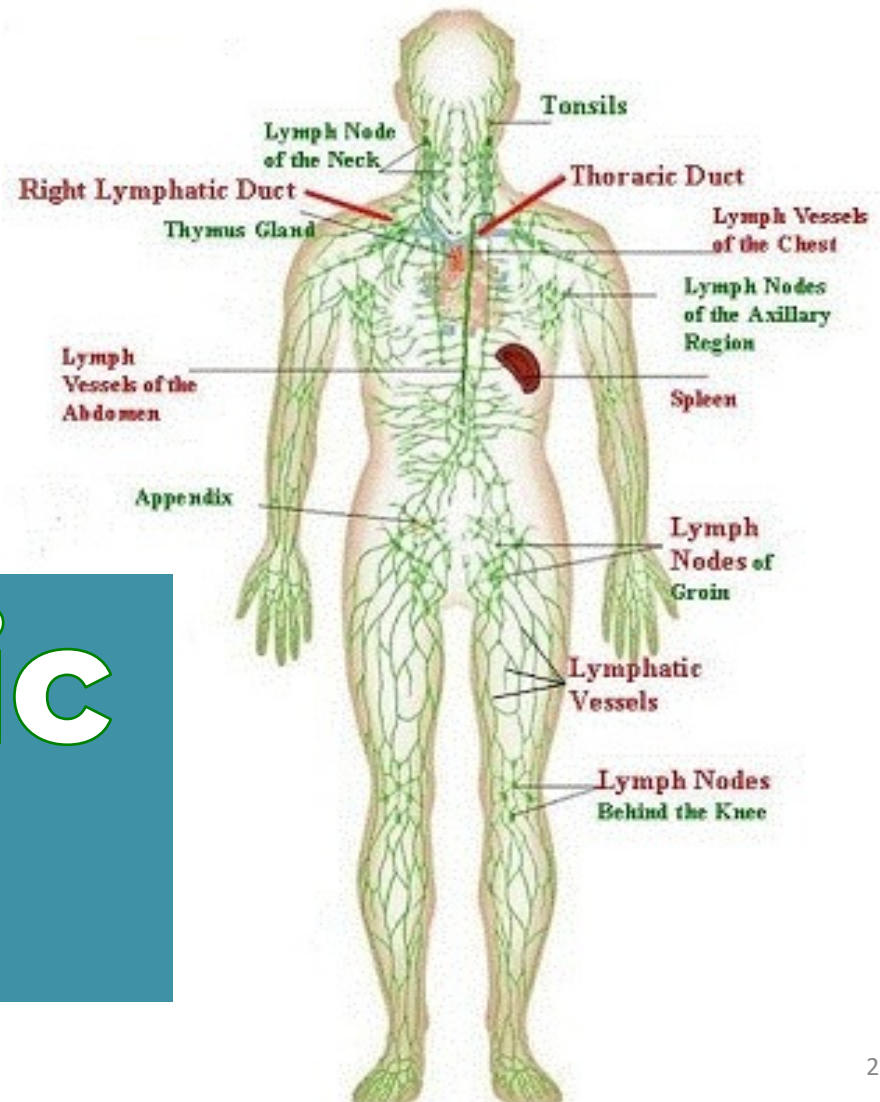
HYDROTHERAPY

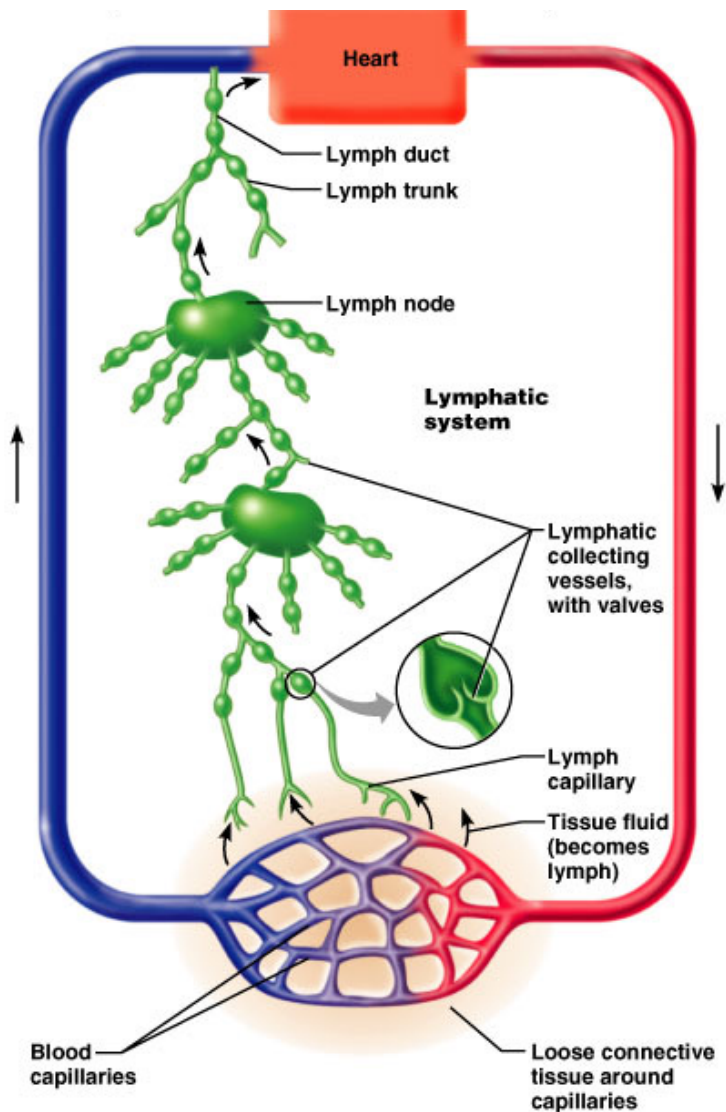


**Removable
shower
head is KEY!**

The “FORGOTTEN” system

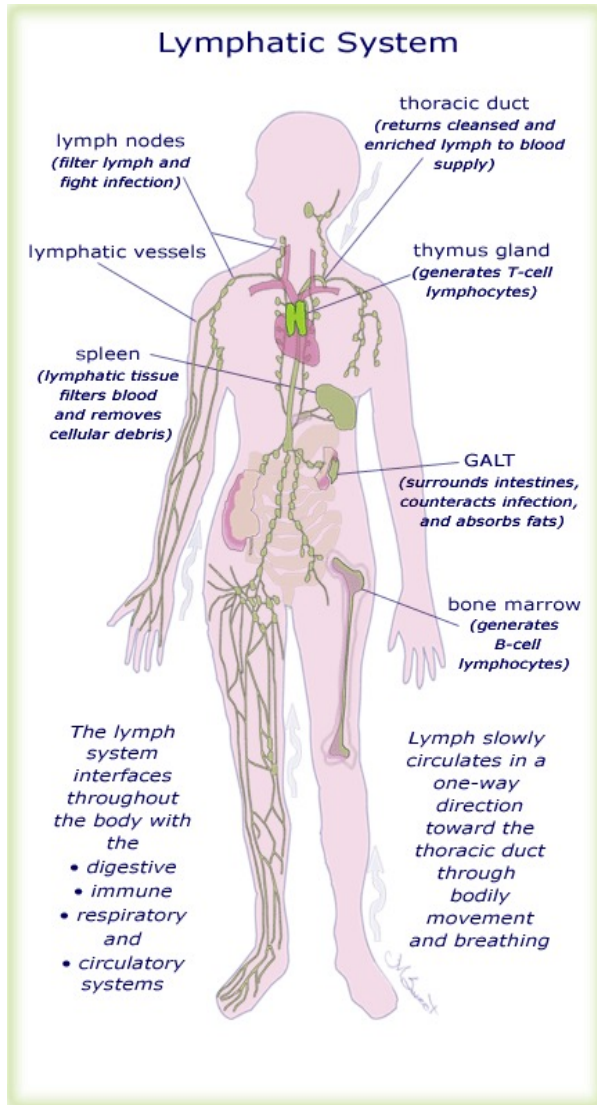
Lymphatic System





Lymphatic System

