



Holladay Physical Medicine

Absolute Health  
Making Your Immune  
System Work

The premise of this short manual is that the body's immune system was favorably designed to deal with any disorder that could ever be encountered. In our world today, so many things have become harmful that all the medicine imagined cannot help much anymore. Each of us must do whatever it takes to restore the healthy function of our immune process and trust it to heal us. This manual is designed to help you understand the critical points in that process and allow you to discover your own best road to achieving absolute health.

Every individual has a different genetic makeup, a different set of switches, if you will, that are turned on or off by a variety of things in our personal environment. Things like familial traits, the way our parents ate before we were born, the way we were fed as children, the toxic vaccines we had injected into us as defenseless children, the way we eat now, the cleaning toxins we put on our skin or spray in our kitchens and bathrooms and then inhale, the pesticides and herbicides we spray around the outside of our houses and then inhale, the toxic prescription drugs we take, the air we breathe and the water we drink. Is it any wonder that we each have quite a challenge to become healthy?

Depending on if, how and when those switches are thrown, we can develop a variety of dysfunctions in our immune system and thus have a variety of different immune failures we call diseases. It is critical to understand that each of these diseases is, in fact, a failure of the immune system to complete its intended work. Why does it fail? For the reasons listed above and perhaps many more. How do we become healthy? By undoing the things we did above to cause immune system failure. Sound difficult? It may be easier than you think.

There are a few steps that must be taken first. Consider your present state of physical health. If your immune system is functioning perfectly and you have no diseases, then you probably don't need to continue reading. If it is not and you are sick, let's continue.

## **Single Optional Toxicity Exposures**

These are things like childhood vaccinations, ingesting chemicals, drugs, alcohol, etc. Although it is not optional now for you to undo the exposure of the vaccines you were given as a child, you can opt out of having them now. Flu shots, vaccines for Herpes, Shingles, and Papilloma Viruses are very toxic and frankly have not been proven to prevent you from getting the disease. The theory you have been told your whole life is interesting and perhaps desirable, but there is no evidence to

support it. In fact, what is supported by the current research is that the immune response is considerably diminished in patients who have been subjected to the toxic ingredients in vaccines. Similarly, prescription drugs, as well as recreational drugs and alcohol are highly toxic to the immune system. You can choose not to indulge in any of these things from this point forward.

## **Multiple Repetitive Toxicity Exposures**

The choices we make each day to eat healthy foods is as misleading as the previous category. Just because something is advertised as healthy does not mean it is. The foods we eat, the things we drink, the sugar and sugar replacements we ingest, the stimulants we consume, the things we choose to breathe in like air fresheners, aromas, petro chemicals and the additives to the water we drink like fluoride, chlorine, etc.

In order to be successful in the long term, we must find ways to stop re-inoculating ourselves with these toxic ingredients. Some of these ingredients are deadly in higher doses, but because we ingest them in small quantities, we think they are not only harmless but helpful. They are neither.

Every condition we see has a component of chemical imbalance to it. Whether you have lower back pain, shoulder injury, arthritis pains or any kind of internal disorder, part of the solution will eventually involve eating right and a variety of other health related behaviors.

There are a few simple steps to achieve absolute health. Although this may be a life-long process to perfect, for those who choose to pursue it, the rewards of realized levels of health are great. We do not, however, claim to be able to cure all the ailments of mankind. We do believe that your immune system can in fact do that for you; the key is to stop doing things to decrease or worsen its function and start doing things to enhance it.

**Preliminary:** If you have any ailments right now, you need to schedule an appointment for intake so that this ailment can be defined, resolved and/or managed effectively. We offer the principles of chiropractic medicine. We encourage patients to follow the entire treatment protocol until the desired reasonable outcome has been reached and then proceed to the subsequent steps as directed by the doctor.

Here are a few lists of things to do and things not to do that will help everyone improve. Specific diseases may require specific diagnostic tests to target specific interventions. If you believe you need this attention, schedule a time for intake now. You may also need an health coach to complete the transition from eating the so called “Healthy” foods to the life style and foods that will actually enhance the function of your immune system allowing you to become healthy

## **Things NOT to do**

It is more important to cut out the consumption of (or exposure to) certain things than it is to add others to your body. Here are the things you should eliminate from your body, either from eating, breathing, drinking, or rubbing on.

1. Refined Carbohydrates – cake, cookies, crackers, candy, pie, etc.
2. Whole grains that contain transglutaminase
3. Antibiotics
4. Antidepressants
5. NSAIDS(anti-inflammatory steroids)
6. Antacids(stomach acid blockers)\*
7. Artificial Sweeteners and Sugar Substitutes(Except Stevia, Inulin Xylitol and Erithritol[Swerve])
8. Environmental Toxins: Sunscreen, preservatives, herbicides, pesticides, etc.\*
9. Genetically Modified Foods

## **Things to do**

1. Increase Dietary Oils(Olive Oil, Coconut Oil, Tuna Oil, Cod Liver Oil)\*
2. Increase broccoli, cauliflower, Brussels sprouts\*
3. Dark chocolate (90% or more)
4. Increase wild fish, seafood\*
5. Eat only grass fed beef, pasture raised chicken\*
6. Eat only resistant starches-sweet potatoes, parsnips, rutabaga\*
7. Drink distilled or spring water, or mineral water
8. Take recommended whole food supplements daily\*

\*Extensive lists are found on our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

## **Actual Achievement of Absolute Health**

When your immune system is working as it should, as it was designed and as it does when you have not shut it down with many items, you will be healthy. Not just the absence of illness, but the rapid healing of injury or cellular damage, the

minimization of symptoms that typically result from the occasional ingestion of harmful foods, and the high level functioning of your body.

