



BRMI
CONFERENCE 2018

NATURAL WAYS TO DETOXIFY YOUR BIOLOGICAL TERRAIN

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Dr. Sharon Stills

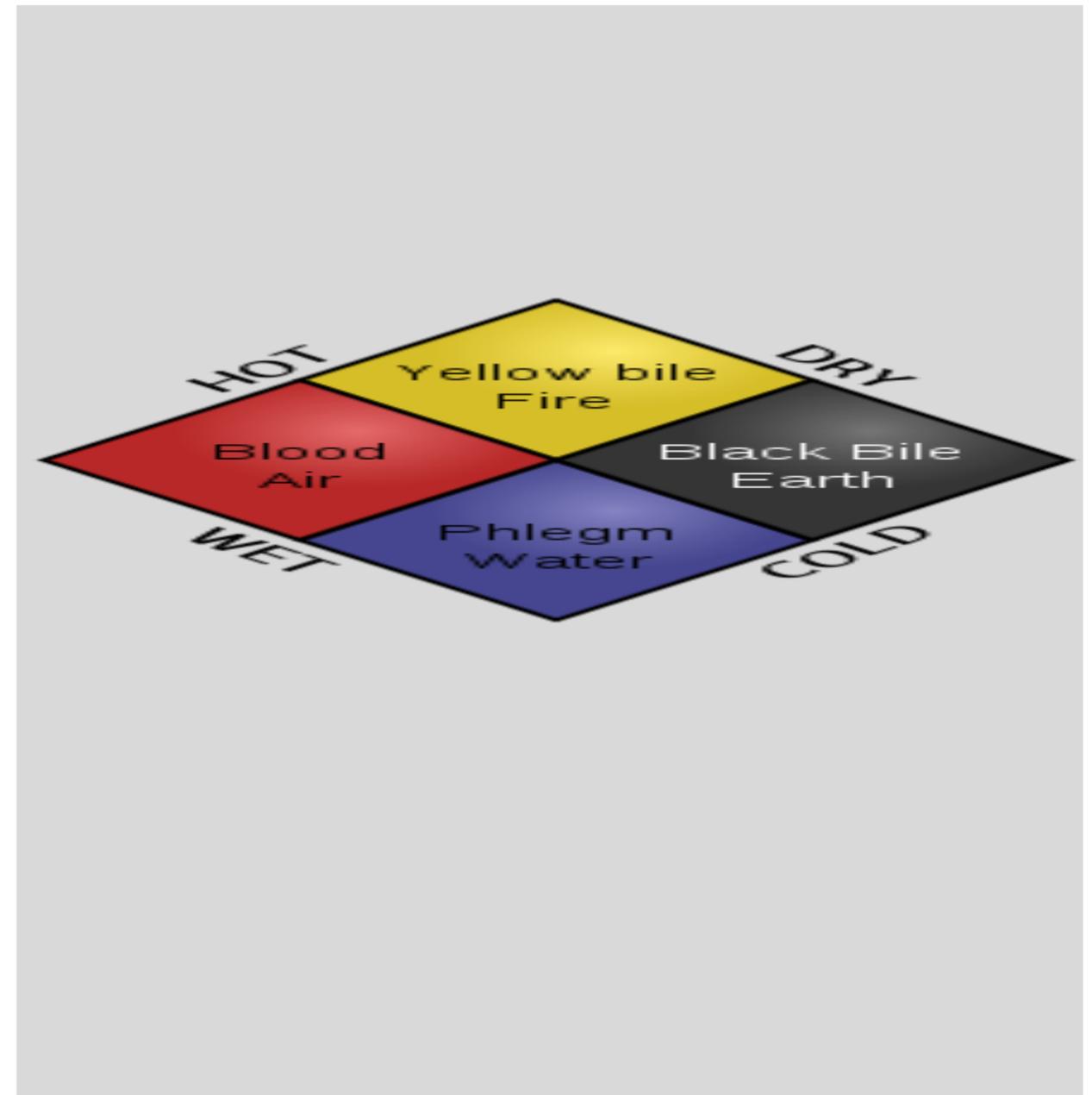
HOW DO I KNOW IF I'M TOXIC?

