

# The End of the Reset is Just the Beginning!

A promotional banner for a 21-Day Reset event. The background is dark with a green leaf and a globe. The text includes the Marion Institute logo and tagline, the event title '21-Day Reset', and the dates 'January 4-24'.

MARION INSTITUTE The Key to Health with BioMed

**21-Day** January 4-24  
*Reset*

# 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)

## Want a more detailed dive? BTGs (and more)

Listen to my podcast that I do every 2 weeks  
with my daughter, Julie



“Connecting with the Thom's”

Visit: [drdicksonthom.com](http://drdicksonthom.com)

# Stock Your Natural Medicine Cabinet



**Dr. Dickson Thom, DDS, ND**

## Stocking Your Natural Medicine Cabinet Kitchen Remedies

- Rice water – stomach flu, diarrhea, nausea
- Pumpkin – gas, indigestion, upset stomach
- Manuka Honey & cinnamon – sore throat, cold; wounds
- Pineapple/ juice – sore throat
- Vinegar vapor – sinus congestion
- Baking soda rinse – toothache; bug bites (apply as a paste)
- Honeysuckle juice – poison ivy applied locally to skin

## Stocking Your Natural Medicine Cabinet Energetics

- Gemmotherapy
- Homeopathy
- Tissue Salts
- Flower remedies
- Aromatherapy



# GEMMOTHERAPIES



## Ribes nigrum

Black currant Bud  
-fatigue, low stamina



Tilia  
Tomentosa  
Silver Linden  
-insomnia, nervous



Acer Campestre  
Field maple – anxiety, grief



Ficus  
Carica  
-nervous  
stomach  
IBS



Rosmarinus Officinalis  
Rosemary – allergies, IBD, hormones

# Homeopathy





# Stocking Your Natural Medicine Cabinet

## Homeopathy

- Aconite – sudden, violent, onset of fever; sudden shock, anxiety
- Allium Cepa – acrid nasal d/c burns nose and upper lip
- Apis - bee sting –swelling, stinging, burning pain
- Arnica – 1<sup>st</sup> remedy with any injury, trauma, bruising
- Arsenicum album – food poisoning, not bear smell/ sight of food, thirsty, N/V after eating/ drinking
- Belladonna – red, hot, swelling, throbbing; sunburn, fever; great for kids

# Stocking Your Natural Medicine Cabinet

## Homeopathy

- Calendula ointment – locally to burns, cuts, open wounds
- Cantharis – bladder infection with burning pain and constant urge
- Hamamelis – bleeding hemorrhoids, nose bleeds
- Ledum – insect, tick bites, puncture wounds
- Nux Vomica – hangover, nausea after eating, constipation with ineffectual urge
- Rhus tox – poison ivy/ sumac; rashes with redness, swelling, intense itching, arthritis, fibromyalgia
- Silica – splinters, sharps of glass, infected teeth

# Tissue Salts



# 12 Tissue Salts

Great for  
children



Calc Fluor	skin, teeth, bones, blood vessels; hardening and swelling of tissues; relaxed conditions
Calc Phos	bone, anemia, cramps, spasms; general tonic; recovery from illness
Calc Sulph	heals epithelial tissue (+ silica) --> skin; blood purifier -->liver; prolonged supuration; swelling
Ferrum Pho	1st aid, 1st stage inflammationstrengthen arteries, hemorrhage, fever; maintain muscle tone
Kali Mur	muscle, nerve, blood, brain cells; 2nd stage inflammation, catarrh w/ thick, white exudate; lymphatic congestion; during convalescence to rebuild health
Kali Phos	nerves, brain, muscle, blood cells; restores order to both the mind and body;
Kali Sulph	lungs, sinuses & bronchi; late stage inflammation; main remedy for the epidermis and epithelium; sticky, yellow discharges from the skin or any orifice
Mag Phos	spasms; nerve stabilizer (sciatica); found in muscles, bones, nerves, brain, sperm, RBCs; strong effect on nerves and muscles, esp. the heart
Nat Mur	water balance --> from extreme dryness to extreme moisture; kidney/ sinus; affects lymphatic system, blood, spleen, mucus membranes; strong anti-histiminic effect
Nat Phos	acid balancer (antacid); GERD; assimilate fats; excessive acidity in chronic dz; strongly effects the digestive organs & assists in assimilation of fats by emulsifying them
Nat Sulph	carries excess water and waste away from the cells; stimulates liver, gall bladder and pancreas;
Silica	cleansing & eliminate wastes, pus; deep acting; for hair, skin, nails, connective tissues; tonic for people w/ deficient assimilation & chilly