There are 7 basic principles or keys to understand regarding ultimate health. Each area must be employed fully to realize the benefits of absolute health. No one is more important than another, although the mastery of one area may be easier for some and more difficult for others. Equal progress in each area must be consistent.

## First: **The Total Concept of Absolute Health**

### **Introduction To Absolute Health**

In addition to the 7 keys, there are 7 fundamental elements of **Absolute Health**:

- 1. Physical Health** involves taking care of ourselves by eating right, exercising, taking the indicated food supplements, having routine fitness and functional exams, and eliminating all forms of toxicity from the body. It discourages the use of tobacco, drugs and alcohol consumption.
- 2. Social Health** addresses interpersonal relationships and helps individuals to enter into successful and fulfilling relationships with family, friends, significant others and others.
- 3. Spiritual Health** involves finding meaning and purpose in life which gives individuals the strength to cope with despair and helps them feel good about being alive.
- 4. Emotional Health** addresses intrapersonal relationships and gives one a better understanding of his or her emotions.
- 5. Intellectual Health** involves the maintaining of cognitive stimulation to prevent mental stagnation. Learning is seen as a lifelong process of mental challenges and creativity.
- 6. Vocational Health** addresses career goals and paths and finding a balance between life at home and work.

**7. Global Health** includes the connection between personal health and the broader world in which we live. It addresses intercultural awareness, environmental issues, diversity, and global unity.

**Absolute Health** is a lifelong process with no end point. It is a state of optimal being, not simply the absence of illness, but an improved quality of life resulting from enhanced physical, mental, and spiritual health.

The typical patient requires about eight months to be introduced to the basic concepts and fundamental building blocks of **Absolute Health**.

## Second: **Dietary Modifications**

### **General Diet Recommendations for Optimal Health**

Of all the recommended strategies for fighting disease and promoting overall health and well-being, few are as critical and profound as the practice of healthy eating. Healthy eating is a lifelong process of nourishing our bodies, minds and spirits. It is not about depriving ourselves completely of foods that we enjoy, because even when a specific medical condition dictates such restriction, there are a number of healthier alternatives to many of our favorite foods that are available on the market today. Instead of deprivation and rigid dietary control, healthy eating ought to be viewed as the regular consumption of a wide variety of nourishing, whole foods, accompanied by positive attitudes toward eating wholesome meals that together provide us with the ability to rejuvenate and rebuild. However, with all the differing recommendations in today's popular dietary trends, choosing eating habits to help keep you healthy and energized throughout the year can seem a daunting task riddled with heated conflict and contradictory information.

There is overwhelming evidence supporting an organic, whole foods-based diet full of a variety of fresh foods and vegetables as a means to better health. Due to the high nutritional content of many whole foods, this type of diet is linked with increased nutritional activity, improved digestion, healthy inflammatory response, healthy glucose metabolism, healthier lipid profiles and increased immune activity among other benefits. A whole foods diet can also be tailored to a specific health condition with a larger focus on certain foods. For example, foods such as cruciferous vegetables, which are high in sulfur, have been shown effective in

supporting heavy metal detoxification. The members of this vegetable family also provide support in the fight against cancer, among other health conditions. Examples of these vegetables are: cauliflower, cabbage, kale, garden cress, bok choy, broccoli Brussels sprouts and similar green leaf vegetables.

What defines whole foods? Whole foods are foods that are available in their original form, minimally processed and/or refined, and not containing additives of any kind. Whole foods consist mainly of fresh fruits and vegetables, whole grains (not hulled or polished), legumes, and raw nuts and seeds. Animal products should be organic and eaten in smaller quantities than is typical in the American diet. Aside from a higher phytochemical (plant nutrient and antioxidant) profile, whole foods contain much higher amounts of fiber, the regular consumption of which is linked to reduced cancer and heart disease. High fiber diets promote overall gastrointestinal health, as well as the detoxification of toxins and heavy metals.

In general, I recommend following a whole foods diet as much as possible, focusing on fruits and vegetables that are seasonal and organic. If you are dealing with a specific health condition, there are often additional dietary recommendations that you can also emphasize to further refine your treatment protocols. The dietary recommendations on this page are generally safe for everybody to follow. It is important to remember, however, that everybody has somewhat different nutritional requirements, and different ways of responding to certain foods and diets. For example, patients with diabetes will want to modify what fruits and vegetables they eat due to the season they are in as well as the inability to control insulin responses. Patients who suffer from symptoms of neurologic or auto-immune diseases will want specific blood analysis done here before adopting a general food regimen as is shown below.

