

Natural Laws - Essential Home Therapies for EVERYONE to follow

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Dick Thom, DDS, ND



Basic Treatment Guidelines

Some “**Natural
Laws**” to Live By



Why do people get “ill”?



Why do people get ill?

Mechanistic causes in nature that can be potentially understood and cured by the application of the scientific method

1. Organic breakdown or deterioration (e.g., tooth decay, heart failure, senility)
2. Obstruction (e.g., kidney stones, arterial blockage due to plaque build-up)
3. Injury (e.g., broken bones, bullet wounds)
4. Imbalance (e.g., too much or too little of specific hormones and salts in the blood)
5. Malnutrition (e.g., too much or too little food, not enough proteins, vitamins, or minerals)
6. Microbes (e.g., bacteria, viruses, fungi, amoebas, worms)
7. Toxins
8. Stress
9. Lifestyle – (lack of exercise, smoking, lack of sleep etc)

So these common “triggers” often manifest in chronic disease *MANY* years later (but they are not the **cause**)

Miasm

- Psoric
- Sycotic
- Tuberculinic
- Syphilitic

Temperament

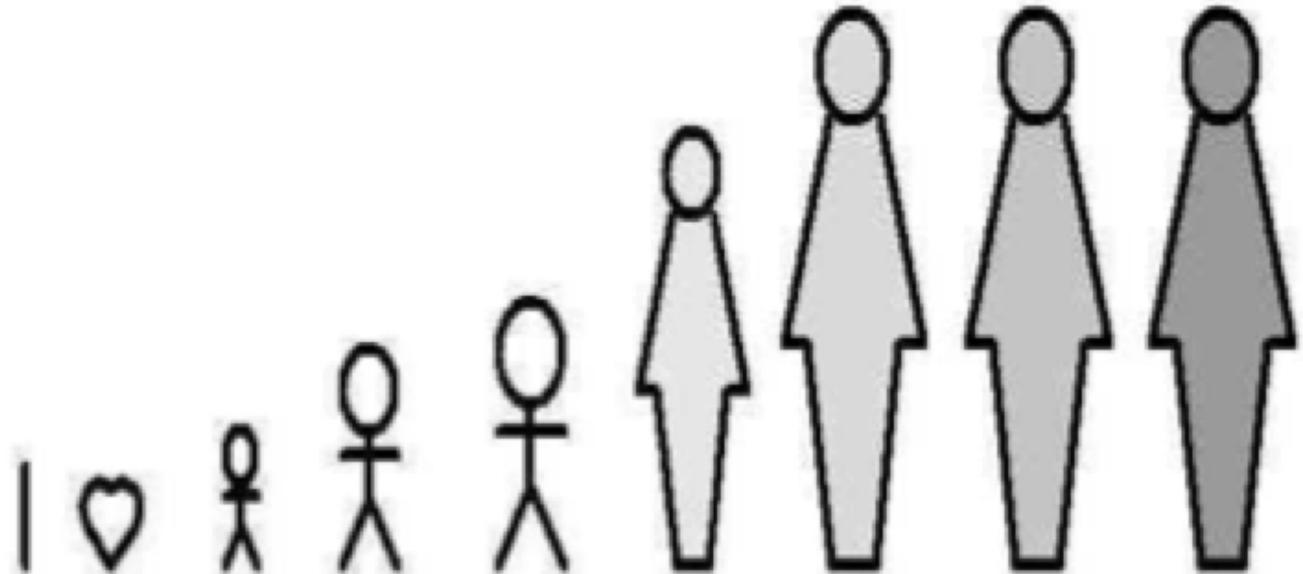
- Sanguine
- Lymphatic
- Choleric
- Melancholic

Constitution



Pre-birth

Birth Trauma	Broken Bone	Head Injury	Dental work	Drugs
Vaccination	Burn	Surgery	Virus	Trauma
Circumcision	Fear	Anger	Jealousy	Rape



Lifetime of Diseases: Distorted Energy Programs

Conscious mind 10%

- Critical thinking
- Logical thinking
- Short term memory
- Willpower

The conscious mind tries to use willpower to control behaviours, habits & beliefs but loses out to the subconscious minds greater influence.



Subconscious mind 90%

- Beliefs
- Creativity
- Developmental stages
- Emotions & feelings
- Habits & addictions
- Imagination
- Intuition
- Long term memory
- Protective reactions
- Values

Hypnosis uses this part of the mind for change.

Imagine an object coming near your eye

The **conscious** mind picks up **40** environmental stimuli per second

The **subconscious** mind processes **20,000,000** environmental stimuli per second