Cosmos

## Flower Essences



Love-Lies-Bleeding





Larch



Mimulus



Red Chestnut



Self Heal



Wild Oat



Horn beam



For anxiety that has no known reason, consider **Aspen**

**Cherry Plum** is good for any person who is definitely trying to lose weight naturally.

**Wild Oat** helps a lack of life direction, for finding a sense of vocation and meaning in one's work.

Feeling too tired to face the tasks of the day, **Hornbeam** is helpful

People who tend to be full of unnecessary judgmental habit towards other people will notice **Beech** to be helpful

**Filaree** if you are the type of person who enjoys picking on others!

## Stocking Your Natural Medicine Cabinet Herbal Remedies

- Aloe vera Gel – cooling, soothing for sunburn, minor burns, scalds
- Witch hazel – bug bites, stings, itchiness from rash
- Ginger caps - antibiotic, anti-inflammatory, anti-nausea, anti viral, anti fungal
- Clove oil – pain relief, anti-inflammatory, antiseptic; tooth ache
- Chamomile tea – stomach upset (tea), minor rashes (local), headache (apply to temple), minor burns, bruise, bug bite
- Activated charcoal – stomach bloating, gas

# Stocking Your Natural Medicine Cabinet

## Herbal remedies

- Turmeric – pain associated with inflammation (arthritis)
- Chili peppers – has capsaicin, sore muscles, generalized body pain
- Shiitake mushrooms – immune support, add to bone broth
- Eucalyptus oil – inhalation for sinus, cold, body pains
- Mint – wintergreen for pain relief; peppermint GI upset (spasms, diarrhea), headaches
- Fenugreek – increase milk for breastfeeding; diarrhea; lower blood sugar

## Stocking Your Natural Medicine Cabinet Herbal Remedies

- Yarrow - #1 herb for cuts, scrapes, bleeding
- Plantain – bee stings, spider and insect bites, (apply as a poultice)
- Comfrey – heals wounds, for repair of connective tissue, skin, bones; cuts, bruises, rashes, sprains, strains, reduces scarring
- Echinacea – immune support, relieve pain, inflammation, antibiotic

# The top selling Herbal products in the U.S. (2019)

1. Horehound (Marrubio)
2. Echinacea (Equinácea)
3. Turmeric (Cúrcuma)
4. Elderberry (Saúco)
5. Green Tea (Té verde)
6. Ginger (Jengibre)
7. Ivy Leaf (Hoja de hiedra)
8. Garlic (Ajo)
9. Fenugreek (Fenogreco o Alholva)
10. Black cohosh (Cohosh negro)
11. Saw Palmetto (Palma sabal)
12. Flax Seed / Flax Oil (Semilla / aceite de linaza)
13. Yohimbe
14. Pumpkin (Calabaza)
15. Garcinia
16. Aloe (Zábila / Sábila)
17. Wheatgrass / Barley Grass (Trigo /Cebada)
18. Cinnamom (Canela)
19. Valerian (Valeriana)
20. Milk Thistle (Cardo mariano / lechoso)
21. Green Coffee (Baya verde del café)
22. Ginkgo
23. Ginseng
24. Senna (Casia / Hoja de Sen)
25. Horny Goat Weed (Epimedio chino)
26. Goji berry (Baya de goji)
27. Rhodiola
28. Boswellia - Frankincense (Árbol del incienso / Olíbano)
29. Guarana (Guaraná)
30. Beet root (Raíz de betabel)
31. Fennel (Hinojo)
32. Açai
33. Maca
34. Ashwagandha (Hierba mora mayor / witania)
35. Evening Primrose Oil (Aceite de primavera / onagra)
36. St. John's Wort (Hierba de San Juan / Hipérico)
37. Barberry
38. Yerba Mate
39. Horsetail (Cola de caballo)
40. Borage oil (aceite de borraja)

## Common Uses for Herbal Products

- **Musculoskeletal Complaints**

- arthritis (glucosamine/chondroitin)