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

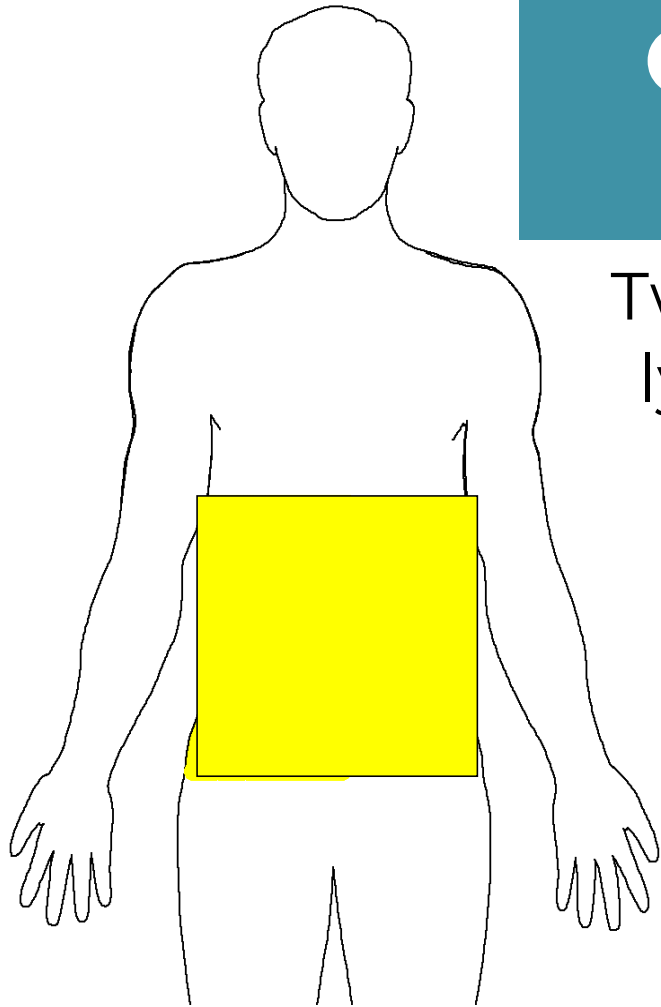


LYMPHATIC SYSTEM

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

Castor Oil Packs

Two keys to lymphatic health