Thus the blink is due to a **LEARNED PERCEPTION**, not a conscious action

Death

**Early
Death**

**Disease, Disability,
and Social Problems**

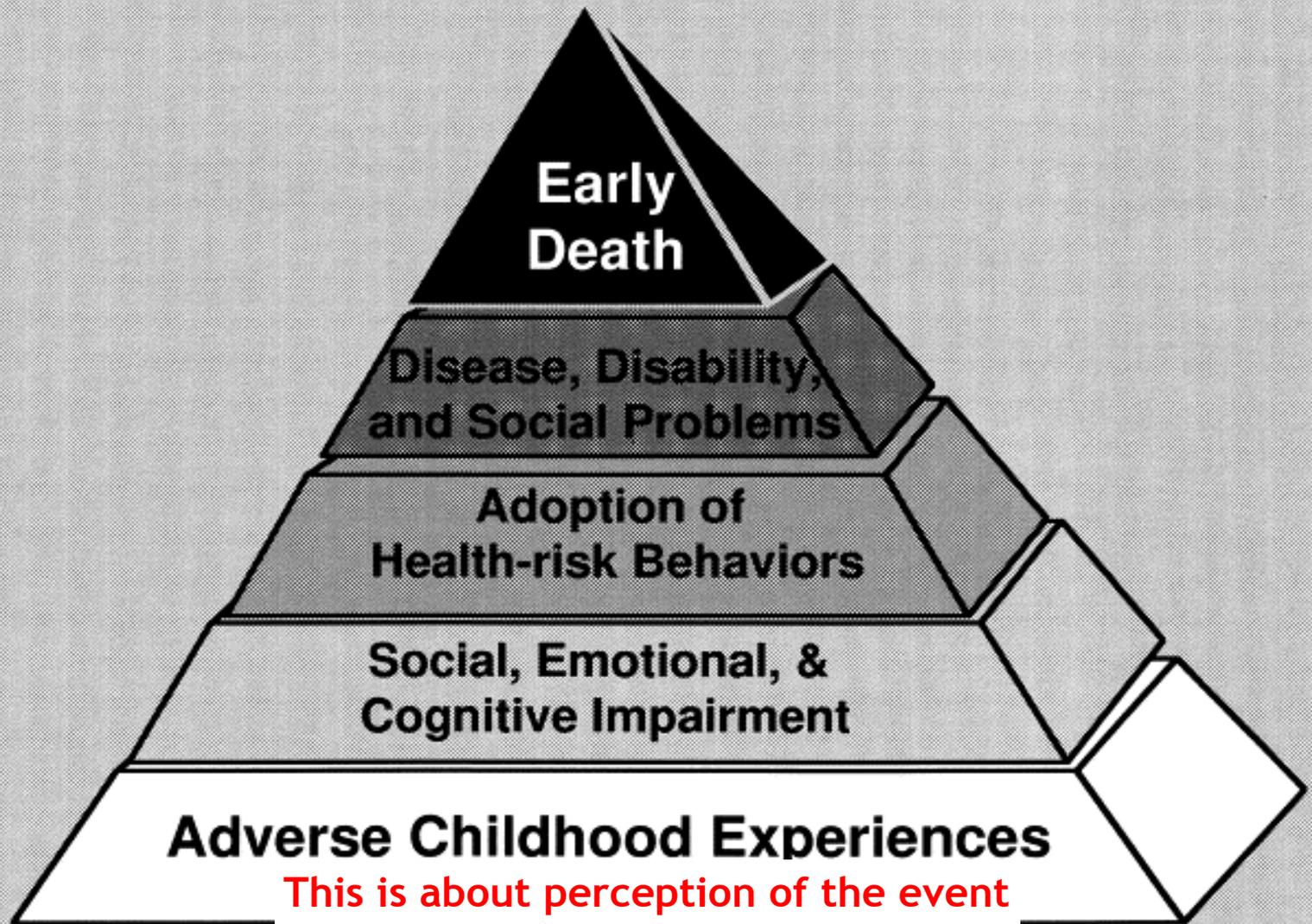
**Adoption of
Health-risk Behaviors**

**Social, Emotional, &
Cognitive Impairment**

Adverse Childhood Experiences

This is about perception of the event

Birth



The Adverse Childhood Experiences (ACE) Study, American Journal of Preventive Medicine; Volume 14, Issue 4, Pages 245-258 (May 1998)

Why do people get ill?

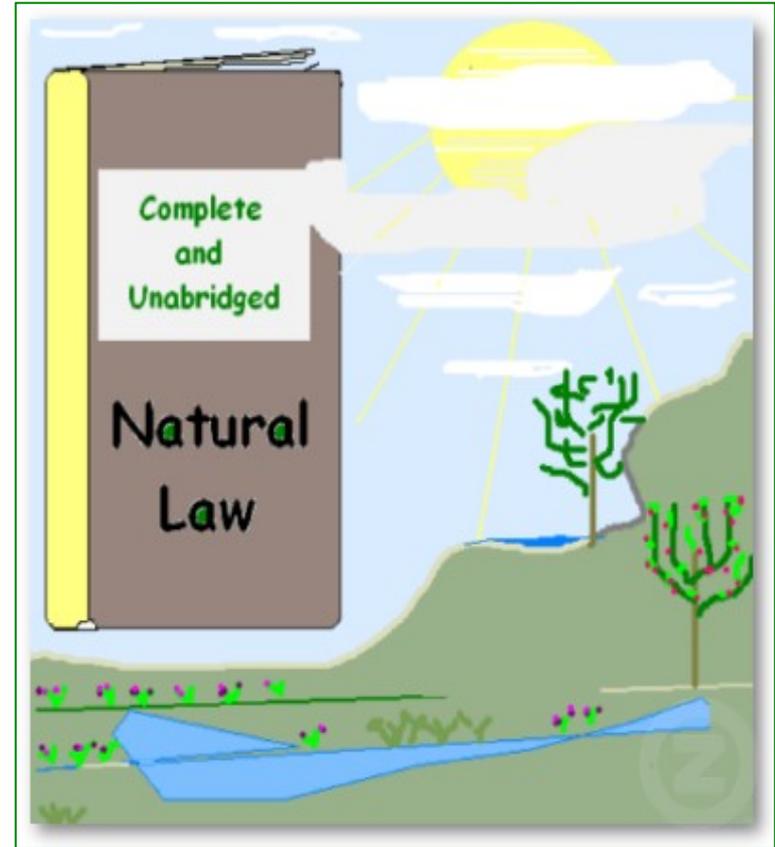
Mechanistic causes in nature that can be potentially understood and cured by the application of the scientific method

So...