Vegetables to emphasize	Vegetables to moderate	Vegetables to avoid
<ul style="list-style-type: none"> <li>• Organic, fresh, seasonal vegetables, lightly cooked, in soups, or raw</li> <li>• Sea vegetables, lightly cooked or raw</li> <li>• Raw, fresh vegetable juices</li> <li>• Fermented vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Non-organic, fresh vegetables</li> <li>• Imported vegetables</li> <li>• No salt tomato products</li> <li>• Frozen vegetables</li> <li>• Dehydrated vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Canned vegetables</li> <li>• Sprayed, GMO, or irradiated vegetables</li> <li>• Deep fried vegetables</li> </ul>
Fruits to emphasize	Fruits to moderate	Fruits to avoid
<ul style="list-style-type: none"> <li>• Organic, fresh, seasonal</li> </ul>	<ul style="list-style-type: none"> <li>• Non-organic fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Canned fruits</li> </ul>

<ul style="list-style-type: none"> <li>fruits eaten raw</li> <li>Organic berries</li> </ul>	<ul style="list-style-type: none"> <li>fruits</li> <li>Imported fruits</li> <li>Frozen fruits</li> <li>Dehydrated fruits</li> <li>Fresh fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>Sprayed, GMO, or irradiated fruits</li> <li>Fruit juice concentrates</li> </ul>												
<table border="1"> <tr> <td> <p><b>Legumes to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw legumes</li> <li>Soaked or sprouted cooked organic legumes such as lentils, mung beans, and black beans</li> <li>Miso and other fermented soy products</li> </ul> </td> <td> <p><b>Legumes to moderate</b></p> <ul style="list-style-type: none"> <li>Instant beans</li> <li>Organic, low sodium canned beans</li> <li>Tofu</li> </ul> </td> <td> <p><b>Legumes to avoid</b></p> <ul style="list-style-type: none"> <li>Non-organic canned beans</li> <li>Unsoaked cooked beans</li> <li>Refried beans w/lard</li> <li>Processed soy protein, soy milk</li> </ul> </td> </tr> <tr> <td> <p><b>Grains to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw whole grains such as brown rice, quinoa, barley</li> <li>Soaked or sprouted, cooked whole grains</li> <li>Sprouted grain breads</li> </ul> </td> <td> <p><b>Grains to moderate</b></p> <ul style="list-style-type: none"> <li>Processed, cooked grains such as white rice</li> <li>Whole grain processed products such as breads, pasta, crackers</li> </ul> </td> <td> <p><b>Grains to avoid</b></p> <ul style="list-style-type: none"> <li>White flour products</li> <li>Boxed cereals</li> <li>Puffed grain products</li> </ul> </td> </tr> <tr> <td> <p><b>Nuts and Seeds to emphasize</b></p> <ul style="list-style-type: none"> <li>Raw, organic, freshly hulled nuts</li> <li>Sprouted or soaked organic, raw nuts and seeds</li> <li>Nut butters made from organic raw, freshly hulled nuts</li> <li>Fresh coconut</li> <li>Fresh nut milks made from raw, organic, freshly hulled nuts</li> </ul> </td> <td> <p><b>Nuts and Seeds to moderate</b></p> <ul style="list-style-type: none"> <li>Dry roasted nuts</li> <li>Commercial nut milks</li> <li>Canned coconut milk</li> </ul> </td> <td> <p><b>Nuts and Seeds to avoid</b></p> <ul style="list-style-type: none"> <li>Commercially roasted, salted or flavored nuts and seeds</li> <li>Commercially salted and sweetened nut butters</li> </ul> </td> </tr> <tr> <td> <p><b>Animal Products to emphasize</b></p> <ul style="list-style-type: none"> <li>Organic, grass fed red meat</li> <li>Organic free range poultry</li> </ul> </td> <td> <p><b>Animal Products to moderate</b></p> <ul style="list-style-type: none"> <li>Non-organic grass fed meat</li> </ul> </td> <td> <p><b>Animal Products to avoid</b></p> <ul style="list-style-type: none"> <li>Factory farmed, grain fed meats</li> </ul> </td> </tr> </table>			<p><b>Legumes to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw legumes</li> <li>Soaked or sprouted cooked organic legumes such as lentils, mung beans, and black beans</li> <li>Miso and other fermented soy products</li> </ul>	<p><b>Legumes to moderate</b></p> <ul style="list-style-type: none"> <li>Instant beans</li> <li>Organic, low sodium canned beans</li> <li>Tofu</li> </ul>	<p><b>Legumes to avoid</b></p> <ul style="list-style-type: none"> <li>Non-organic canned beans</li> <li>Unsoaked cooked beans</li> <li>Refried beans w/lard</li> <li>Processed soy protein, soy milk</li> </ul>	<p><b>Grains