

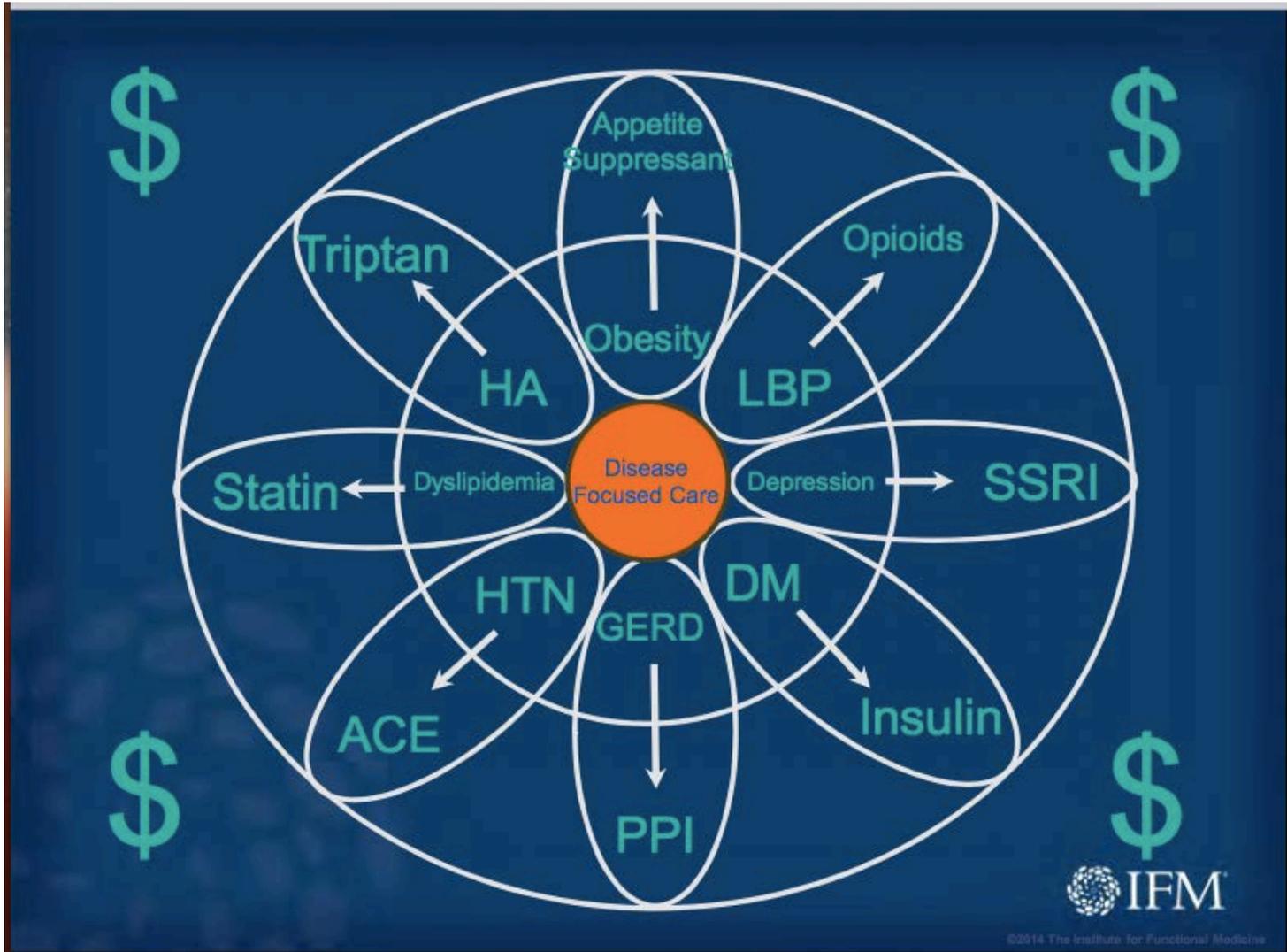


BRMI
CONFERENCE 2017

MATRIX BASED THERAPEUTICS

An Introduction

October 20, 2017



Bioenergetics

The biology of **energy transformation and energy exchanges within and between** living things and their environments.