**THE REAL CAUSE
IS...**

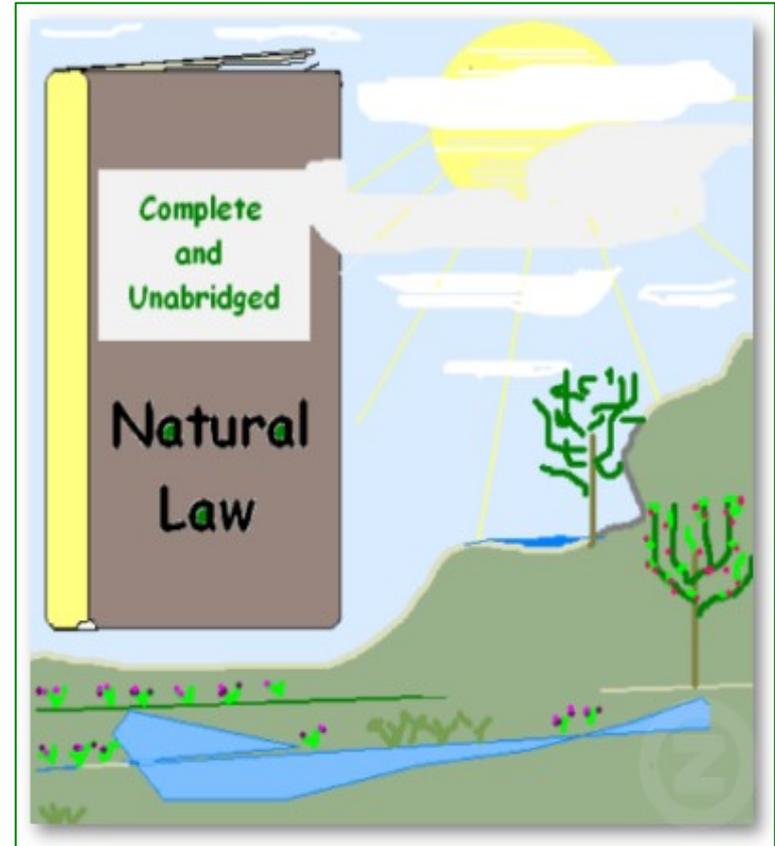
So.... The Real Cause is...

VIOLATION OF NATURE'S LAWS



So.... The Real Cause is...

What are some
of NATURE'S
LAWS in
regard to
Health?



Nature Cure, Henry Lindlahr; The Nature Cure Publishing Co.,
1914, Chicago

Chronic disease is the #1 cause
of death of our patients.

The **primary cause** of disease
is **Violation of Nature's
laws** such as excessive
eating, too much alcohol,
coffee, tea, overwork, night
work, fear, worry, poor air
quality, lack of exercise,
loveless marriages.



**"The art of
medicine is
amusing the
patient while
nature cures the
disease"**

Voltaire
(1694- 1778)



BASIC TREATMENT GUIDELINES

- Outside 30+ minutes a day (sunshine)
- Play, have fun daily
- Deep Breathing
- Water
- Movement (lymph)
- Hydrotherapy - dry skin brushing, castor oil packs
- Sleep hygiene

- Apple cider vinegar
- Diet- AI, IR, GF, CF blood type, EAV, allergy free, Carrol etc.
- EFA's - flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO
- Probiotics
- Minerals, vitamins



GO **OUTSIDE** and
ENJOY SOME **SUN**



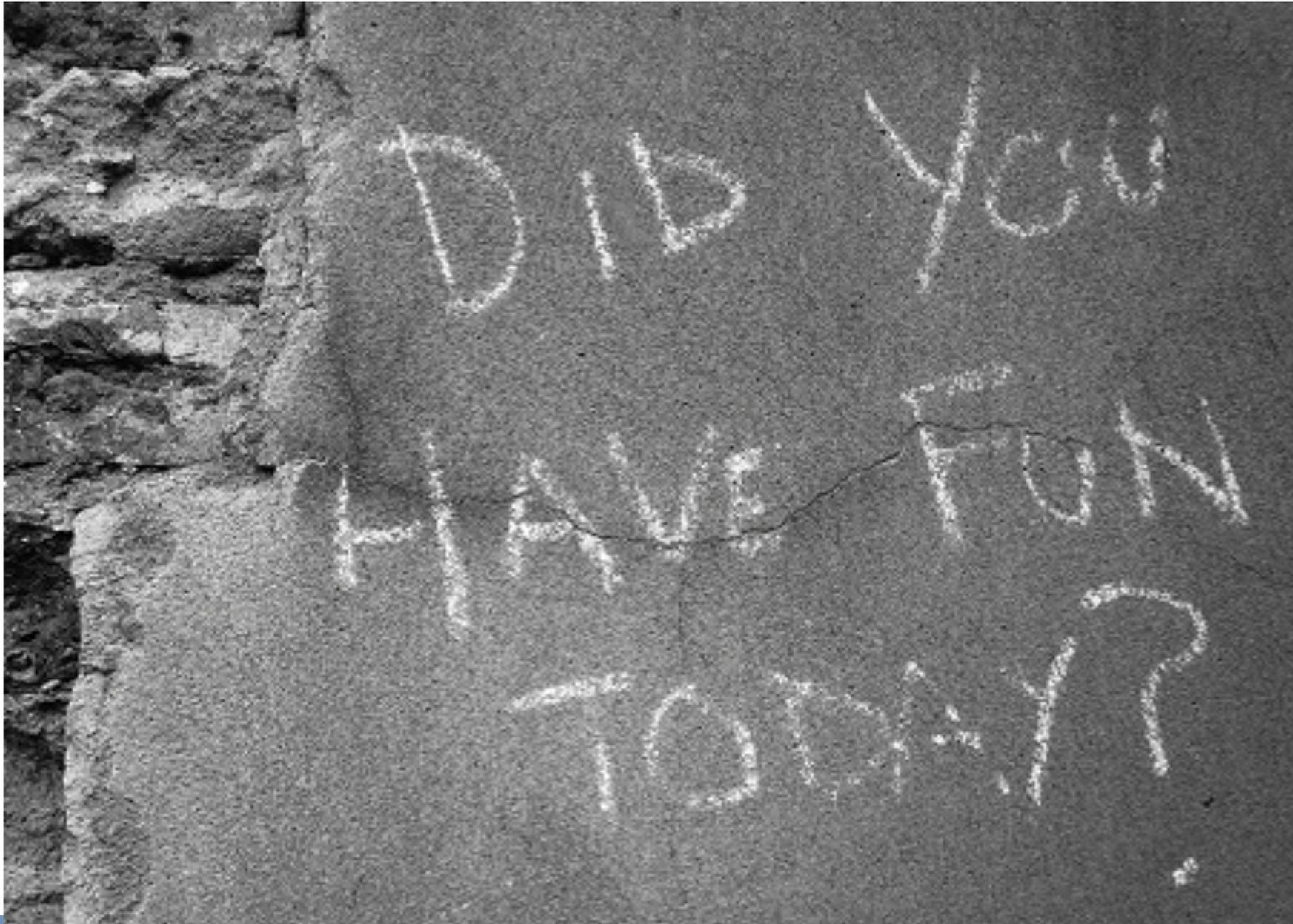
Sunshine

It Can Be Good
Medicine After All



**MINIMUM of
30 minutes/ day**

“Brief but unfettered exposure to sunshine or its equivalent several times a week can help to ward off a host of debilitating and sometimes deadly diseases, including osteoporosis, hypertension, diabetes, multiple sclerosis, rheumatoid arthritis, depression and cancers of the colon, prostate and breast.”