- **CNS**

- fatigue (ginseng and others)
- insomnia (valerian)
- anxiety/depression (kava, chamomile, skullcap, St. John's Wort)

- **Colds/flu/immune** (echinacea, goldenseal, atragalus, pau d'arco)

- **Men** (saw palmetto, pygeum)

- **Women** (black cohosh, soy, evening primrose)

- **Circulation** (ginkgo, garlic)



## Common uses of Herbal Products

- Echinacea immune stimulant
- Saw Palmetto BPH
- Ginkgo circulation
- Milk Thistle liver
- Ginger nausea
- Chamomile indigestion
- Fever Few migraine
- St. John's Wort mild/moderate depression
- Hawthorn heart/circulation
- Soy menopause symptoms
- Kava anxiolytic
- Black cohosh menopause symptoms
- Green tea stimulant (antioxidant)
- Cranberry UTI prevention

## Useful Herbal Products

- Pycnogenol vision, antioxidant
- Ginseng adaptogen, tonic
- Grape seed vision, antioxidant
- Evening primrose dysmenorrhea, other
- Bilberry vision, antioxidant
- Garlic hyperlipidemias, HTN
- Yohimbe erectile dysfunction
- Valerian sleep

# Green Tea

Builds stamina and immunity

Prevents tooth loss

Reduces cholesterol

Reduces risk of cancer

Eliminates hangovers

Tones muscles and skin

Improves blood circulation

Delays the signs and symptoms of aging



# Stocking Your Natural Medicine Cabinet Essential Oils

## Natural Antibiotics and Antivirals

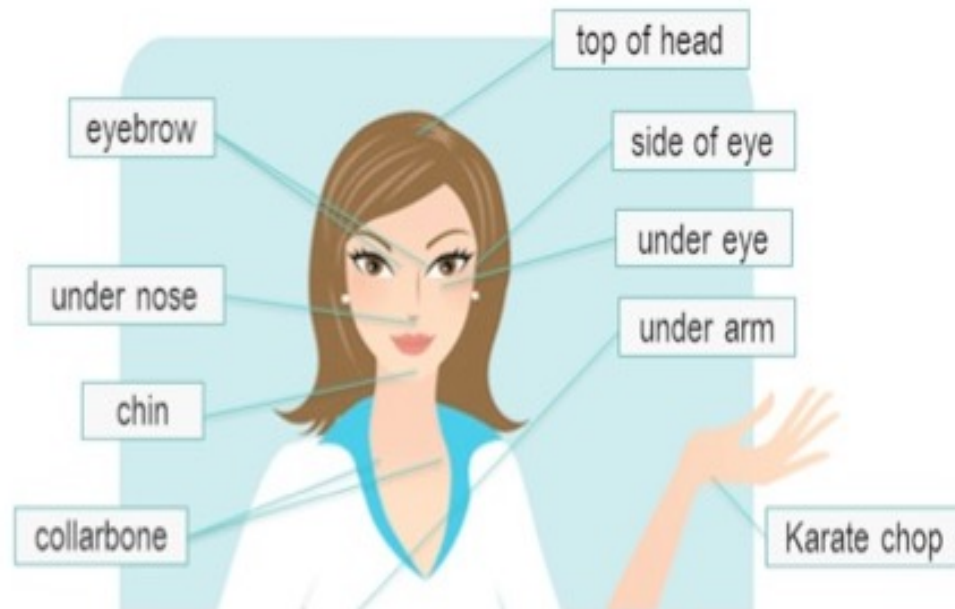
- cinnamon oil
- peppermint oil
- eucalyptus oil
- geranium oil
- lemon oil
- thyme oil
- oregano oil

## AROMATHERAPY

Research has found certain Essential Oils are associated with the different chakras. Typically, the physiologic action of the oil treats the gland associated with the corresponding chakra.

# Emotional Freedom Technique

## TAPPING POINTS DIAGRAM







**ESSENTIAL  
SUPPLEMENTS  
FOR THE  
ENTIRE FAMILY**

# Why Supplement?

- “We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is of importance for normal function of some special structure in the body. --- Lacking vitamins, the body can make some use of minerals, but lacking minerals, vitamins are USELESS. This discovery is one of the latest and most important contributions of science to the problem of human health.”