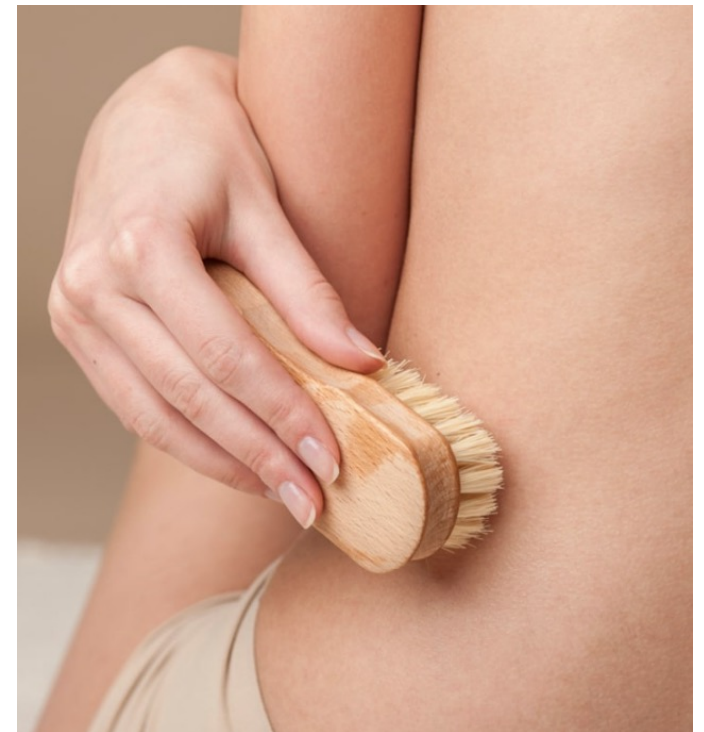
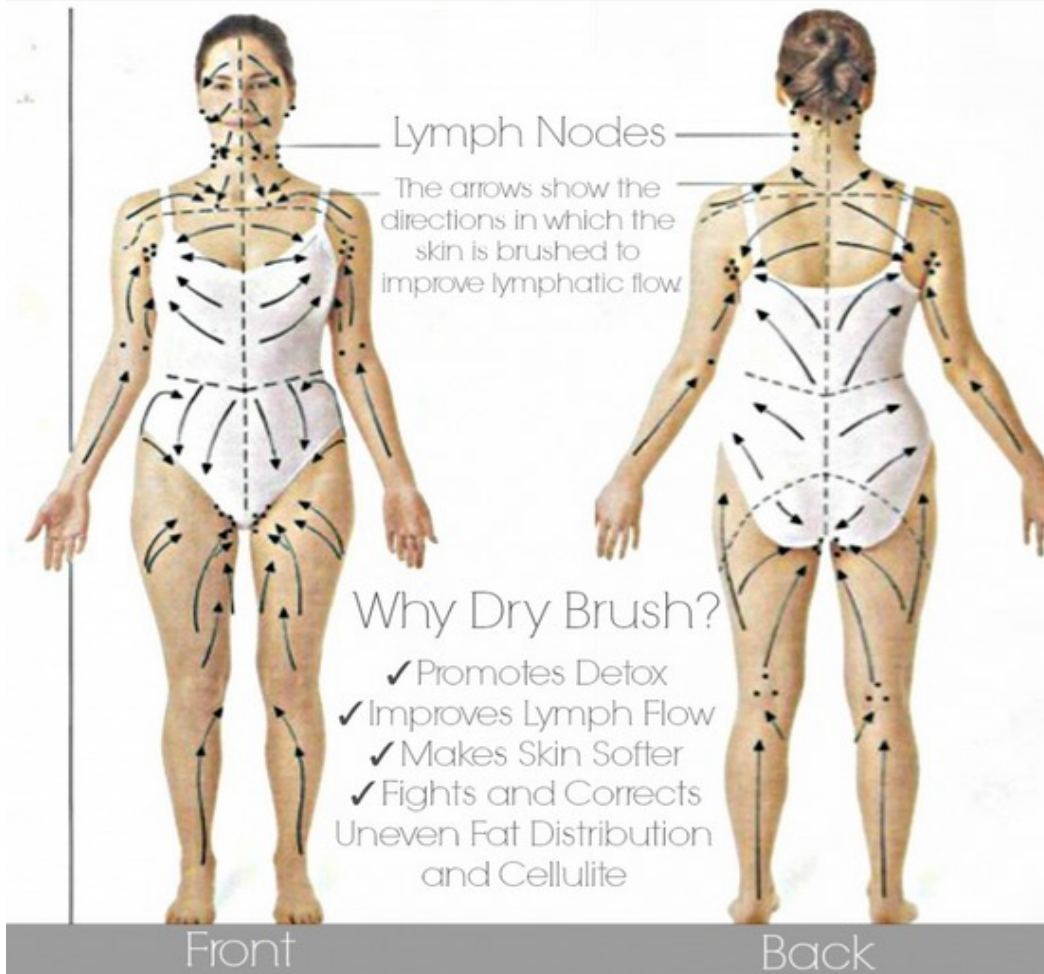
Dry Skin Brushing

How to do a Castor Oil Pack

- <https://youtu.be/ynkk6txYI7A>



Guide to Dry Brushing



Grounding



Health Benefits of **GROUNDING**

- Improves mood
- Improves sleep
- Reduces pain
- Reduces stress
- Improves wound healing
- Improves immunity
- Reduces inflammation
- Reduces jet lag

Grounding or Earthing refers to direct skin contact with the surface of the Earth.