Ask yourself – “Am I alive” if you answered YES then you are toxic.

It is a sad but true statement.

CONSTITUTION

- MIASM
- TEMPERAMENT
- DOSHA
- FIVE ELEMENT
- MUCOR/ASPERGILLUS
PENICILLIUM



HOW DOES YOUR MIASM ELIMINATE?

- PSORIC – QUITE EFFECTIVELY – PUSHES TOXINS OUT – CENTRIFUGAL FORCE
- REACTIONS LIKE VOMITTING, DIARRHEA



SYCOTIC ELIMINATION

- INEFFICIENT – CENTRIPETAL - HOLD ON TO EVERYTHING INCLUDING TOXINS/ EMOTIONS/
- PARADOXICAL HEALING



TUBERCULINIC ELIMINATION

- INEFFICIENT –LOW ENERGY – CAN'T CREATE A RESPECTABLE HIGH FEVER
- DEMINERALIZED
- EMOTIONAL



LUETIC ELIMINATION

- AND YET ANOTHER INEFFECTIVE ELIMINATOR
- NOT IN TUNE WITH FLOW OF NATURE
- DESTROY THEMSELVES – TISSUES/EMOTIONS



AYURVEDIC DOSHAS

- VATA
 - PITTA
 - KAPHA
-
- AMA IS THE UNDERLYING CAUSE OF DISEASE/
TOXICITY IN ALL THREE DOSHAS

THREE TYPES OF AMA

- HEAVY AND STICKY –POOR DIETARY HABITS
- AMAVISHA – MORE TOXIC –MIXES WITH DOSHAS/ TISSUES/WASTE PRODUCTS OF THE BODY
- GARVISHA – BIOACCUMULATION OF ENVIRONMENTAL TOXINS

HOW DOES AMA FORM?

- PRAGYA APARADH – THE MISTAKE OF THE INTELLECT –NOT EATING ACCORDING TO TRUE LEVEL OF HUNGER OR DIGESTIVE POWER – SEEING WHAT IS HARMFUL AS USEFUL
- MISTAKE OF THE SENSES – OVEREATING
- MISTAKE IN TIMING – IGNORING THE SEASONS

SIGNS AND SYMPTOMS OF AMA

- PLAQUE BUILD UP
- FEELING HEAVY/LETHARGIC/LAZY
- LACK OF STRENGTH
- GAS/BLOATING/INDIGESTION
- CONSTIPATION/DIARRHEA
- EXCESS MUCOUS
- NO FLOW IN YOUR LIFE

ELIMINATING AMA

- DO NOT OVEREAT
- WAIT TIL PREVIOUS MEAL IS DIGESTED
- NO COLD DRINKS
- EAT PURE FRESH FOOD
- EAT MINDFULLY
- EAT WHEN CALM
- EAT HEAVIEST PARTS OF MEAL FIRST
- LUNCH IS MAIN MEAL
- MEDITATE
- EXERCISE

ELIMINATING AMA CONT.

- AMA PACHAN - DIGEST AMA – SIPPING HOT WATER THROUGHOUT THE DAY
- LEKHAN –CLEANSING OF DIGESTIVE TRACT –“SCRAPING” – SIPPING HOT WATER, SPICES SUCH AS GINGER –PEPPER
- AGNI DIPAN – INCREASE DIGESTIVE FIRE –“AGNI” VIA DIET AND HERBS
- SHODHAN – ELIMINATION - PANCHAKARMA

FACTORS INVOLVED IN THE TERRAIN

- pH Balance
- Mineral Balance
- Fatty Acid Balance
- Hydration Levels
- Systemic Drainage
- Nutrient Uptake/Diet
- Constitution
- Lymphatic Flow
- Emotional State
- Good Bacteria In the Gut
- Cellular Communication
- Toxicity Levels
- Epigenetics
- Autophagy/mTOR