(Merriam Webster Dictionary)

The Human Body Field (HBF)

The body field is a dynamic, structured set of holographic patterns of information. It is required to manifest our living experience and integrate our physical, chemical, emotional, mental, memory, intelligence and consciousness aspects.

The human body-field (HBF) surrounds and entwines the body. It is dynamic in nature, constantly acting and reacting to internal changes and the external environment.



The degree of harmony within the HBF is reflective of the experienced state of wellbeing.

This is similar to a piece of music being played in a harmonious and disharmonious way.



CHAKRA	GLAND	ORGAN
7 TH CROWN	PINEAL	CEREBRAL CORTEX
6 TH THIRD EYE	HYPOTHALAMUS PITUITARY	LIMBIC SYSTEM
5 TH THROAT	THYROID	THROAT AIRWAY

CHAKRA	GLAND	ORGAN
4 TH HEART	THYMUS	HEART LUNGS
3 RD SOLAR PLEXUS	PANCREAS STOMACH LIVER	GI TRACT
2 ND PELVIS	ADRENAL	ADRENAL
1 ST ROOT	GONADS	OVARIES TESTES

Meridian Themes

Stomach/Spleen/Pancreas

Season is late summer (early adulthood)

- Future planning
- Security
- Communication
- Concentration
- Friendship
- Loyalty

Meridian Themes

Lung/Colon

- Grief
- Assimilation and Letting Go
- Judgement
- Anger
- Prejudice

Heart/Small Intestine

- Intuition and Creativity
- Ideals
- Openmindedness
- Loving
- Control
- Superstition
- Stuckness

Meridian Themes

Liver/Gallbladder

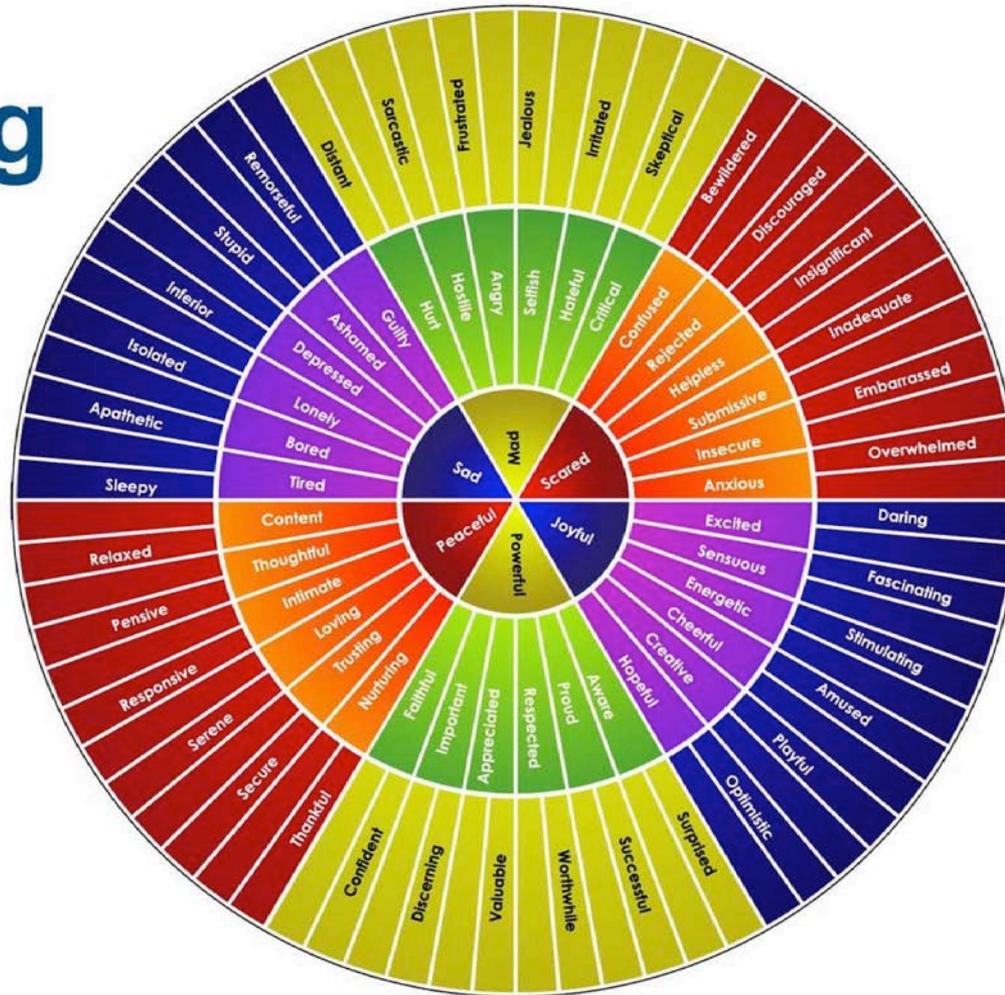
- Organization
- Structure
- Life Goals and Plans
- Anger
- Depression