to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw whole grains such as brown rice, quinoa, barley</li> <li>Soaked or sprouted, cooked whole grains</li> <li>Sprouted grain breads</li> </ul>	<p><b>Grains to moderate</b></p> <ul style="list-style-type: none"> <li>Processed, cooked grains such as white rice</li> <li>Whole grain processed products such as breads, pasta, crackers</li> </ul>	<p><b>Grains to avoid</b></p> <ul style="list-style-type: none"> <li>White flour products</li> <li>Boxed cereals</li> <li>Puffed grain products</li> </ul>	<p><b>Nuts and Seeds to emphasize</b></p> <ul style="list-style-type: none"> <li>Raw, organic, freshly hulled nuts</li> <li>Sprouted or soaked organic, raw nuts and seeds</li> <li>Nut butters made from organic raw, freshly hulled nuts</li> <li>Fresh coconut</li> <li>Fresh nut milks made from raw, organic, freshly hulled nuts</li> </ul>	<p><b>Nuts and Seeds to moderate</b></p> <ul style="list-style-type: none"> <li>Dry roasted nuts</li> <li>Commercial nut milks</li> <li>Canned coconut milk</li> </ul>	<p><b>Nuts and Seeds to avoid</b></p> <ul style="list-style-type: none"> <li>Commercially roasted, salted or flavored nuts and seeds</li> <li>Commercially salted and sweetened nut butters</li> </ul>	<p><b>Animal Products to emphasize</b></p> <ul style="list-style-type: none"> <li>Organic, grass fed red meat</li> <li>Organic free range poultry</li> </ul>	<p><b>Animal Products to moderate</b></p> <ul style="list-style-type: none"> <li>Non-organic grass fed meat</li> </ul>	<p><b>Animal Products to avoid</b></p> <ul style="list-style-type: none"> <li>Factory farmed, grain fed meats</li> </ul>
<p><b>Legumes to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw legumes</li> <li>Soaked or sprouted cooked organic legumes such as lentils, mung beans, and black beans</li> <li>Miso and other fermented soy products</li> </ul>	<p><b>Legumes to moderate</b></p> <ul style="list-style-type: none"> <li>Instant beans</li> <li>Organic, low sodium canned beans</li> <li>Tofu</li> </ul>	<p><b>Legumes to avoid</b></p> <ul style="list-style-type: none"> <li>Non-organic canned beans</li> <li>Unsoaked cooked beans</li> <li>Refried beans w/lard</li> <li>Processed soy protein, soy milk</li> </ul>												
<p><b>Grains to emphasize</b></p> <ul style="list-style-type: none"> <li>Sprouted, organic, raw whole grains such as brown rice, quinoa, barley</li> <li>Soaked or sprouted, cooked whole grains</li> <li>Sprouted grain breads</li> </ul>	<p><b>Grains to moderate</b></p> <ul style="list-style-type: none"> <li>Processed, cooked grains such as white rice</li> <li>Whole grain processed products such as breads, pasta, crackers</li> </ul>	<p><b>Grains to avoid</b></p> <ul style="list-style-type: none"> <li>White flour products</li> <li>Boxed cereals</li> <li>Puffed grain products</li> </ul>												
<p><b>Nuts and Seeds to emphasize</b></p> <ul style="list-style-type: none"> <li>Raw, organic, freshly hulled nuts</li> <li>Sprouted or soaked organic, raw nuts and seeds</li> <li>Nut butters made from organic raw, freshly hulled nuts</li> <li>Fresh coconut</li> <li>Fresh nut milks made from raw, organic, freshly hulled nuts</li> </ul>	<p><b>Nuts and Seeds to moderate</b></p> <ul style="list-style-type: none"> <li>Dry roasted nuts</li> <li>Commercial nut milks</li> <li>Canned coconut milk</li> </ul>	<p><b>Nuts and Seeds to avoid</b></p> <ul style="list-style-type: none"> <li>Commercially roasted, salted or flavored nuts and seeds</li> <li>Commercially salted and sweetened nut butters</li> </ul>												
<p><b>Animal Products to emphasize</b></p> <ul style="list-style-type: none"> <li>Organic, grass fed red meat</li> <li>Organic free range poultry</li> </ul>	<p><b>Animal Products to moderate</b></p> <ul style="list-style-type: none"> <li>Non-organic grass fed meat</li> </ul>	<p><b>Animal Products to avoid</b></p> <ul style="list-style-type: none"> <li>Factory farmed, grain fed meats</li> </ul>												
<p><b>Animal Products to emphasize</b></p> <ul style="list-style-type: none"> <li>Organic, grass fed red meat</li> <li>Organic free range poultry</li> </ul>	<p><b>Animal Products to moderate</b></p> <ul style="list-style-type: none"> <li>Non-organic grass fed meat</li> </ul>	<p><b>Animal Products to avoid</b></p> <ul style="list-style-type: none"> <li>Factory farmed, grain fed meats</li> </ul>												