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mTOR - Autophagy

- **Autophagy Definition:** Autophagy (from the Greek for *self-eating*) is the regulated process by which a cell degrades its dysfunctional or foreign components. The cell can then recycle useful chemical components for further purposes
- Mechanistic target of rapamycin (mTOR) functions as a key homeostatic regulator of cell growth and orchestrates whether anabolic or catabolic reactions are favored. mTOR complex 1 (mTORC1) manages multiple biosynthetic pathways and promotes cell growth when nutrients are in plentiful supply. Many advances have been made over the last decade on nutrient sensing centered on mTORC1. Recent research reveals that mTORC1 maintains nutrient homeostasis through lysosomal biogenesis and autophagic processes. Cells utilise autophagy to recycle damaged or unwanted organelles and macromolecules and in so doing, generate energy and recover precursor building blocks necessary for normal growth. It is clear that mTOR and autophagy are closely integrated within cells, where defects in signaling through both pathways are known to drive the onset of a range of human diseases,

WHAT STIMULATES mTOR and inhibits autophagy

- DAIRY PRODUCTS
- PLASTICS
- PROTEIN DRINKS
- EMF'S
- PESTICIDES
- IRON ENRICHED FOODS
- 5-MTHF SUPPLEMENTATION
- HIGH FRUCTOSE CORN SUGAR
- MSG/GLUTAMINE/
- BONE BROTH
- GLUCOSE/INSULIN
- IGF-1

WHAT STIMULATES AUTOPHAGY

- INTERMITTENT FASTING
- CALORIC RESTRICTION
- RESVERATROL
- TUMERIC
- VITAMIN D
- BERBERINE
- LOW ATP-LOW O₂
- LITHIUM
- SULFORAPHANE
- COFFEE
(BULLETPROOF)
- GREEN TEA
- COCONUT OIL-
KETONES
- REISHI
- GINGER
- MELATONIN

BENEFITS OF AUTOPHAGY

- CLEARS CELLULAR DEBRIS/PATHOGENS
- EXTENDED LIFE SPAN
- PREVENTION OF CANCEROUS DEVELOPMENT
- PREVENT NEURODEGENERATIVE DISEASE
- REDUCE INFLAMMATION
- ENHANCE MUSCLE PERFORMANCE
- DECREASE INFECTION

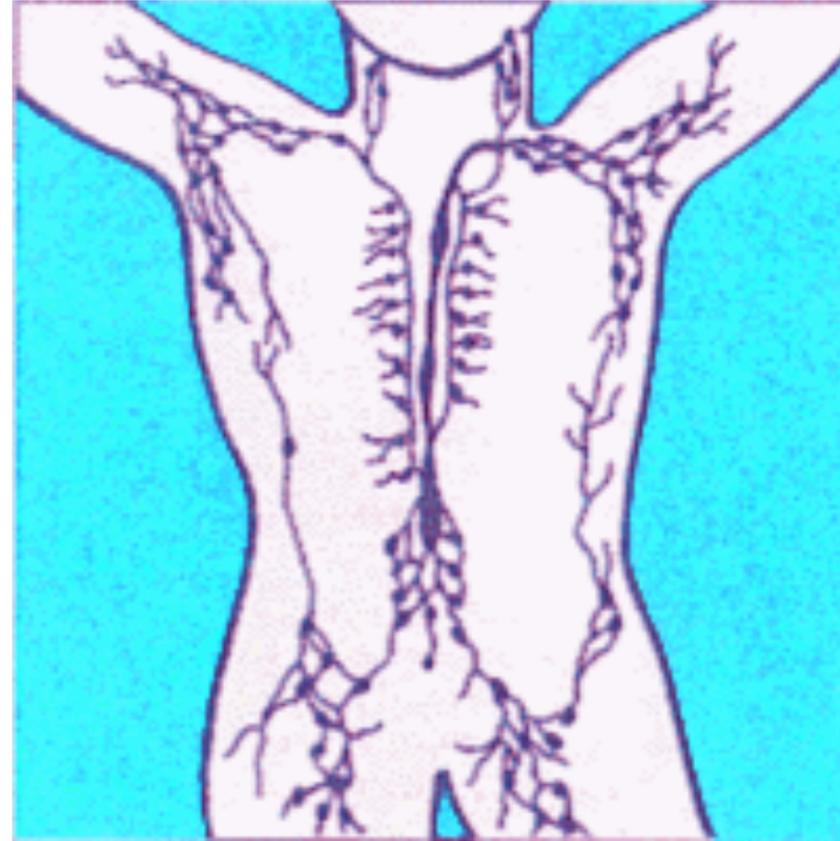
HYDRATION



TAKING HYDRATION SERIOUSLY

- NO PLASTIC
- FILTERED
- ROOM TEMP
- MIN $\frac{1}{2}$ BODY WEIGHT IN OUNCES
- ADD LEMON, MINT, ETC.
- MEASURE MEASURE MEASURE!!!