Kidney/Bladder

- Warmth
- Partnership
- Loyalty
- Security
- Clinging
- Grasping

Feeling Wheel

Feeling Wheel



<http://www.sleepingtiger.org/feelingwheel.htm>

Pattern Recognition

- Begins with the patient story
- Listen without formulating your treatment plan
- Every patient encounter is unique and gives you an opportunity to develop your clinical acumen AND your intuition

Integrative Medicine

- Western medical model falls short
- Physiological basis for health and disease is very useful and precise
- There is a tendency to practice EITHER energetic medicine OR physiological medicine
- Matrix encompasses Body/ Mind/ Spirit
- Don't forget the body

Retelling the Patient's Story

Antecedents

(Predisposing Factors—
Genetic/Environmental)

Triggering Events

(Activators)

Mediators/Perpetuators

(Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances

Assimilation

(e.g., Digestion,
Absorption, Microbiota/GI,
Respiration)

Defense & Repair

(e.g., Immune,
Inflammation,
Infection/Microbiota)

Structural Integrity

(e.g., from Subcellular
Membranes to
Musculoskeletal
Structure)

Energy

(e.g., Energy
Regulation,
Mitochondrial
Function)

Mental

e.g., cognitive
function,
perceptual
patterns

Emotional

e.g., emotional
regulation, grief,
sadness, anger,
etc.

Spiritual

e.g., meaning &
purpose,
relationship with
something greater

Communication

(e.g., Endocrine,
Neurotransmitters, Immune
messengers)

Biotransformation & Elimination

(e.g., Toxicity,
Detoxification)

Transport

(e.g., Cardiovascular, Lymphatic System)

Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Functional Medicine Matrix

- Is a useful way for you to understand physiological systems medicine
- Is useful to explain this to your patients and to keep you on track
- Credit for this model goes to Institute For Functional Medicine

Patient Tells the Story

- We hold residues/traces within ourselves of everything that ever happened to us
- Remember the story of Telltale Heart
- The patient will give tell you everything he/she needs to recover

History/ Herstory

- Useful to begin with a written history form
- Include family history of significant illnesses
 - The disease list / diagnosed illness is less important than the effect the illness had on the patient
- **GENETIC ILLNESS:** to the patient may seem inevitable reassurance that BRM is crucial

Effective Encounter

- Patient needs to prioritize a list of goals
- Your goals and the patient goals may not concur
- Explain in a way the patient can understand
 - The root causes of the illness
 - Include “physical“ root causes
 - Mind / spirit / energetic root causes

Retell the Patient Story

- End each intake by retelling the patient story
- Allow time for this
- The success of the treatment begins with the patient being heard and believed
- Learn to create an energetic connection with each patient
- That connection is unique to the patient

Body Mind Spirit

Understanding physiology from the view of the matrix or the internal microenvironment will enhance the effectiveness of any energetic treatment

Simple example: academic performance improves in schools that decrease processed foods and increase whole foods

Clues and Patterns

- General Symptoms: fever, fatigue, sweating, chills, weakness, reduced exertional tolerance
- Digestive: Abdominal pain, bloating, nausea, vomiting, diarrhea
- Lungs: Food induced bronchitis and asthma
- Joints, Muscles, Connective Tissue: Food allergic arthritis, pain, stiffness, swelling
- Skin: Itching, rashes, hives, thickening, redness, swelling, scaling (as in eczema or psoriasis)
- Brain/Cognition: Disorganized or disturbed thinking and feeling, memory disturbances, behavioral problems

Extraintestinal Symptoms

Gluten Sensitivity

- Bone and joint pain
- Osteoporosis
- Leg numbness
- Muscle cramps
- **Unexplained anemia**
- **Glossitis**

Celiac Disease

- Bone and joint pain
- Osteoporosis
- Tingling leg numbness
- Muscle cramps
- **Behavioral changes**
- **Missed menstruation**
- **Infertility**
- **Recurrent miscarriage**
- **Delayed growth**
- **Thyroiditis**
- **Tooth discoloration**
- **Unexplained anemia**
- **Seizures**
- **Dementia**
- **Hepatitis**

Treatment Plan?