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

Water

How much should you drink every day?

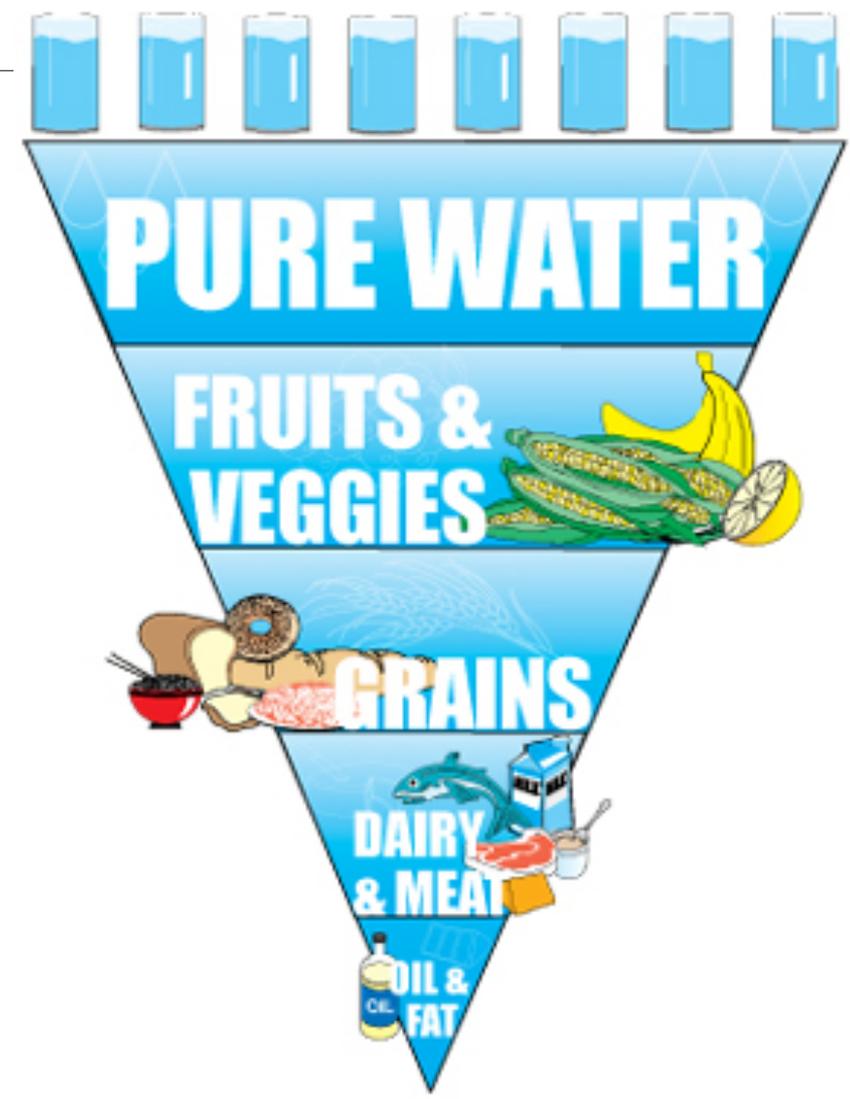
Water is essential to good health, yet needs vary by individual.

ONE half your body weight in OUNCES.