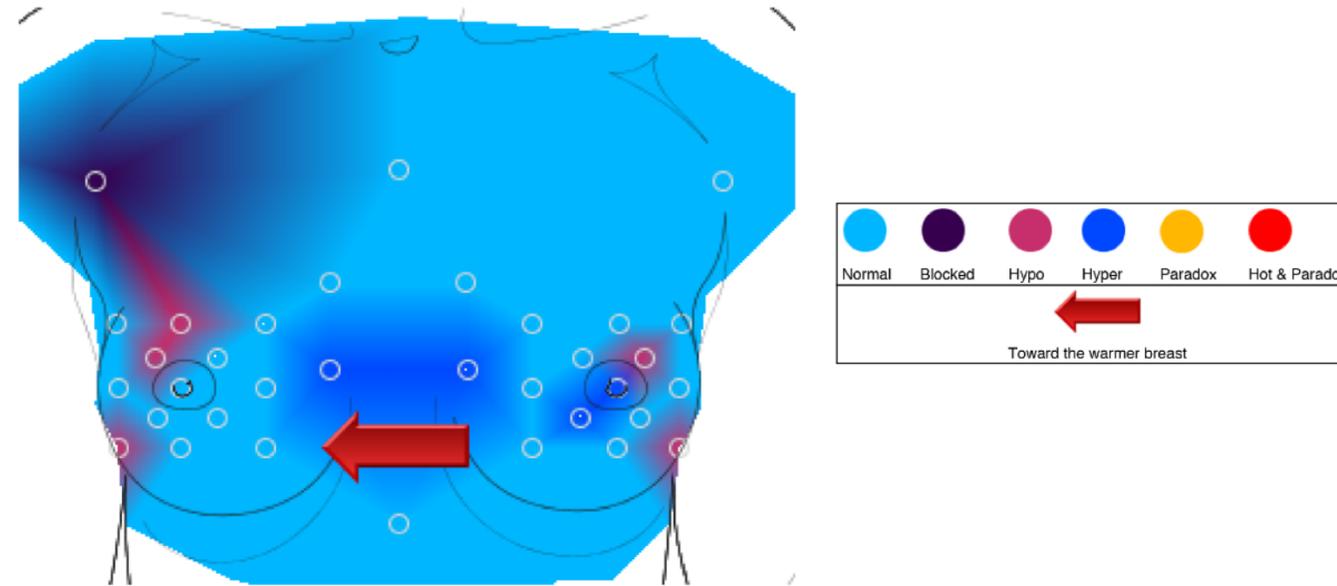
LYMPHATIC FLOW



SYMPTOMS OF SLUGGISH LYMPH

- Rings get tight on fingers
- Skin is puffy, showing edema
- Soreness, stiffness, achiness in the mornings
- Arthritis
- Bloating, water retention
- Itchy or Dry Skin
- Breast swelling
- Brain Fog
- Fatigue
- Poor Circulation
- Cellulite
- Inflammatory Processes