- Heart Disease
- Chronic Pain
- Autoimmune disease
- Arthritis
- Eczema
- Asthma
- Allergies of any kind
- Fibromyalgia
- Insomnia
- Restless legs
- Depression
- Psychosis

Treatment Plan?

- Chronic UTIs
- ADD
- Kidney Stones
- Fatigue
- Insomnia
- Restless legs
- Brain fog
- Andropause
- Menopause
- Infertility
- Endometriosis
- PMMD
- PCOS

Treatment Plan?

- PTSD
- Hypothyroidism
- Heavy metal toxicity
- Depression
- Fibromyalgia
- IBS
- Eczema
- Type 2 DM
- Obesity
- Leukemia
- Lupus

Digestion and Assimilation

- Whole foods - do not eat what is not directly grown on earth
- Eat the Rainbow Diet
- The delicate balance of the intestinal flora effects absolutely everything

Biological Systems Medicine

Digestion and Assimilation

Evaluate using a comprehensive stool analysis:

- Catalogues all of the phyla, species, subspecies of bacteria and yeast in your small and large intestine
- Assesses inflammatory markers, assesses digestion ability to absorb, levels of biotoxins at the root cause of mood disorders, pain, autoimmune disease, cancer, cardiovascular disease

Immune Functions of the Healthy Gut Microbiome

Kalliomaki, M, et al, Lancet, 2001, Vol 357: 1076-1079

- Enhanced barrier function: trophic affects on epithelial tissue
- Initial development of gastrointestinal associated lymphoid tissue (GALT)
- C.R.A.P.: Colonized resistance against pathogens

Role of Intestinal Microflora in Xenobiotic-Induced Toxicity

Mol Nutr Food Res 2013, Vol 57:84-99

- Orally ingested drugs and xenobiotics can be metabolized (biotransformed) by the intestinal microflora, resulting in activation or inactivation
- Reduction & hydrolysis (of glycosides) are common reactions
- Hydrolysis of phase II conjugates (e.g., by β -glucuronidase) can increase enterohepatic circulation & prolong half-life

Microbial endocrinology

Host-microbiota neuroendocrine interactions influencing brain and behavior

Mark Lyte

Department of Immunotherapeutics and Biotechnology; School of Pharmacy; Texas Tech University Health Sciences Center; Abilene, TX USA

Keywords: hormones; neuroendocrine; enteric nervous system; signaling; behavior; microbial endocrinology

The ability of commensals of a therapeutic demonstrate. Our understanding for microbial. The complex factor. None issue of mic well recogni the equal co especially wi the enteric n mechanisms one may loo and microb in the share are found in of the production and recognition of neurochemicals that are exactly the same in structure to those produced in the vertebrate organisms is known as microbial endocrinology. The examination of the microbiota from the vantage point of host-microbiota neuroendocrine interactions cannot only identify new microbial endocrinology-based mechanisms by which the microbiota can influence host behavior, but also lead to the design of interventions in which the composition of the microbiota may be modulated in order to achieve a specific microbial endocrinology-based profile beneficial to

The examination of the microbiota from the vantage point of host-microbiota neuroendocrine interaction cannot only identify new mechanisms by which the microbiota can influence host behaviors, but also lead to the design of interventions in which the composition of the microbiota can be modulated in order to achieve a specific microbial endocrinology-Based profile beneficial to overall host behavior.

the microbiota influencing the host. While the host can certainly influence the composition of the microbiota as best exemplified from the ingestion of wide-spectrum antibiotics⁴ or changes in diet,⁵ in general most studies are concerned with how the specific composition of the microbiota influences the host and do not examine how the host can influence the microbiota (other than changes in dietary preferences). Further, while it is acknowledged that many studies do examine the host immune response to