Illustration by Seth Larson



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



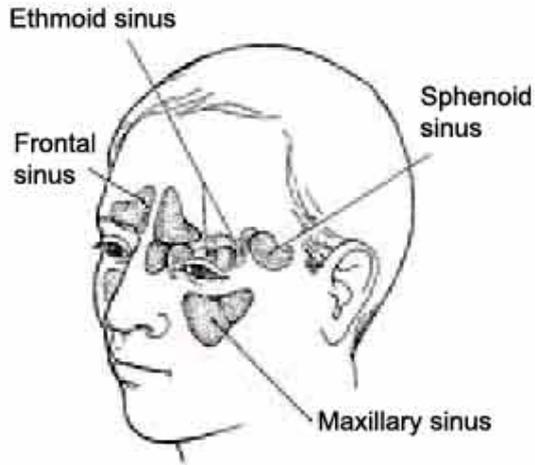
Walk your dog every day



Walk with your partner

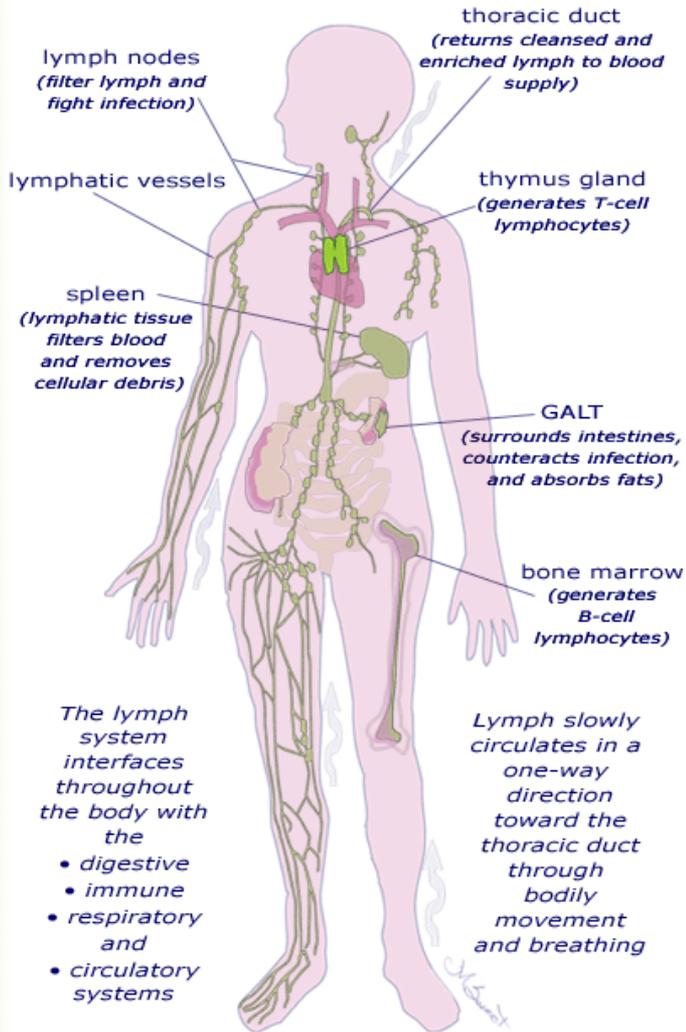


HYDROTHERAPY



Removable
Shower
Head is key

Lymphatic System

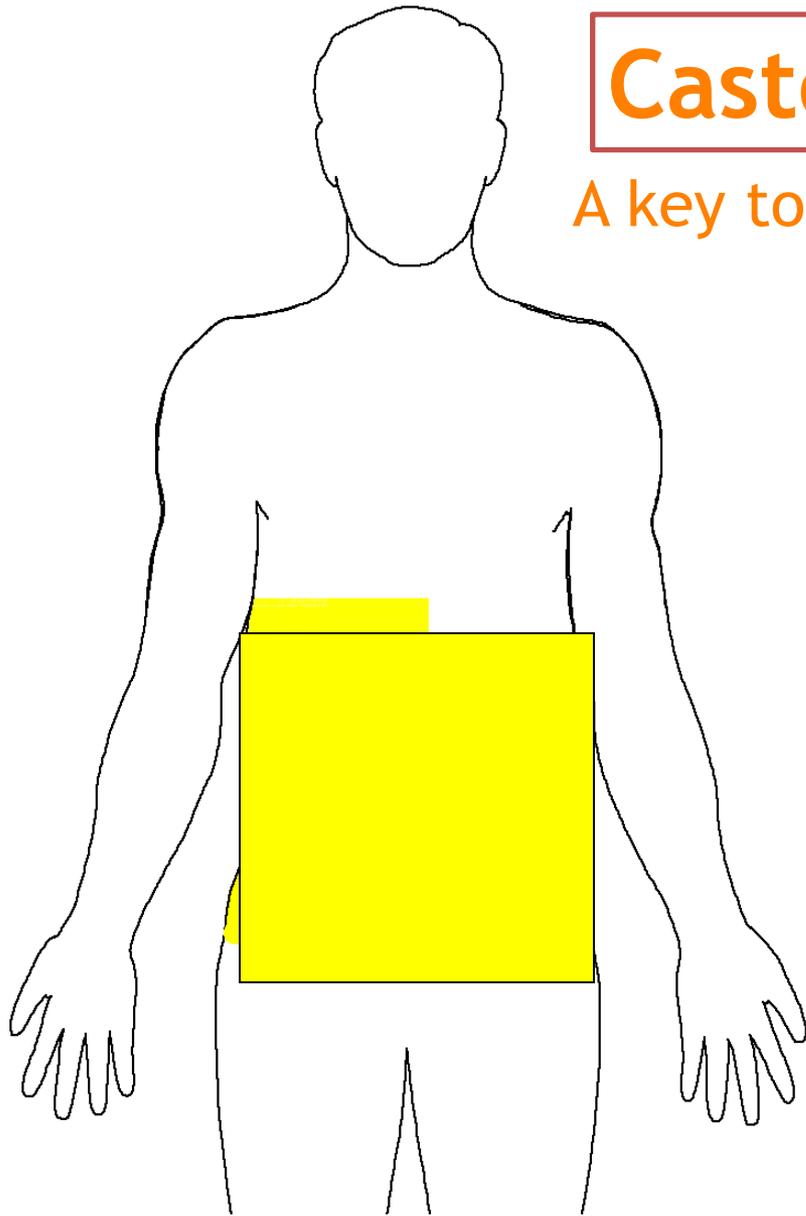


LYMPHATIC SYSTEM

- 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
- Regular exercise (movement)
- Castor oil packs
- Dry skin brushing
- Lymphatic massage