**On grass, or stone,
or concrete**

On the Beach



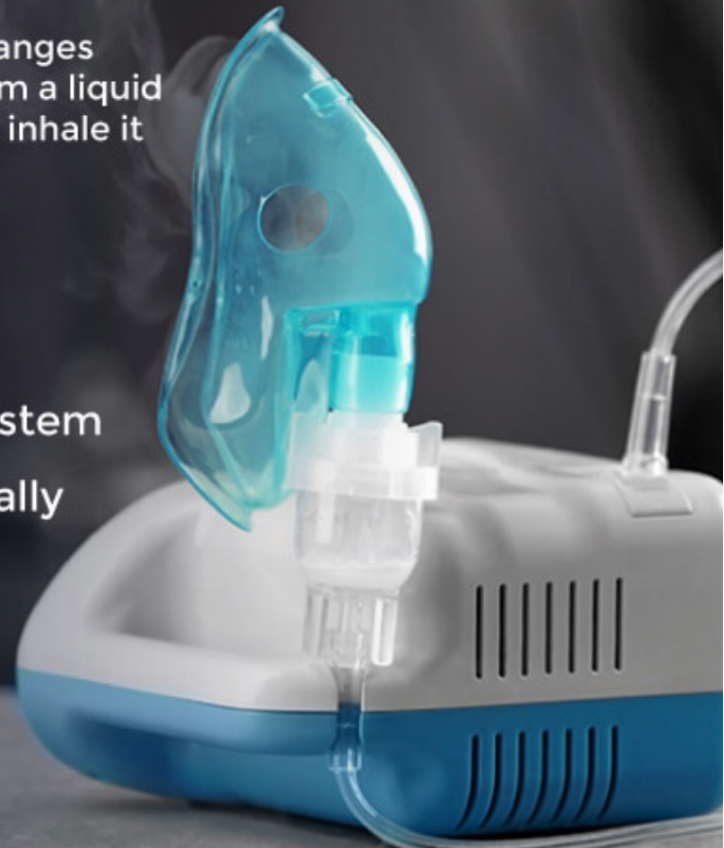
But NOT on asphalt

WHAT IS A NEBULIZER?

A **nebulizer** is a piece of medical equipment that changes certain medications or therapeutic supplements from a liquid form to a mist of aerosol droplets that allows you to inhale it into your lung.

BENEFITS OF NEBULIZING

- ▶ Improves Absorption into Respiratory System
- ▶ Acts Quicker Than Taking Substances Orally
- ▶ Can Get Into Sinuses and Lungs
- ▶ Treats Respiratory Conditions





Nebulize saline and a large variety of remedies such as:

- Glutathione
- Colloidal silver
- Liquid minerals
- Unda numbers
- Phytogens
- Gemmotherapy
- Oligotherapies
- NAC
- Lipoic acid, etc.

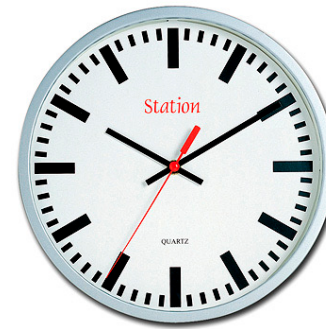
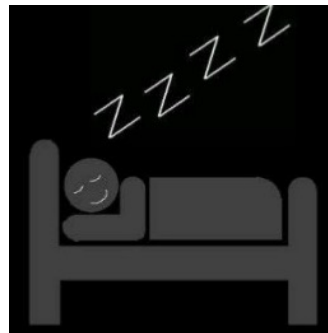
SLEEP

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

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

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

Sleep in **TOTAL darkness.**



Preferred time



NO Wi-fi in the room



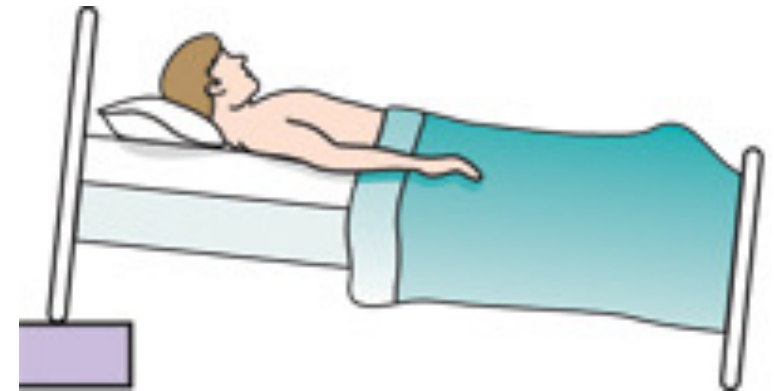
Raise the head of your bed 2-4" to improve EVERYTHING