<ul style="list-style-type: none"> <li>• Organic organ meats</li> <li>• Some wild caught seafood such as salmon and sardines</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Non-organic free range poultry</b></li> <li>• <b>Additive free prepared meats</b></li> <li>• <b>Most fish and seafood</b></li> </ul>	<ul style="list-style-type: none"> <li>• Factory farmed poultry</li> <li>• Processed prepared meats</li> <li>• Canned meats</li> <li>• Farmed seafood</li> <li>• Large fish such as tuna</li> </ul>
<ul style="list-style-type: none"> <li>• Organic, free range eggs</li> <li>• Organic raw dairy products from grass fed cows or goats</li> <li>• Organic fermented dairy, such as yogurt, from grass fed cows or goats</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pasteurized, full fat dairy</b></li> <li>• <b>Unsweetened whey protein</b></li> </ul>	<ul style="list-style-type: none"> <li>• Factory farmed, non organic eggs</li> <li>• Pasteurized low fat/non-fat dairy</li> <li>• Condensed milk</li> <li>• Powdered milk products</li> </ul>
<b>Fats and Oils to emphasize</b>	<b>Fats and Oils to moderate</b>	<b>Fats and Oils to avoid</b>
<ul style="list-style-type: none"> <li>• Organic, extra virgin, unfiltered olive oil</li> <li>• Raw flax oil (do not cook)</li> <li>• Organic coconut oil (can be cooked at higher temps)</li> <li>• Organic expeller pressed raw sesame oil</li> <li>• Organic butter or Ghee</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Non-organic butter and animal fats</b></li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated or partially hydrogenated fats and oils such as margarine</li> <li>• Cottonseed, soy, corn, safflower oil</li> <li>• Fried foods</li> <li>• Lard</li> <li>• Oils that have oxidized (gone rancid) due to light and temp exposure</li> </ul>
<b>Flavorings to emphasize</b>	<b>Flavorings to moderate</b>	<b>Flavorings to avoid</b>
<ul style="list-style-type: none"> <li>• Unrefined Himalayan or Celtic sea salt containing trace minerals</li> <li>• Organic fresh or dried herbs and spices</li> <li>• Xylitol or stevia for sweeteners</li> <li>• Raw apple cider vinegar</li> <li>• Fermented soy Tamari</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pasteurized vinegar</b></li> <li>• <b>Natural sea salt</b></li> <li>• <b>Honey</b></li> <li>• <b>Raw, unprocessed sugar</b></li> </ul>	<ul style="list-style-type: none"> <li>• Commercial salt</li> <li>• Commercial food additive flavors such as MSG and Aspartame, which are excitotoxins/neuro-endocrine disruptors</li> <li>• Refined sugars</li> </ul>

If you have sensitivity to certain vegetable proteins such as gluten or other lectins found in grain or certain fruits and vegetables, we should run specific blood chemistry tests and analyze your ability to tolerate any of the above recommended foods, even those in the preferred column. If those sensitivities are found and have advanced your immune insufficiency, a more stringent diet is available.

If you are prone to inhalant allergies and hay fever, for example, there are some specific foods to avoid such as bananas, cantaloupes, cucumbers, honeydew, watermelon and zucchini, due to their structural similarity to common pollen allergens. Sometimes with environmental allergies, the underlying culprits are sub-clinical food allergies or sensitivities. Food sensitivity testing is often helpful in discerning specific food sensitivities that may be causing hidden inflammation in the gut. Symptoms that may arise include bloating and gas, headaches, increased mucous secretion, chronic sinus stuffiness or postnasal drip, among others.

Common foods on the sensitivity list include milk products, gluten containing grain products (wheat, rye, barley, oats) nuts, corn, strawberries, and shellfish. Another way to discover the foods to which you are sensitive is undertake an elimination diet, where all suspected allergenic foods are avoided until symptoms subside, then reintroduced one by one over the course of several days each, to monitor your body's responses. Avoidance for a minimum of two weeks is recommended. Since a healthy, well-functioning digestive system is at the foundation of good overall health, experimenting and testing to discover your individual sensitivities is time and money well spent. Unknown food sensitivities cause inflammation and irritation to the lining of your digestive system, which compromises your ability to absorb nutrients, and promotes an environment where unhealthy bacterial and yeast like to overgrow. Therefore, even with a healthy, whole foods diet, if you have specific food sensitivities that remain unknown to you, you may be contributing to an unhealthy digestive environment.

Another important consideration in transitioning to a whole foods based diet, is that if you have been accustomed to eating the SAD (Standard American Diet) which is full of processed foods low in nutritional value and high in salt, sugar and unhealthy (trans) fats, then you may experience a bit of discomfort as you transition to healthier foods. This discomfort is temporary as your body begins to remove the toxins that have built up in your system over time with the SAD. However, if you are dealing with a serious health condition, it is always necessary to discuss changes in your routine with your health care provider and of course, introduce new foods slowly to allow your body time to adjust.

Nutritional value and good tasting, fulfilling foods are not mutually exclusive. If you are not accustomed to eating non-artificially flavored, unprocessed foods, it may take time for your taste buds and ultimately, your brain, to appreciate healthier food choices. But remember not to be too hard on yourself. Guilt and negative feelings toward eating perceived "unhealthy" foods can cause more harm to your health than the actual foods themselves. Healthy eating can easily be an enjoyable part of your lifestyle, and as you continue your dedication to wholesome choices for yourself on every level, body, mind and spirit, your being will reward you with radiant health and a certain inner tranquility that arises from being truly nourished and fulfilled.

## Third: **Global Elimination of Toxicity**

Elimination of toxicity is critical in achieving health. This means both the elimination from current toxic elements already residing or being stored in the cells of your body as well as eliminating the continued ingestion of poison from your everyday environment.