Castor Oil Packs

A key to lymphatic health



**Dry
Skin
Brushing**

SLEEP

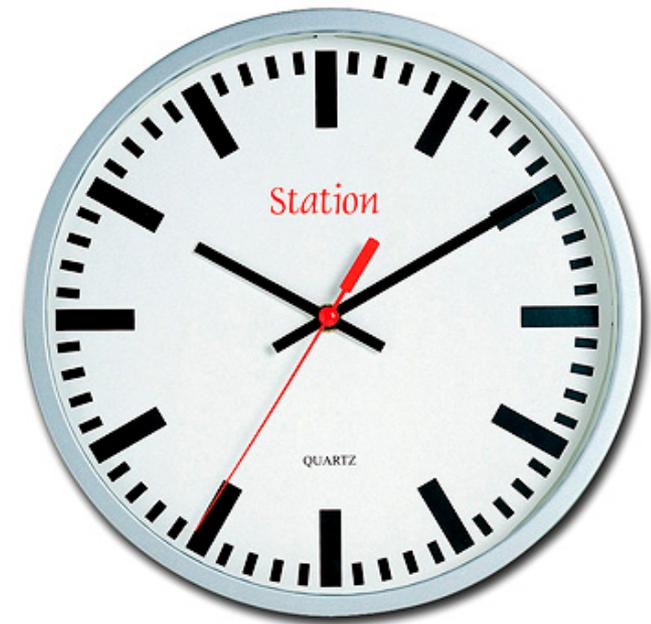
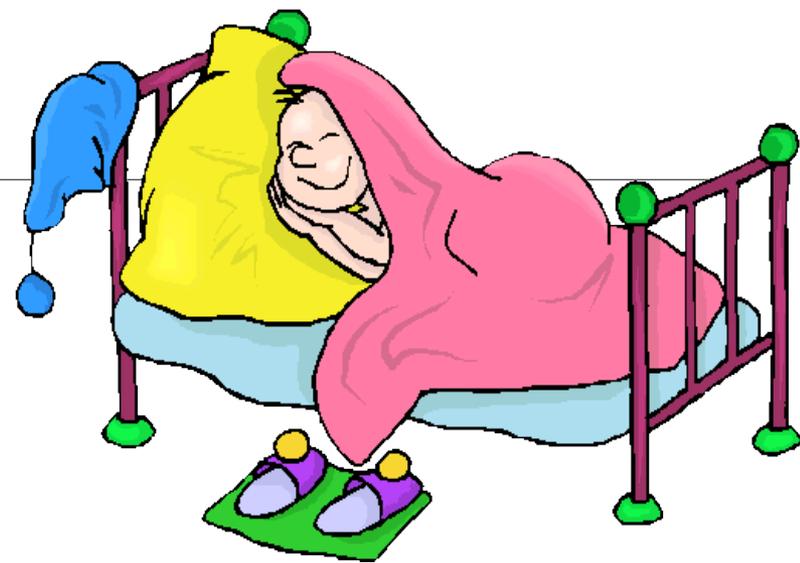
If you get less than eight hours of sleep a night, you are operating impaired; your alertness, productivity and creativity, and general health are all affected.

"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

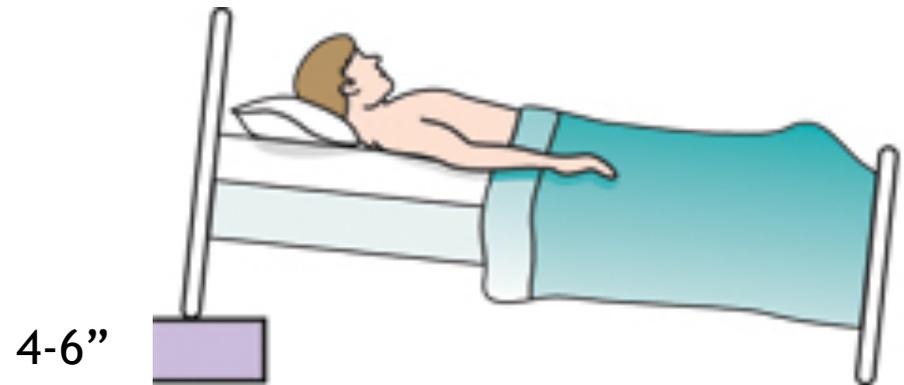
NO Wi-fi in the room



Raise the head of your bed 4-6” to improve EVERYTHING



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



BENEFITS OF MEDITATION

Improve focus & memory

Increase happiness

Gives a sense of purpose

Enhances relationships

Improved outlook on life

Reduce Depression

Anxiety & stress relief

Strengthened immune system

Improved sleep

Aides in pain management



BTGs (aka **Natural Laws**) Summary

- Be outside 30 minutes per day
- Do something FUN everyday
- Take 100 deep conscious breaths per day
- End showers with a cool spray
- Movement walk, gym, yoga, stretch
- Castor oil packs 30-40 minutes in the evening
- Dry skin brushing before bed
- Be in bed by 10:00 PM, sleep in total darkness with no wifi devices in the bedroom
- Raise the head of the bed ~ 6" 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



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 $\frac{1}{2}$ -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 is a peaceful place, no outside distractions, no TV, play relaxing music if possible
9. After eating, sit and relax for 10-15 minutes

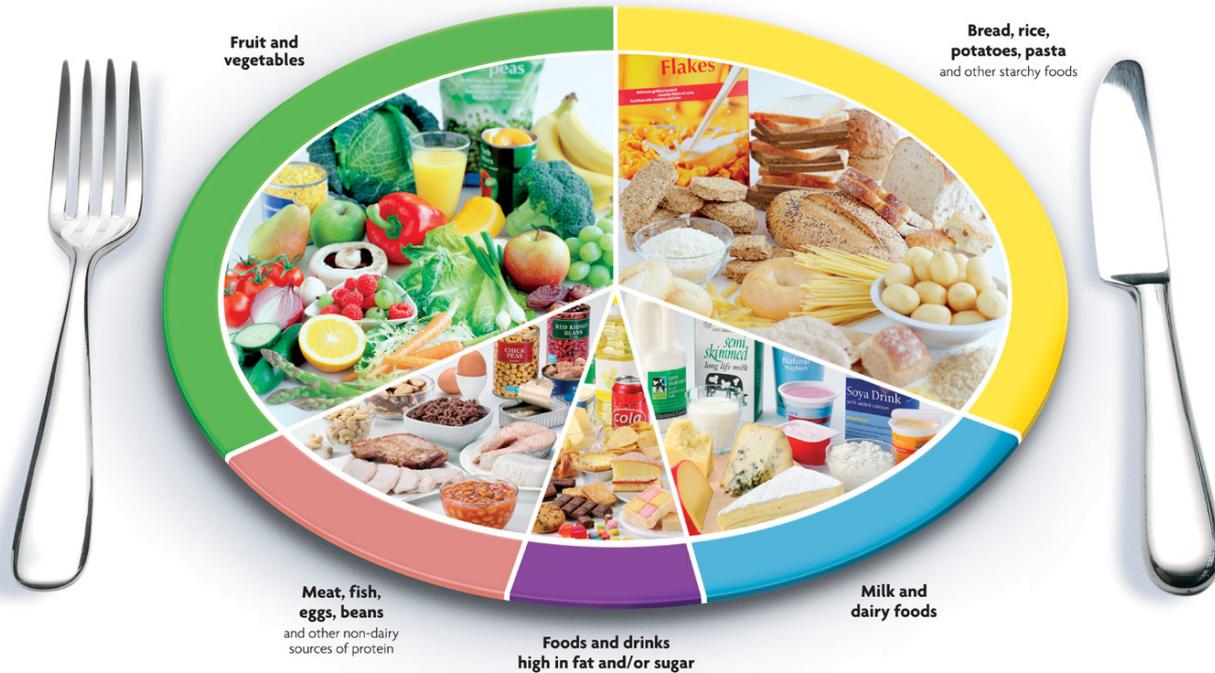
Organic Apple Cider Vinegar (ACV)



- 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.