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



2 - 4"





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

Benefits of MEDITATION



Benefits of regular meditation are:



Keeps your stress-free



Reduces ageing



Adds more hours to your day



Increases your attention span



Helps you appreciate life more



Increases immunity and helps fight diseases



Helps you feel more connected



Improves metabolism and helps you lose weight



Helps you have a good night sleep



Improves functioning of your brain



Makes you and those around you happier.

BTGs (AKA Natural Laws to Live By)

- Be outside every day (goal is 150 minutes a week); Grounding daily
- Do something FUN everyday
- Take 100 deep conscious breaths per day
- End showers with a cool spray
- Movement: 7 primal movements, walk, gym, yoga, stretch
- Nebulizer; Castor oil packs; Dry skin brushing before bed
- Be in bed by 10:00 PM, sleep in total darkness, no wifi devices in bedroom
- Raise the head of the bed ~ 2-4" to improve circulation
- Daily prayer and meditation will help your immune system, heart, nervous system and lymphatic system. Make it a part of your daily rituals, just like brushing your teeth

Some Diet “Laws” to Live By



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

Some Basic Eating Suggestions

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

Regular meals and NOT grazing is important to follow.

Include the following:

1. Apple Cider vinegar/ Lemon (½-1 tsp in a glass of water 15 minutes before meals)
2. Smell the food cooking
3. Think about the food you are about to eat
4. Chew extremely well (31 times for eat bite is preferred)
5. Put down your fork between each bite of food
6. Do not drink with meals, NEVER drink anything cold
7. Give thanks before eating
8. Eat in a peaceful place, no outside distractions, no TV, play relaxing music if possible
9. After eating, sit and relax for 10-15 minutes

Organic Apple Cider Vinegar (ACV)



To start the DIGESTION Process

• An acidic solution produced by the fermentation of apples. Organic Apple Cider Vinegar contains pectin and the perfect balance of 19 minerals, including potassium, phosphorus, chlorine, sodium, magnesium, calcium, sulfur, iron, fluorine and silicon. The cider is made from apples and then turned into vinegar where acetic bacteria convert the alcohol in the cider to acetic acid.