### Check for Side Effects from Prescription drugs!

Sometimes, your recurrent symptoms come from adverse effects of drugs. Go to our webpage at [www.Holladayphysicalmedicine.com](http://www.Holladayphysicalmedicine.com) to enter the name of any drug you are taking. Click on Side Effects and see if any of your symptoms are caused by the drug. If so, we may have homeopathic alternatives of which your allopathic physician may approve.

Two other major sources of toxicity are Vaccines and Synthetic vitamins. Two major research items to consider on these two points are 1) there is absolutely no published

research to show that vaccines have helped! Not one. Is that surprising? Knowing that the government requires children to have these items without one shred of evidence showing efficacy is amazing. 2) There is a study showing that people who take synthetic vitamins have an 8% higher rate of mortality (all causes) than people who do not take synthetic vitamins. That too, should surprise you. Synthetic vitamins and the supposed antioxidants are not helping you. Look into an alternative that actually makes you healthy.

### **Sources of Toxicity**

- Prescription Drugs
- Vaccines Ingredients
- Synthetic Vitamins
- Air Impurities
- Water Additives - Chlorine, Fluoride, etc.
- Water Heavy Metals - Lead, Arsenic, Mercury
- Cleaning Chemicals
- Sunscreen and other Skin Creams, Toothpaste, Mouthwash
- Pesticides
- Herbicides
- Smoke
- Drugs
- Alcohol
- Food Additives

- Food Preservatives

Fortunately, the liver and kidneys are designed to perform the function of filtering the toxicity from the body continually. As it would be virtually impossible to totally eliminate all these items from daily life, we depend on the continued function of the liver and kidneys to achieve detoxification. Thus, it is critical to make certain these organs can function normally. The avoidance of drugs and alcohol will help this to take place.

Sometimes, we over indulge and cause the liver and the kidney to become sluggish or even temporarily fail. When this occurs, we often get sick, tired, and unable to function. We stay in bed for a few days and drink liquids and give these organs a chance to catch up. Unfortunately, unless we do some cleansing activities, the toxicity is only partially relieved. Specific cleanses may be necessary to rejuvenate the function of the body's detoxification apparatus.

We have several cleansing programs available from the doctor on request:

- General Cleansing Tips
- Gall Bladder
- Liver
- Kidney
- Lung

- GI Tract
- Skin
- Lymphatic System

I don't publish these programs because they often create several days of illness due to extreme toxic release and continued supervision is necessary to follow any one of them. I do have a variety of specific detox programs that I can provide that work very well without any of the illness side effects. You can obtain that as well without supervision as it is very safe and difficult to misuse.

## **Fourth: Supplementation**

We readily admitted a long time ago that our use of the four basic food groups does not provide everything the body needs to both function correctly and avoid disease. And even if you are able to follow all of the recommendations in the Diet section, the soil of today has lost the ability to produce good nutrition. It is virtually impossible to go into a regular grocery store and come out with good nutrition. We have therefore offered this list of whole food supplements designed to not only keep the body functioning efficiently but also prevent disease. Regular use of these items, along with following the other six keys to health will help your body advance from the absence of disease to actual health.

We use whole food supplements because they are not toxic like many of the synthetic vitamin supplements of today, and they are naturally found in foods combined with other ingredients necessary for their absorption and function.

Four simple supplement combinations are used as a basis for adequate balancing:

Catalyn

Calcium Lactate

Trace Minerals B12

Tuna Omega 3 Oil

We can order these for you at any time and some are usually available at the clinic.

These form the basis for a good nutrition supplement plan from which specific items can be added for symptomatic and curative treatment for certain deficiency diseases. To approach the diagnosis and treatment of any functional disorders, we use a set of scientific tools for chemical balancing. We begin with an online questionnaire to which you can gain access from the office staff.

## Fifth: **STRESS REDUCTION**

**What is the definition of stress?**

Stress is defined as a person's response to his environment. Stress is measured in terms of arousal or stimulation. As such, stress must be present for a person to function.

Each person has his own normal (homeostatic) level of arousal at which he functions best. If something unusual in the environment occurs, this level of arousal is affected.

There are a variety of behaviors that help to reduce the storage of stress in the body. First, and most importantly, is a monthly adjustment of the spine. Second is daily exercise. These two must be part of every stress reduction plan to achieve absolute health. We also offer stress reduction using the Chi Machine. You should use it 3 minutes each day to eliminate the storage of stress. It works!

## **UNDERSTANDING STRESS:**

**There are three phases of arousal:**

**Phase 1. Alarm phase:** When an unusual (or stressful) event occurs, the output of energy drops for a short period as the event is registered in the person's mind.

**Phase 2. Adaptation phase:** Next, the output of energy increases above the normal level; arousal is heightened as the person seeks to deal with the situation. Adaptation



responses available to humans include physically running away, fighting, freezing (self-immobilization), suppression of emotion, or learning.

**Phase 3. Exhaustion phase:** Finally, the person's available energy is expended and his capacity to function effectively is reduced.