Functions of Gut Metagenome

- Digestion/metabolism: energy and nutrient extraction
- Production of metabolites
- Protection against infection
- Maintenance of gut barrier
- Immune modulation
- Influences on mood & behavior

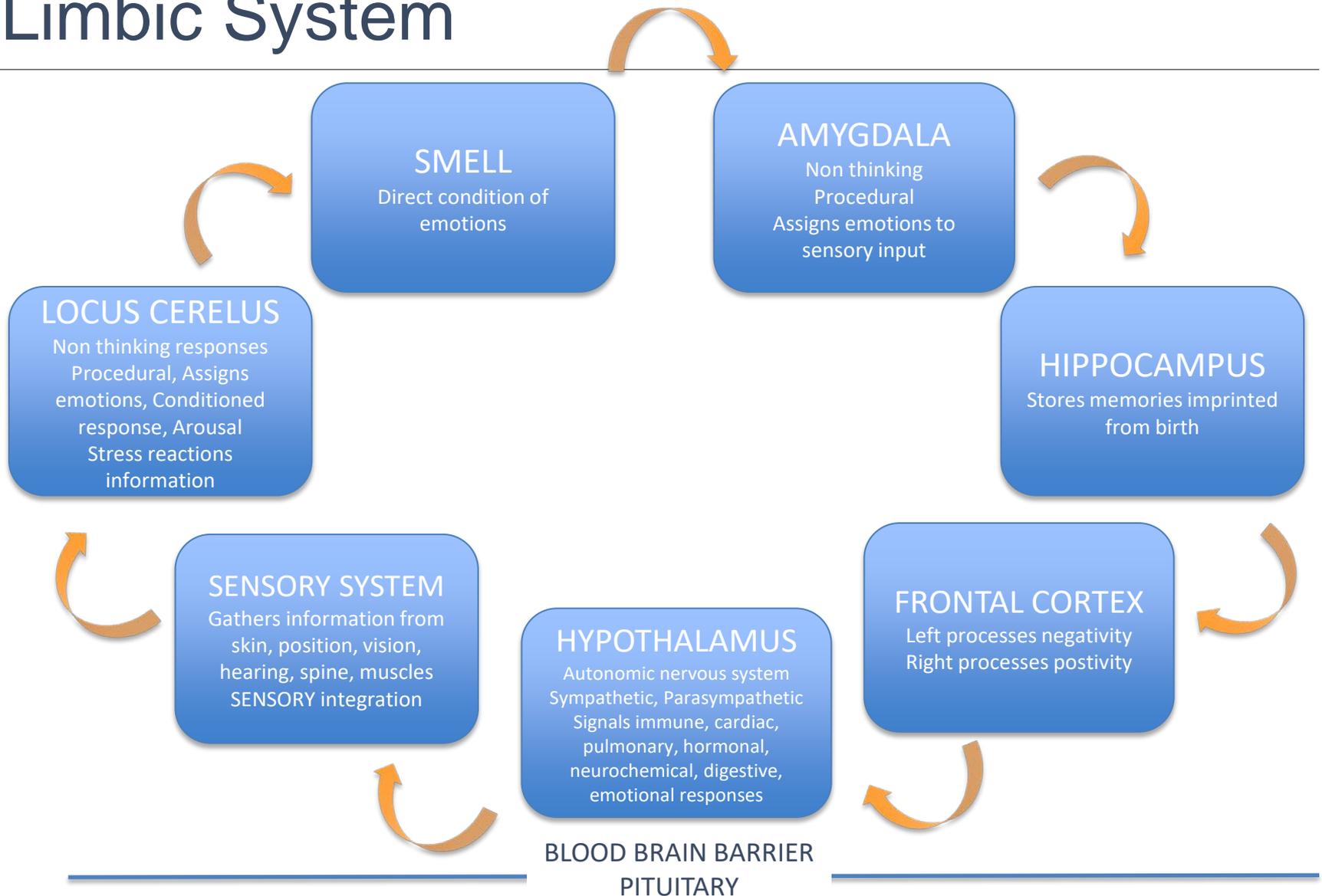
Communication

- Hormones and Neurotransmitters
- Understand the HPATGAG axis is ONE system and completely interdependent
- DO NOT treat Thyroid, Reproductive, hormones, insulin, or GI system without treating the adrenals first or at the same time