½ - 1 tsp of ACV in water 15 minutes before eating



Gluten-free

**What is the
BEST diet
For YOU?**



EAV

Healthy Choices include



LOTS of Prebiotic and Probiotic foods

Jerusalem artichokes

Onions

Chicory

Garlic

Leeks

Bananas

Fruit

Soybeans

Burdock Root

Asparagus

Honey

Maple syrup

Chinese chives

Peas

Legumes

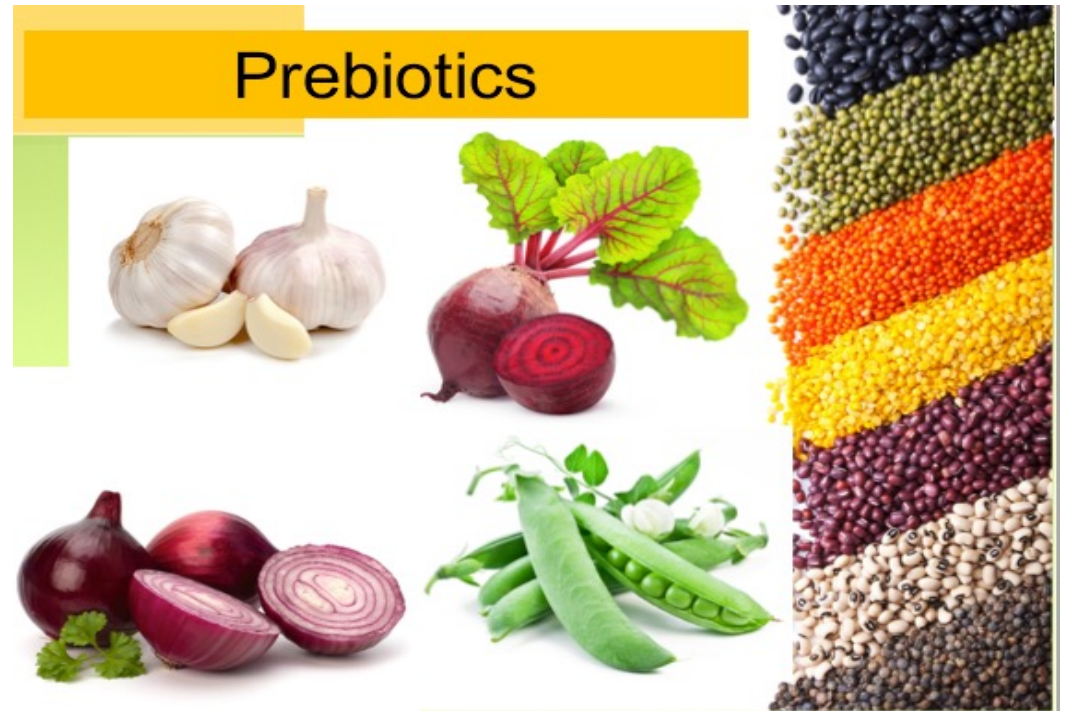
Eggplant

Green tea

Yogurt

Cottage cheese

Kefir



Probiotic Rich Foods

- Yogurt/ Kefir
- Miso
- Natto
- Tempeh
- Sauerkraut
- Kimchi
- Raw Pickles
- Anything fermented
- Root and Ginger beers
- Olives
- Honey
- Kombucha
- Fermented vegetables
- Buttermilk
- Raw Whey
- Raw vinegars
- Fermented sausages
- Sourdough
- Beer
- Wine



Bright colors, rich diet

Some of the most health-enhancing nutrients in fruits and vegetables are bright red, orange, yellow and green.

A simple guide: Go for color

Dark and intensely-colored plant foods usually contain more chemically active antioxidant pigments than pale ones

Some of the best:



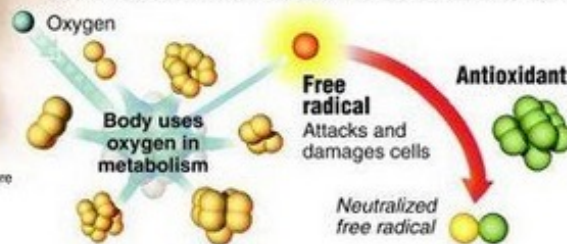
Magic chemicals

The most important chemically active nutrients

- Anthocyanidins
- Apigenin
- Hesperetin
- Luteolin
- Proanthocyanidin
- Myricetin
- Quercetin
- Lycopene
- Beta carotene

What do antioxidants do?

"Free radicals" are small, cell-damaging molecules produced by the body as waste products; antioxidants neutralize them*



*Environmental factors like pollution, sunlight, X-rays and smoking also create free radicals

© 2007 MCT
Source: Produce for Better Health Foundation, Dole Food Company, Florida Department of Agriculture and Consumer Services, Oregon State University, "Understanding Free Radicals and Antioxidants" Graphic: Cindy Jones-Hallachor, Sun Sentinel

10 different colors could significantly reduce the risk of heart attack, stroke, cancer and premature death

Eating Ten Portions Of Fruit And Vegetables Daily Can Prolong Life

- 2/23, 2017 A study published by the International Journal of Epidemiology suggests that “eating 10 portions of fruit and vegetables a day could significantly reduce the risk of heart attack, stroke, cancer and early death.” Specifically, consuming about 800 grams of fruit and vegetables daily, twice the World Health Organization’s current recommendation, “was associated with a **24% reduced risk of heart disease**, a **33% reduced risk of stroke**, a **28% reduced risk of cardiovascular disease**, a **13% reduced risk of total cancer**, and a **31% reduction in dying prematurely**,” compared to not eating fruits and vegetables at all.



Let the Reset Begin!

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