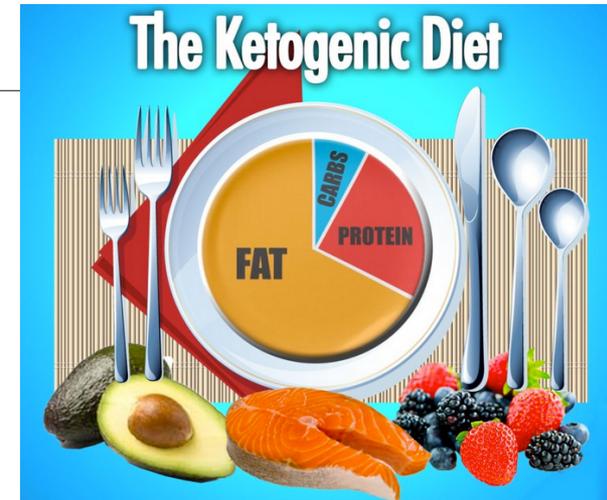
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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Unprecedented Opportunities Exist for Expanded Use of Foods and Components to Achieve Genetic Potential, to Increase Productivity and Decrease Risk of Disease



EAV

Gluten-free

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



Eat more colors

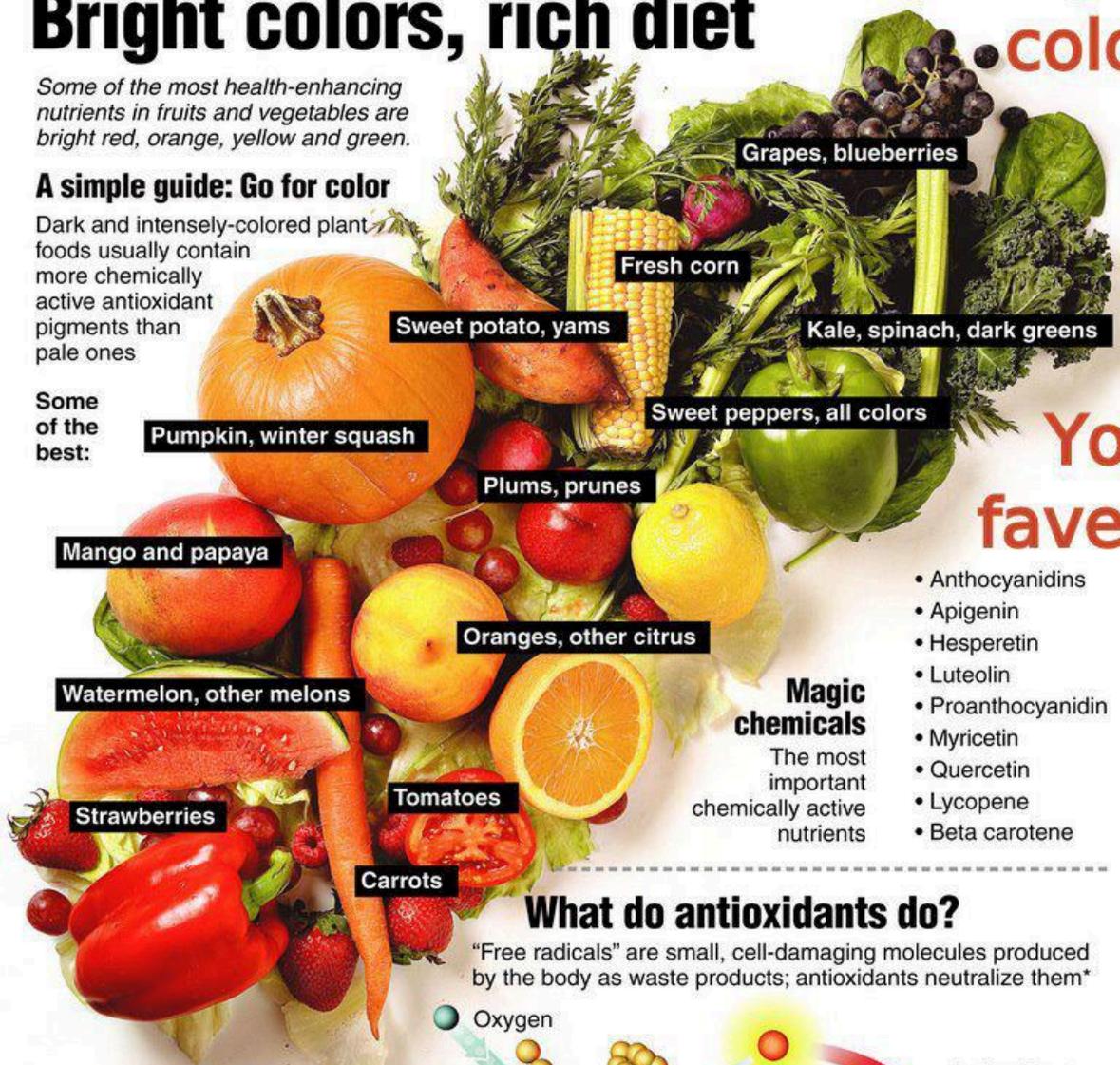
Bright colors, rich diet

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:



Your fave ?