Verbatim extracts – Senate Document # 264, 74<sup>th</sup>  
Congress, 2<sup>nd</sup> Session – **IN THE YEAR 1936.**

## Why Supplement?

“You can trace EVERY disease, every illness, and every ailment ultimately to a mineral deficiency!”

*Dr. Linus Pauling, Two-Time Nobel Prize winning Biochemist.*

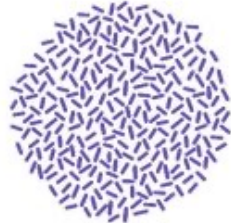
# PROBIOTICS



LACTOBACILLUS



LACTOCOCCUS



PROPIONIBACTERIUM



STREPTOCOCCUS  
THERMOPHILUS



BIFIDOBACTERIUM



BULGARICUS

B complex



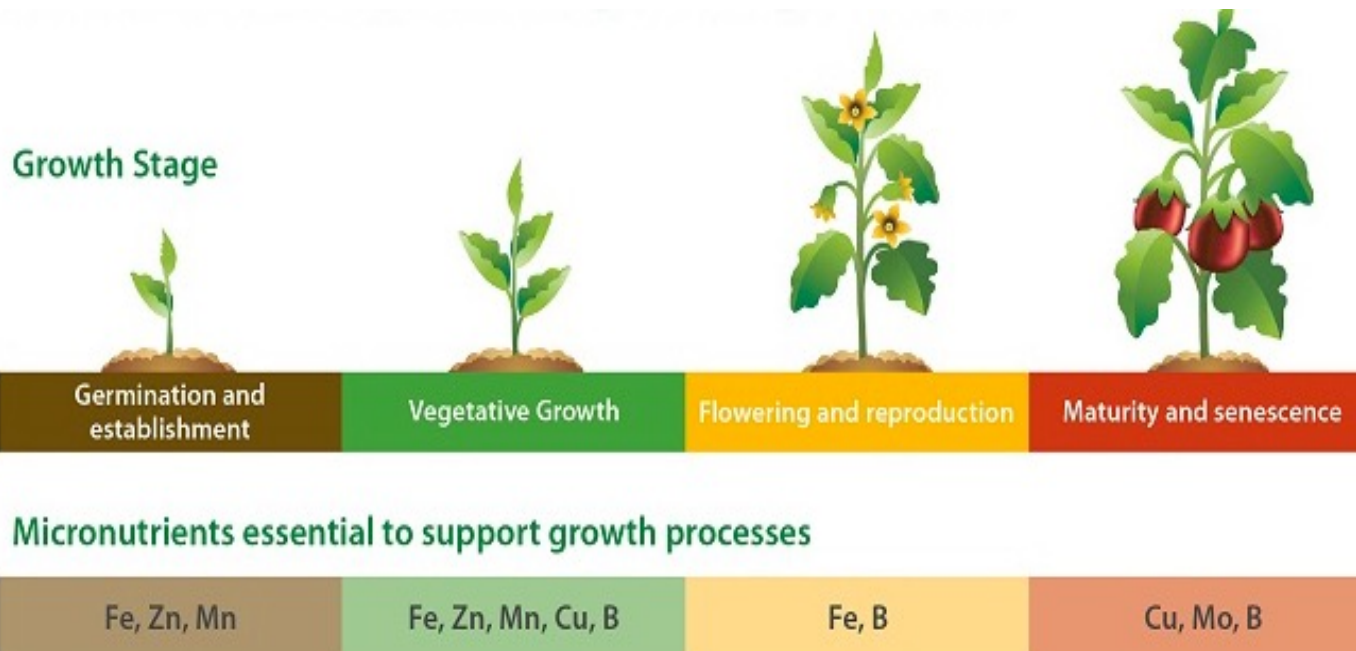
OMEGA  
3



MINERALS

**MICRO-NUTRIENTS** are needed for the growth of **Plants**

and





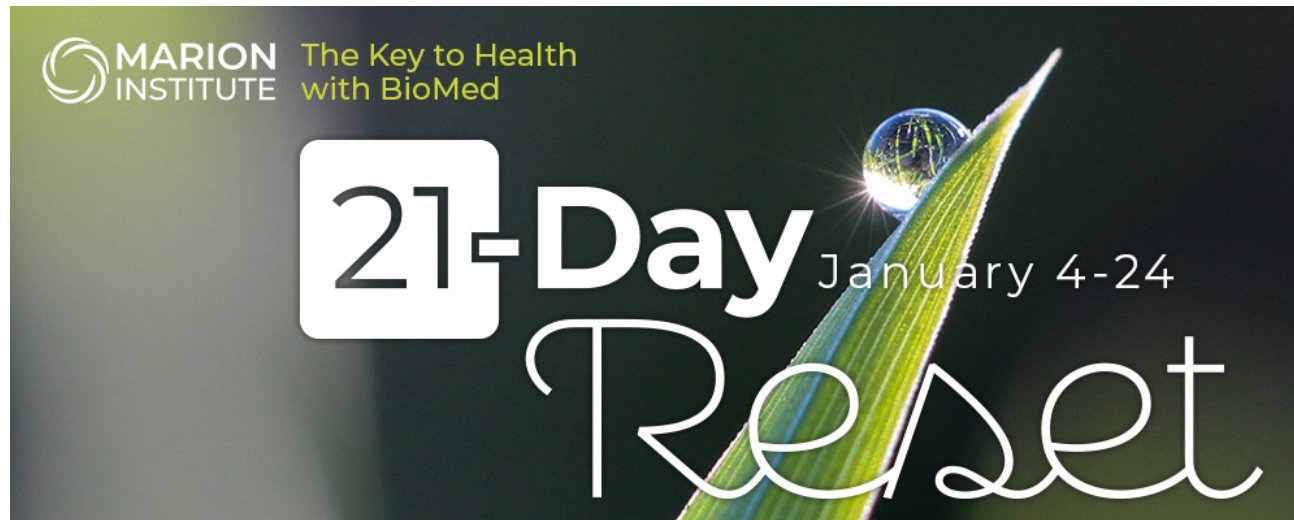