**The physical response to stress is as follows:**

Increased:

- heart rate
- blood pressure
- respiration
- perspiration
- pupil dilation
- muscle tension

In the state of chronic stress, heart rate, blood pressure, and respiration are chronically elevated

**The physical response to relaxation is as follows:**

Decreased

- heart rate
- blood pressure
- respiration

- pupil dilation
- muscle tension

Stress management strategy is to evoke the relaxation physical response on a regular, daily basis.

### **Personal Life Events analysis**

To learn the level of stress (distress) in your life, circle the value at the right of each of the following events if it has occurred within the past 12 months:

Death of spouse.....	100
Divorce.....	73
Marital separation.....	65
Jail term.....	63
Death of close family member.....	63
Personal injury or illness.....	53
Marriage.....	50
Fired from job.....	47
Marital reconciliation.....	45
Retirement.....	45
Change in family member's health.....	44
Pregnancy.....	40
Sexual difficulties.....	39
Addition to family.....	39
Business readjustment.....	39
Change in financial status.....	38
Death of close friend.....	37

Career change.....	36
Change in number of marital arguments.....	35
Mortgage or loan over \$10,000.....	31
Foreclosure of mortgage or loan.....	30
Change in work responsibilities.....	29
Son or daughter leaving home.....	29
Trouble with in-laws.....	29
Outstanding personal achievement.....	28
Spouse begins or ceases working.....	26
Starting or finishing school.....	26
Change in living conditions.....	25
Revision of personal habits.....	24
Trouble with boss.....	23
Change in work hours, conditions.....	20
Change in residence.....	20
Change in schools.....	20
Change in recreational habits.....	19
Change in church activities.....	19
Change in social activities.....	18
Mortgage or loan under \$10,000.....	17
Change in sleeping habits.....	16
Change in number of family gatherings.....	15
Change in eating habits.....	15
Vacation.....	13
Christmas season.....	12
Minor violation of the law.....	11

### **How to analyze your score:**

Add the circled values. If your total score is more than 150, find ways to reduce stress in your daily life so that your stress level doesn't increase. The higher the score, the harder one needs to work at staying physically well.

### **Suggested uses for Personal Life Events analysis:**

1. Become familiar with the different events and the amounts of stress they produce.
2. Put the list of events where your family can easily refer to it several times a day.
3. Practice recognizing the stress level when one of these events happens.
4. Think about the meaning of the event for you and identify your feelings.
5. Think about the different ways you can adjust to the event.
6. Take your time in making major decisions.
7. Anticipate life changes and plan for them well in advance whenever possible.
8. Pace yourself. It can be done even if you are in a hurry.
9. Look at the accomplishment of a task as a part of ongoing daily living; avoid looking at such an achievement as a stopping point. Congratulate yourself and push ahead.
10. Recognize that your internal mechanism of coping with stress is directly tied to your health and well being.

\*Note: This scale is derived from the Holmes-Rahe Social Readjustment Scale. Holmes, T. & Rahe, R. (1967) "Holmes-Rahe Social Readjustment Rating Scale", Journal of Psychosomatic Research, vol. II.

### **Learning to relax:**

You may have grown to accept a certain high level of stress and anxiety as "normal." You may be unfamiliar with what it feels like to be relaxed, calm, and unstressed. With progressive relaxation you learn what it feels like to be relaxed and to increase relaxation to a new level. By doing this you not only improve your physical well-being by reducing high blood pressure, headaches, and other physical complaints, but also improve your mental state by reducing stress, anxiety, irritability, and depression.

**The physical setting:** Progressive relaxation should take place in a quiet, attractive room. You should be completely supported. There should be no need for exertion to maintain body support. You should wear comfortable, loose fitting clothing during the sessions.

**The process:** Lie on the floor or a bed and follow the directions of the relaxation technique in the following Relaxation Training Technique as you tense and relax various muscle groups. After the initial tensing of the muscles, release the tension instantly and completely. This is very important in order to get the ``pendulum

effect." The muscles relax beyond the point of their normal relaxed state. You should then feel the important difference between tension and relaxation. You should concentrate on the feeling of relaxation, learn what it is to relax and how to increase it. Continually repeat to yourself, ``Know what it feels like to be relaxed, deepen the relaxation, know what it is to be relaxed.”

### **'' Do's and don'ts'' of Relaxation:**

**Do:** Make sure you have comfortable, loose clothing and proper back support

**Don't:** Put yourself in an awkward position or in a position that will make it easy to fall asleep

**Do:** Allow your mind to quiet down. If tense thoughts enter while you are relaxing, let them pass out of your head.

**Don't:** Think your way into tension. If you can't clear your mind, take a long, deep breath and let it out slowly.

**Do:** Stay alert and conscious while you are relaxing. Pay close attention and note any changes in your body (feelings that stand out to you.)

**Don't:** Allow yourself to become groggy and sleepy. If you start falling asleep, open your eyes and sit up. When you are ready, return to relaxation posture.

**Do:** Go at your own pace and let go of your muscles as your body decides to give up tension.

**Don't:** Expect yourself to relax all at once. Like any other physical exercise, you must practice relaxation step by step.