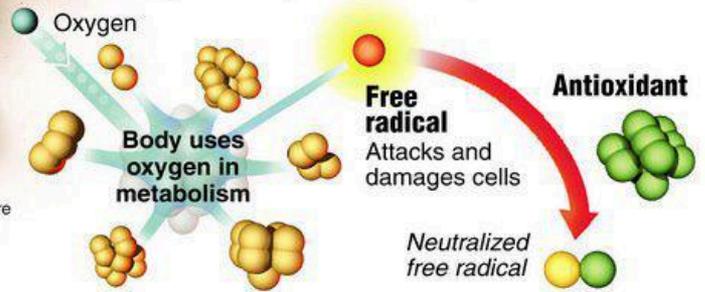
Magic chemicals

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-Hulfachor, Sun Sentinel

10 different colors will reduce by upwards of 60% of heart disease, cancer and other chronic illnesses

Anti Inflammatory ideas

- Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
- Try to include 10 different colors of vegetables and fruits
- Preferred whole grains are quinoa, amaranth, millet, teff, brown rice, wild rice, buckwheat
- Chicken, turkey, salmon, cod, halibut, sardines, grass fed beef, lamb, tofu are preferred protein sources
- Include organic, non-GMO **soy** products (tofu, Edamame, miso, soy milk, tempeh, etc)
- NO raw foods in evening, cooked foods for evening meal, do not eat within 3 hours of bedtime
- Use **olive oil**, coconut oil, avocados, nut butters, seeds (**flax**/ chia or pumpkin seeds)
- No dairy, processed sugar, gluten, flour products, chocolate, coffee
- Drink a minimum of 64 ounces of water daily including green tea

Paleo Diet Suggestions

- Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
- Try to include 10 different colors of fruits and vegetables daily
- Include lots of cruciferous vegetables such as broccoli, cabbage, cauliflower, Brussels sprouts, collard greens, kale, red and white cabbage
- Tubers - Sweet potatoes, yams, Jerusalem artichoke, jicama, taro
- Protein- Chicken, duck, turkey, salmon, cod, halibut, tilapia, grass fed beef, lamb, eggs
- Carbs- minimal quinoa, amaranth, millet
- Use olive oil, coconut oil, avocados, nut butters (almonds, cashews, pistachios), seeds (**flax**/ chia / pumpkin/ sesame/ sunflower)
- NO raw foods in evening, cooked foods for evening meal, do not eat within 3 hours of bedtime
- No dairy, processed sugar, alcohol, gluten, flour products or sodas
- Drink a minimum of 64 ounces of water daily including green tea

Ketogenic Diet Suggestions

- Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
- A ketogenic diet keeps **carbohydrate intake between 20-60 grams per day**. The daily protein will be moderate, with the balance of calories from fats. These ratios ensure that most people go into ketosis and stay there, which is the main objective of the ketogenic diet.
- The nutrient intake on a ketogenic diet typically works out to **about 60-65% of calories from fat, 20-25% from protein, and 5-10% from carbohydrate on a daily basis when calories are not restricted.**
- **Healthy fats include:**
 - Olive oil, coconut oil, Brazil nut oil, cocoa butter, olives
 - Flax seeds, chia seeds, hemp seeds, pumpkin seeds, macadamia nuts, walnuts, jungle peanuts, almonds
 - Free range chicken and duck eggs
 - Grass fed beef, lamb, chicken, turkey, wild game, sardines, salmon, mackerel, halibut, cod

The Important *ESSENTIAL FATTY ACIDS*

Linoleic Acid

Alpha-Linolenic Acid

B3
B6
Vit C
Zn
Mag

Sesame
Sunflower
Pumpkin



Flax
Chia
Hemp



B3
B6
Vit C
Zn
Mag

GLA (Borage, EPO)

EPA (Marine Lipids)

DGLA

**PGE3
PGI3**

PGE1



Probiotics

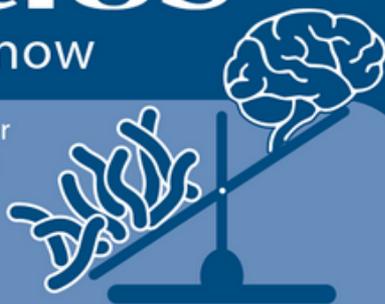
8 facts you should know

70%

of our immune system resides in our gut.

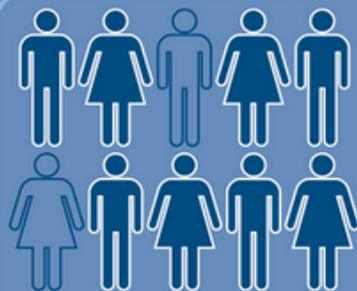


Probiotics in our body outweigh our brain. The typical human brain weighs about 3 pounds, and a healthy human body will have over



3.5 pounds

of probiotic bacteria and organisms.



8 out of 10

adults reported having a digestive issue for which they purchased a product.

Between **60** and **70 million** Americans are affected by digestive issues.



Americans invested more than **\$2 billion** on digestive health supplements in 2014.

Our digestive system is home to **500+** different types of microorganisms.

The majority of these contribute positively to human health and are called "probiotics".



Up to **10%** of an individual's daily energy needs can be derived from the byproducts of the good bacteria in our gut.



There are **10x** more intestinal microorganisms than human cells in the body (10 trillion microorganisms vs. 10 billion human cells).

Benefits

PROTECTION

- Pathogens (bacteria, parasites, viruses)
- Toxins
- Infections
- Cancer
- Gut lining

ABSORPTION

- Vitamins like B12
- Minerals iron and magnesium
- Glucose
- Fatty acids

PROBIOTICS

FUNCTION

- Intestinal motility (healthy bowel movements)
- Bile creation and gastric secretion
- Gatekeeper of what's allowed in blood stream
- Immune function

PRODUCTION

- SCFA butyrate
- Vitamin K2
- Enzymes
- B-vitamins

MODULATION

- IgA and IgG immune cells
- B cells and T killers cells
- Inflammatory response

BASIC TREATMENT GUIDELINES

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

Conclusions - Summary

- Following these Natural Laws, healthful diet suggestions (10 colors) may improve upwards of 50% of many patients chief challenges/ symptoms (in my clinical experience)
- So first, YOU must include these in your daily life, AND then teach them to your patients, no matter what their health issues are.

QUESTIONS?