

The Key to Health with BioMed: Natural Laws to Live By with Dr. Dickson Thom, DDS, ND

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Synopsis: Key Take-Aways from Today's Presentation

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“Basic Treatment Guidelines, a.k.a. Natural Laws to Live By” begins with the basic premise that we as human beings have a natural law and rhythm with our inner and outer environments. And when those internal systems and external forces are in harmony, the body experiences optimal health. When they are not in alignment, the body can experience a state of dysregulation.

The Basic Treatment Guidelines are a compilation of Nature's Laws that are essential to maintain and/or create a state of homeostasis in our body. For those practicing conventional medicine in today's culture, these Laws are often forgotten and overlooked in favor of the latest scientific studies. But one can never improve on Nature's Laws.

These Natural Laws for long-term health include many “common wisdom, not common practice” habits such as getting enough sleep and drinking enough water. But they also involve other, lesser practiced habits like hydrotherapy, lymphatic massage, and grounding.

Sunshine and Vitamin D

In the quest for health, the sun wields incredible power. Most notably, sunlight boosts the body's production of Vitamin D, which is thought to regulate at least 1,000 different genes governing virtually every tissue in the body. Adequate sunlight is vital to the improvement of sleep, stress reduction, the maintenance of strong bones, improved immune function, and the production of serotonin to support a calm and focused mood.

Having Fun

Play is a vital aspect of our humanity, as much today as it has been throughout human history. This is true of children, certainly; but it is no less true of adults. Having fun is not only beneficial for our social, emotional, intellectual, and physical development, it is a key ally in stress reduction and

overall well-being. When we are deprived of play, we are less able to cope with stress, more likely to grow irritable, less creative, and less productive. The message here is simple: *Play every day.*

Breathing

Every single day we take an average of 20,000 breaths. By the time you reach age 50, you will have cycled through 400 million breaths! The respiratory process is automatically regulated by the body's nervous system, yet there are ways in which you can *influence* the process in order to breathe more efficiently, increase energy, remove toxins, and stimulate a healthier blood flow to the body.

One technique that encourages abdominal breathing is the 4/4/8 technique: Start by inhaling through your nose for a count of 4, then suspend the inhalation at the top for a count of 4, then exhale for a count of 6 to 8. Do this slowly and at the bottom of your exhalation, gently draw the belly button towards the spine. Repeat the cycle four or more times for the best outcome. With daily practice, this breathing exercise will eventually become like second nature.

Water

On average, the average adult human body is 50% to 60% water. One common misconception about hydration is that we only need water when we are thirsty. The truth is that by the time you are thirsty, your body is already dehydrated and this internal signal decreases with age. Before the thirst drive is signaled a 1% to 2% loss in total body mass is needed. Therefore, it's vital for us to proactively consume water. Water is essential to good health, yet needs vary by individual. For most people (including children) the amount we need daily is one-half of your body's weight in ounces.

Movement (Functional Fitness)

What we call Functional Fitness is more than simply exercising or practicing sports. Functional Fitness is about training your body as an entire unit instead of muscle by muscle. This type of movement focuses on the ways in which we move in everyday life: bending, lifting, throwing, pulling, reaching, twisting, and walking (sometimes called the seven primal movements). Functional Fitness is for everyone and can be used by those who want to stay strong, fit,

and moving well into their old age. Overall, walking is by far the best practice to take up for good health and longevity.

Lymphatic System

The lymphatic system is the “forgotten system” of the body. The lymphatic system is a one-way system that goes directly to the heart. It is the main system for elimination. The lymph picks up bacteria and viruses as well as proteins, electrolytes, and fluid. Thankfully, lymph nodes destroy most pathogens, but the system can get bogged down, which is what we notice when we feel sick. There are many different ways to improve the lymphatic system’s efforts: deep breathing, daily movement, castor oil packs, dry skin brushing, lymphatic massage, etc. Caring for the lymph system should be as standard as brushing our teeth.

Grounding

Grounding (walking barefoot on the earth) allows you to pick up the energy that the earth provides which helps in countless ways. Grounding improves mood, sleep, reduces pain and stress, improves wound healing and immunity, and can even reduce jetlag. Ideally, one can ground while barefoot on grass, sand, concrete, or soil (but not on asphalt as that cuts off the electrical charge). As much as possible, have your feet touch the ground. In winter months, you can fill a box with sand and keep that in your garage or home and simply walk on that for several minutes during the day.

Nebulizing

Nebulizing is an excellent at-home practice that keeps the body in harmony with Nature’s Laws. By making a small investment in a nebulizer, this habit can greatly impact the body’s overall health and immune function. What is nebulizing? Nebulizing is simply a more efficient way to deliver a medication. Nebulizers can be used with homeopathic remedies, liquid minerals, phytogens, herbal remedies, glutathione, or saline. In addition, a nebulizer works faster than oral medications.

Sleep

For health and wellness getting enough sleep cannot be overstated. If you get less than eight hours of sleep a night, you are operating impaired; your alertness, productivity, creativity, and general health are all affected. A lack of sleep equates to not allowing the body enough time to heal. It takes about six

hours after your last meal for the body to be in a state of self-repair. Therefore, being conscious about the amount of sleep you are getting is essential. Ideally, sleep should occur in a quiet, cool, dark space without wi-fi enabled devices or technology nearby. In addition, raising the head of the bed two to four inches provides a better blood flow to the brain and better circulation overall.

Diet

In this context, diet is not a regimen or weight-loss term. Here, diet simply means the food that you eat. One Natural Law of diet is for your digestive system to be ready to metabolize the food you are eating. Here are a few ways to help facilitate that process:

- Drink apple cider vinegar and lemon ($\frac{1}{2}$ to 1 tsp in a glass of water 15 minutes before meals) to signal that food is on the way.
- Smell the food as it is cooking to stimulate saliva and stomach acid.
- Think about the food you are about to eat.
- Give thanks before eating.
- Chew extremely well (31 times for eat bite is ideal).
- Put down your fork between each bite of food.
- Do not drink with meals and never drink anything cold. We need the saliva to do the job of breaking down our food, not a beverage.
- Eat in a peaceful place, no outside distractions, no TV, play relaxing music if possible.
- After eating, sit and relax for 10 to 15 minutes.

In conclusion, the Basic Treatment Guidelines, a.k.a. Natural Laws to Live By, are a single therapy consisting of several ingredients which can be thought of as the "multivitamin" of detoxification. In combination, these ingredients amount to a daily routine requiring minimal time and massive reward.

Resources:

[Dr. Dickson Thom, DDS, ND.](#)

Link to the 23 $\frac{1}{2}$ Hours Video on YouTube: <https://youtu.be/aUaInS6HIGo>

Link to the video on creating a Castor Oil Pack:

<https://www.youtube.com/watch?v=ynkk6txYI7A>

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