V. BREAST ANALYSIS

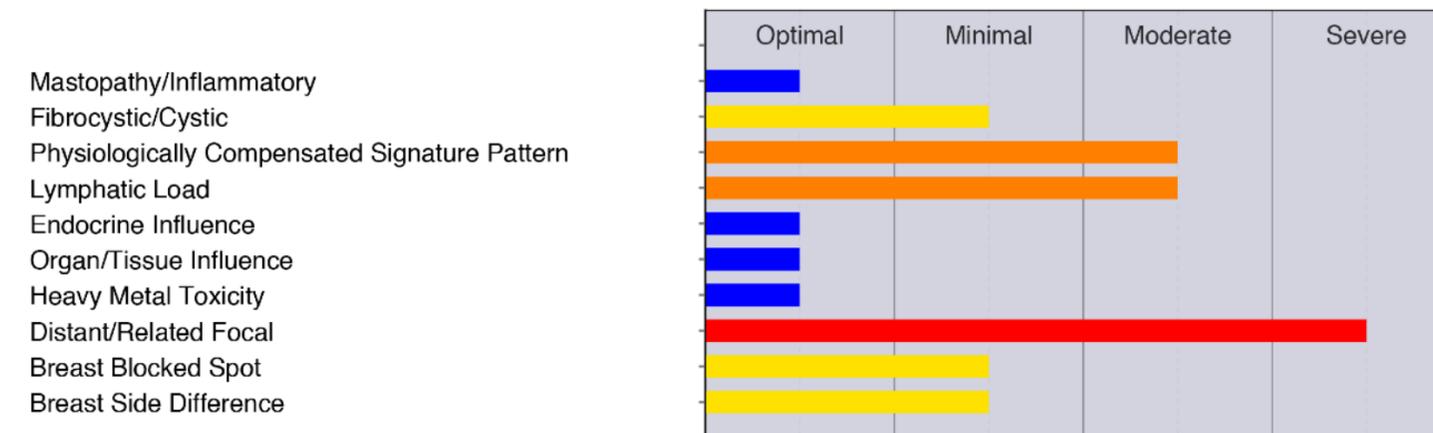


Breast Suspicion Criteria

Sternum Block		Breast Blocked Spot		Breast R-L asymmetry	X (RWarm)
Liver warm/block		Opp. Ovary Dysregulation		Lyl and Terrain Index high	X
Tonsil/lymph block	X	Chest disorder elevated		2nd Molar possible	
Lymphatic Index high	X	Breast disorder elevated	X	Stomach cold/blocked	

Result: 5/12 criteria met for suspicion (X) (0-5 normal)

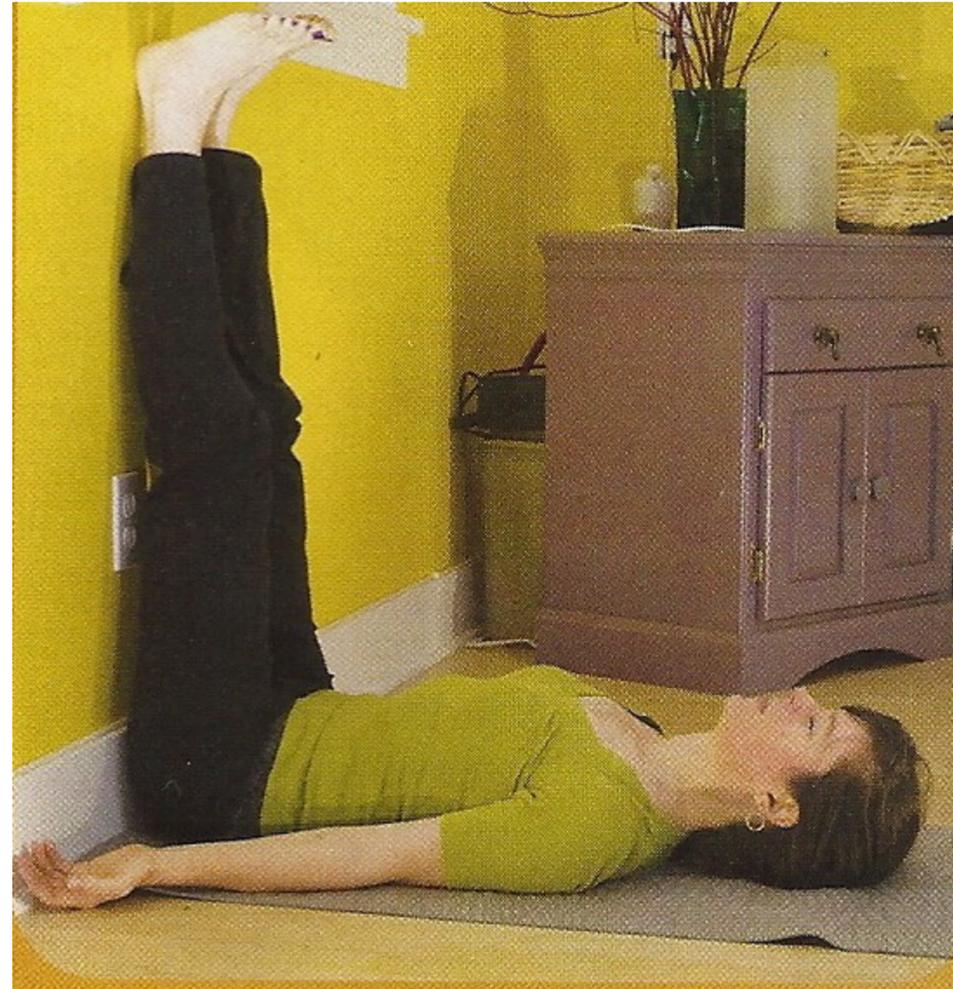
Signature & Gradings for Breast Dysfunction