HPATGAG

- Hypothalamus is control tower integrating knowledge (past and present) and sensory input (past and present)
- With information from all of the other organ systems on the other side of the BBB
- And initiates hormones, neurotransmitters, immune system messages through blood lymph connective tissue channels

Limbic System



Hormones

- Messaged by pituitary
- Adrenals need to be mapped and repaired
- Several different patterns of adrenal stress
 - cortisol rhythm normally highest in am
 - falls through the day, cued by dawn and dusk
 - at night, cortisol converts to melatonin for sleep

Cortisol Steal

- Limbic brain determines
adrenal responses
- If diurnal rhythm is disturbed this impacts thyroid, blood sugar, insulin, cholesterol, cytokines (inflammation), heart, lungs, all digestive symptoms, mood, pain and sense of wellbeing

THIS IS USEFUL TO UNDERSTAND. IT
VALIDATES THE PHYSIOLOGIC REASONS
TO USE ENERGY MEDICINE

Cortisol Steal

Elevated cortisol:

- Decreases thyroid (VERY common to replace Thyroid without regard to adrenals function)
- Most of us know that regulating thyroid by symptoms, comprehensive hormone measurement can be hard

PEARL: Fix adrenals first or simultaneously

Cortisol Steal

Abnormal adrenal rhythm:

- Increases estrogen, decreases testosterone
- Increases cholesterol, increases triglycerides, increases CRP, decreases progesterone, increases coronary artery disease, hypertension and type 2 diabetes
- IS A MAJOR physiological trigger to obesity

Testing Adrenals

- Adrenal stress test: many companies do this
- It requires 4 samples of saliva taken in one day at specific times
- Add measurement of DHEA and 17 OH progesterone for a complete map

Adrenal Stress Test

An adrenal map will help with:

- Weight loss
- Blood sugar control
- Coronary artery disease
- Autoimmune disease
- PCOS
- Infertility
- Low testosterone
- Alopecia
- Chronic pain
- Insomnia
- Depression
- CFS
- And, and, and

Hormonal Pearls

- Adrenals first or simultaneously
- All energetic treatments will be more effective if you support the physical system
- Neurotransmitter rhythms match cortisol rhythms particularly norepinephrine, dopamine and GABA
- Always give GABA with progesterone replacement; it increases P receptors

PERSPECTIVES

Stressors can increase susceptibility to infectious agents, influence the severity of infectious disease, diminish the strength of immune responses to vaccines, reactivate latent herpesviruses and slow wound healing. Moreover, stressful events and the distress that they evoke can also substantially increase the production of pro-inflammatory cytokines that are associated with a spectrum of age-related diseases. Accordingly, stress-related immune dysregulation might be one core mechanism behind a diverse set of health risks^{1,3}.

some aspects of immune function, such as the sympathetic-adrenal-medullary (SAM) well as the HPA axis, and thereby the release of pituitary and adrenal

Nat Rev Immunol. 2005 Mar;5(3):243-51

to infectious
immune
ent her-
oreover,
ey evoke
duction
e associ-
liseses.
regula-
ehind a

tions
e by the
work of
ervous,
i. 1). The
ous sys-
mune-
activate

SCIENCE AND

Stress-
mplic

Ronald Glas

bstract | Folk
at stressful ev
he field of psy
now providin
bout the ways
e negative en
- can be trans
hanges. PNI r
nimal and hun
e immune sys

idirectionally with the central nervous
nd endocrine systems and how these
interactions impact on health.