# Micronutrients



Micronutrients are nutrients required by humans and other organisms throughout life in small quantities to orchestrate a range of physiological functions. They include dietary trace minerals in amounts generally less than 100mg/day.



# The End of the Reset is Just the Beginning! So...

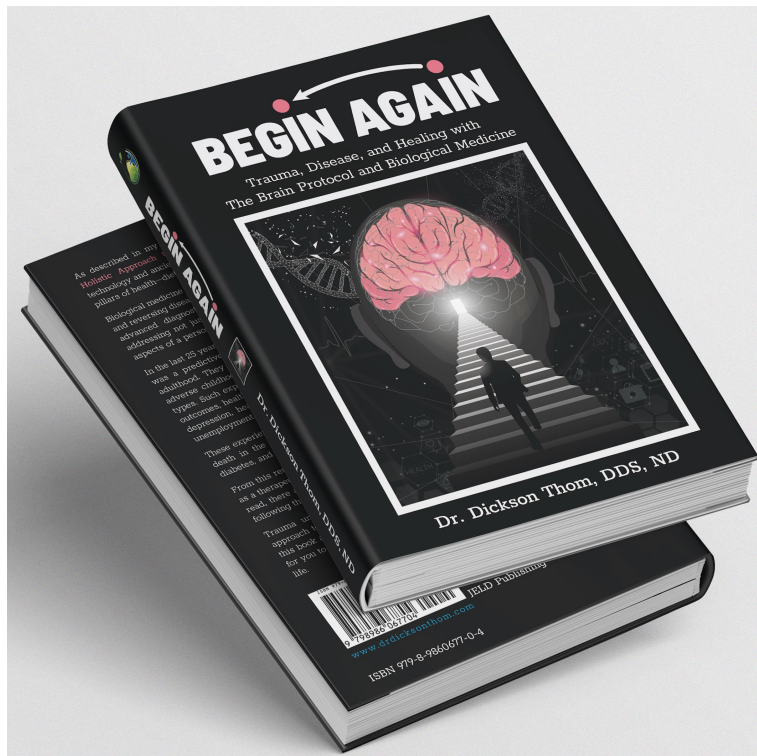




**...Let the Reset  
Continue!**

# It's finally here!

## The Brain Protocol Book



For anyone who wishes to improve their quality of life, to help you understand how trauma plays a significant role in your present state of health.

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**Ask Me  
Anything!**

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