MOVING YOUR LYMPH

- SWEAT
- HYDROTHERAPY
- INFRARED SAUNA
- DRY SKIN BRUSHING
- CASTOR OIL PACKS
- EXERCISE -INVERSIONS
- MASSAGE

LEGS UP THE WALL YOGA POSE



HERBAL AND NUTRIENT SUPPORT

- High Dose Proteolytic Enzymes
- Oregano Oil
- Phytolacca
- Ginger
- Wild Indigo
- Ocotillo
- Burdock
- Cleavers
- Astragalus

Disturbance field

- Definition:

CHRONIC SYMPTOMATIC INFLAMMATION WITH SYMPTOMS OCCURRING IN A REMOTE AREA VIA THE MESENCHYME. IDENTIFYING AND TREATING A REMOTE DISTURBANCE FIELD IS OF CENTRAL IMPORTANCE IN THE PRACTICE OF BIOLOGICAL/BIO-ENERGETIC MEDICINE. ALL OF THE REGULATION WITHIN AND BETWEEN ORGAN SYSTEMS OCCURS VIA THE MESNECHYME OR CONNECTIVE TISSUE. THUS TREATMENTS ARE PRESCRIBED WHICH ALTER THE INTERNAL MILIEU AND EFFECT CHANGE THROUGHOUT THE BODY.

REGULATION BLOCKAGES

- HEAVY METAL TOXICITY
- DEAD TEETH/JAW INFECTIONS
- HYPERPROTEINISM
- GEOPATHIC STRESS
- SCARS
- SUBLUXATIONS
- CHI FLOW

EARTHING



TAKE OFF SHOES AT THE FRONT DOOR



BECOME A FILTER FANATIC

- AIR FILTERS
- SHOWER FILTERS
- BATH FILTERS
- WATER FILTERS

HOUSE PLANTS FOR HEALTH

- Spider
- Ficus
- Boston Fern
- Snake Plant
- Bamboo



EAT ORGANIC

- Organic
- GMO-Free
- Prepared Properly
- Enjoyed Properly
- Chewed Properly



UNPLUG

- Unplug from technology and plug into your soul!
- Turn off WiFi at night
- Be conscious of where you keep your cell
- Speak on Speaker



AVOID PHARMACEUTICALS

- In addition to side effects the toxic fillers are harmful
- Say NO to the flu shot
- Say NO to vaccines
- Seek to heal the root cause



USE NATURALLY BASED PRODUCTS

- If you can't pronounce it be wary
- Body care products
- Lawn care
- Cleaning products



GIMME SHELTER

EMF EXPOSURE
MOLD
CARPETS
POLLUTION
PAINTS
WATER SUPPLY
SHOWER FILTERS
COOKING UTENSILS
MICROWAVE



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Dr. Stills Detox Challenge

- Sweat Daily
- Drink 3 liters of Water Daily
- Unplug 2 hours before bed
- Breathe consciously – 10 minutes 2x day



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

THANK YOU!!!!

- KEEP IN TOUCH
- FOLLOW ME ON SOCIAL MEDIA –DR SHARON STILLS – FACEBOOK/INSTAGRAM
- DRSTILLS.COM
- **YOURREDLIFE.COM**
- WOMENSHEALTHNETWORK.COM
- 520-308-5040 –MY ASSISTANT SAMANTHA