Detoxification/Transformation

- Needs to be done physically and emotionally
- Since WW2 we have dumped over 80,000 chemicals into the environment
- At best these are rated GRAS
- Chemical residues are present in every living being including plants on earth
- Many of these are toxic at parts per million or billion (ppm, ppb)

Toxins

- Many of these are known endocrine disruptors: meaning that the toxins are very similar in structure to hormones such as thyroid and estrogen
- These chemicals in physiology are called
POPs (persistent organic pollutants)
- These chemical are fat soluble

Toxins

- Standard western diets contain POPS and our wise human bodies store these chemicals in fat cells to prevent damage to biological systems
- POPs are a major cause of obesity
- Many people trying to lose weight do so by encouraging metabolizing fat cells

Toxins

- VERY common that people feel ill when losing weight, which is partly because of the sudden release of stored toxins from body fat
- Our bodies have created a whole new KIND of fat (Visceral Fat) as a regulatory response to POPS in our food and environment
- Visceral Fat is deep fat that surrounds our organs; it produces STRESS HORMONES AND INFLAMMATORY CYTOKINES

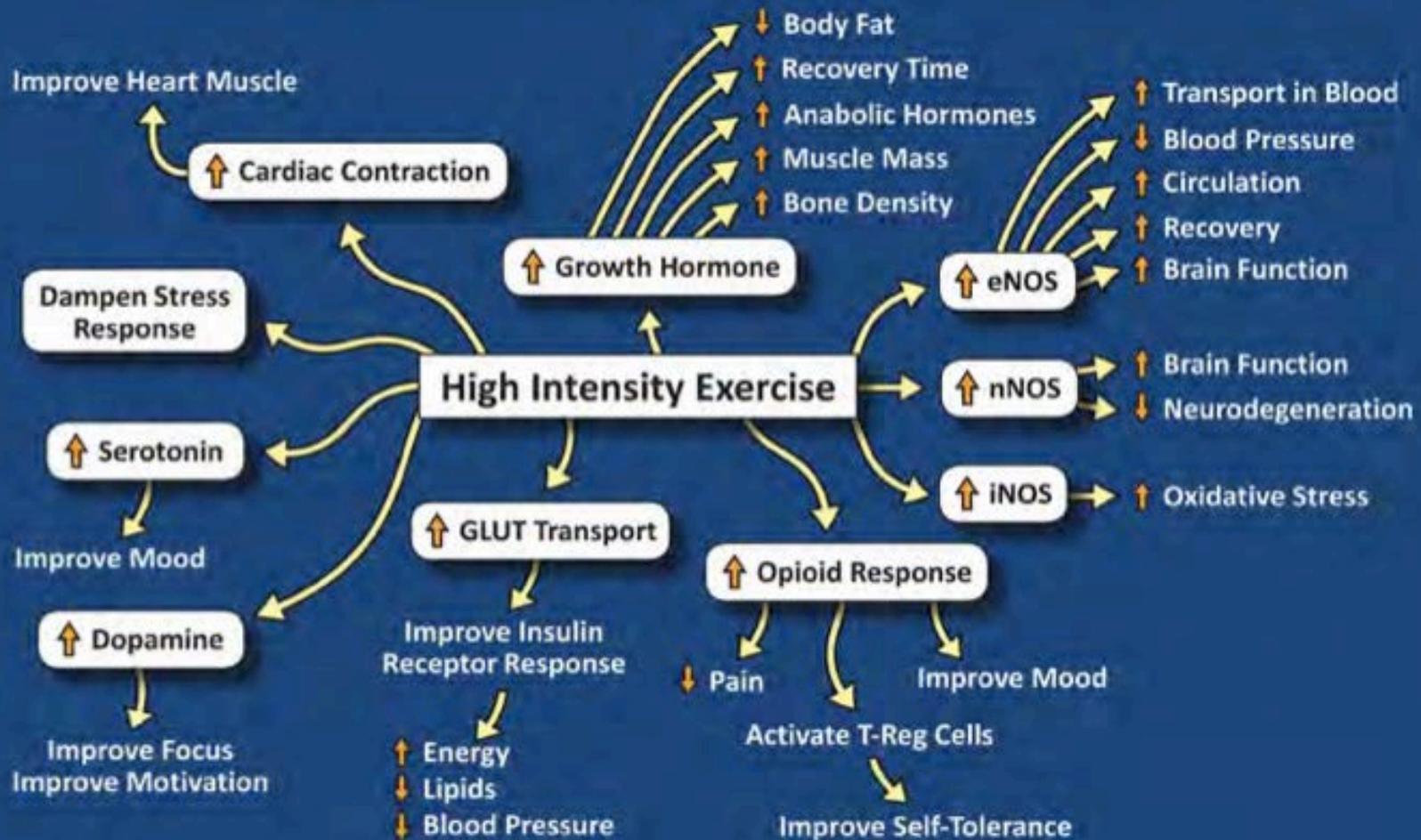
Detoxification Organs

- Liver detoxifies chemicals in a 2 phase system by conversion to water soluble substances for elimination
- Genetic mapping of SNPS in your specific detox system eliminates the guesswork in prescription medications which are occasionally necessary: can be done once
- **AVOID CONSTIPATION AND DEHYDRATION**

Detoxification

- Supply all of the micronutrients needed for detoxification enzyme pathways
- Eating or supplementing micronutrients does not guarantee these are available; **DEPENDS** on absorption system
- Learn to limit exposure to toxins
- Test for heavy metal load: heavy metal blood levels are of limited value

NEUROENDOCRINE-IMMUNE RESPONSE TO HIGH INTENSITY EXERCISE



TOXICOLOGICAL HIGHLIGHT

Endocrine Disruptors and the Obesity Epidemic

Jerrold J. Heindel

Cellular, Organ, and Systems Pathobiology Branch, Division of Extramural Research and Training, National Institute of Environmental Health Sciences, NIH, DHHS, POB 12233, Research Triangle Park, NC 27709

Received October 11, 2003; accepted October 11, 2003

The highlighted article brings together research on the site and mechanism of endocrine-disrupting chemicals that have the potential to have a significant impact on human health and research on obesity, which is known to seriously affect human health. The effect of exposure to endocrine-disrupting chemicals on the initiation or exacerbation of obesity, which may significantly alter the perception of the etiology of obesity and impact intervention and prevention efforts, is an important emerging area needing even further research emphasis.

Obesity is a growing concern worldwide. The prevalence of obesity has risen dramatically in developed countries over the past 2 to 3 decades (Oken and Gillman, 2003). Obesity has reached epidemic proportions in the United States with more than 20% of adults defined as clinically obese and an additional 30% defined as overweight. In 1999, 13% of children aged 6–11 years and 14% of adolescents aged 12–19 years in the United States were overweight. This prevalence has nearly tripled for adolescents in the past two decades (U.S. Department of Health and Human Services, 2001). Since overweight adolescents have a 70% chance of becoming overweight or obese adults (80% if even one parent is obese or overweight) the prognosis for the future is

difficult to treat; thus, prevention is critical. In this regard, a new paradigm for prevention has emerged in recent years that evolved from the idea that environmental factors in early life and *in utero* can have profound influences on lifelong health (e.g., the fetal basis of adult disease [Oken and Gillman, 2003]). While the focus of this research area has been on the relationship between fetal experiences and later risk for adult chronic diseases, there is recent information regarding the fetal origins of obesity. Initial work in this area focused on the role of *in utero* nutrition and its effects on birth weight. A large number of epidemiological studies have demonstrated a direct relationship between birth weight and body mass index (BMI) attained later in life. Lower birth weight seems to be associated with later risk for central obesity, especially when it is associated with catch-up growth in the first few years of life. In addition, higher birth weight is associated with higher attained BMI. “We are faced with the seeming paradox of increased adiposity at both ends of the birth weight spectrum—higher BMI with higher birth weight and increased central obesity with lower birth weight” (Oken and Gillman, 2003). Thus prevention of childhood and adult obesity must start *in utero*.

Toxicological Sciences 76, 247-249 (2003)



Detoxification Organs

Skin

- Organ with the largest surface area; most toxins are readily absorbed through the skin
- **AVOID ALL CHEMICALS** in all skin care products and teach your children to do the same
- Skin detoxifies through sweating
- Skin brushing

Detoxification Organs

Lungs

- Detoxify many airborne pollutants
- Breathing techniques and aerobic exercise detox the lungs
- Consider nebulizing remedies
- Nasal therapy is a technique that cleanses and detoxifies the sinuses directly

Lymph Detoxifies

- Always recommend lymph drainage techniques for ongoing health maintenance
- Many techniques include rebounder and many techniques for manual lymph drainage
- Get familiar with lymph drainage remedies

Functional Medicine Matrix

- Is a useful model to help strategize about the complex and individual interactions and interdependencies in the human milieu or internal environment
- Treatment plans should evolve over time
- Collaboration among BRM practitioners is essential
- There are as many paths to wellness as there are people on earth