**Do:** Give your body messages of appreciation for relaxing as you notice these feelings going through your body.

**Don't:** Get down on yourself for not relaxing. Your body should be trusted to go at its own pace.

**Do:** Stay aware of your breathing. Observe how much air you are taking in during a regular breaths and if the breathing is regular and rhythmic.

**Don't:** Smoke before, during or after relaxation as it tightens lung tissue and blood vessels. Let your lungs breathe and your body receive oxygen.

### **A full breathing exercise**

**Step 1:** Lie prone on the floor. Loosen your belt and restrictive clothing.

**Step 2:** Relax and exhale as completely as possible. Begin to inhale slowly making your belly rise. Now move your rib cage. Now your chest. Hold it for a second. Now, exhale completely, all the air out of your lungs. Try it again. This is complete breathing. Breathe normally for a while, and in the next minute take at least one more complete breath. Pause one minute.

**Step 3:** You are still lying prone. As you lie there you will begin stretching muscles to achieve unblocked circulation. Bring your arms above your head and stretch them away from you fully. Now stretch your legs and feet downward, away from you, take a deep breath, let go and relax. Pause ten seconds. Feel the effects of the stretch on your body and on your breathing. Pause 15 seconds. Now sit up very slowly.

**Step 4:** Stand up for this part of the exercise. There are three very basic stretching postures to increase flexibility; backward bend, forward bend, side-to-side bend. As you do your backward bend, pay attention to stretching your abdomen and back muscles. Important: Go only as far as you can. Don't push yourself. Bend slowly. As you do your forward bend, pay attention to the stretch of your back muscles and backs of legs; and the blood in your head and arms. As you do your side stretch, pay attention to stretching in your chest, sides and neck.

**Step 5:** Assume a comfortable sitting posture, one you can hold for 15 to 20 minutes. This could be in a chair. Get comfortable and close your eyes when you are ready. Please note your current level of awareness such as: outside sounds, your bodily awareness, thoughts, etc. Note this awareness and do not change it. Then, notice shifting from outside sounds to thoughts of bodily awareness.



After approximately five minutes of this, notice that breathing is occurring; again, not to change it but only to notice it. One can enhance this noticing by attaching the words ``breathing out" to the breath as it leaves the nostrils and ``breathing in" as the breath reenters. As awareness shifts from breathing to thoughts of external sounds, allow that to happen and the return to ``breathing out-breathing in" (following the breath.)

Continue this for five to seven minutes. At this point, try to incorporate some visual imagery in the form of a golden light with the in-breath. See yourself breathing in this golden light and watching it fill the inside of your body. This could be in a particle, vapor, smoke, or mist like form, whatever is comfortable for you. Visualize this light in your head, shoulders, chest and breathe out any tensions in the form of a black color. Continue until you visually experience your whole body as being filled with this golden light. Experience that feeling.

Stay with this experience for another minute or two. Then, become aware of your breath again, with your body sitting on the floor or chair (feeling grounded.) When ready, open your eyes.

**Step 6:** Try this breathing exercise for 15 to 20 minutes daily until you are able to achieve full breathing and stress reduction in a progressively shorter period of time.

**Exercise to Dissipate Stress.** After you have practiced this several times, establish a daily routine for exercise. Start with walking and then progress to weight lifting and then high level aerobic routines to dissipate stress. This will ensure that the stress you take in every day will not accumulate and be stored as myofascial pain syndrome, arthritis, colitis, gastric ulcer, hypertension and other chronic disorders.

## Sixth: **Lifestyle Modification**

Several studies have shown that the achievement of health is largely based on modification of present life style habits and replacing them with other habits that are more intended to improve health. Here is a list of a few behaviors that you should consider using as replacements for behaviors that create stress in your life:

1. Drink 64 oz. of clean water each day. (ask the doctor about the definition of clean water)
2. Exercise intensely for 30 minutes each day.
3. Reduce the refined carbohydrates a little every day. Make Total Carbohydrate consumption at 100 Grams or less.
4. Sit and meditate 30 minutes after eating each meal and concentrate on all the good things of the day.
5. Listen to at least 30 minutes or more of good music each day.

6. Read poetry out loud at least twice each week.
7. Spend one minute each day telling someone close to you specific details about what you like about him or her.
8. Spend 5 minutes contemplating the beauty of a great painting.
9. Go for a 15 minute walk and take in all the beauties of nature around you.

## Seventh: **Regular Spinal Manipulation and Daily Exercise**

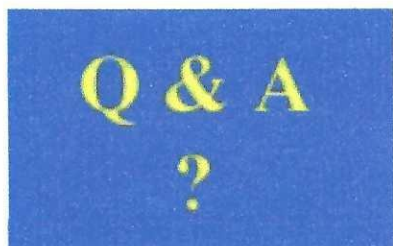
Monthly alignment and manipulation of the spine proves to reduce the onset of functional disorders and also facilitates the early recovery and easier rehabilitation of injury from accidents. It also helps to maintain more range of motion in the spine making life easier.

We recommend 45 minutes of walking each day. Patients with lower back pain are usually put on a 5 minute starting point and instructed to add one minute each day until they reach 45 minutes. Once this habit is kept for 21 days, spine pain and dysfunction are limited considerably.

### Getting Started:

Your first step is to complete the three health questionnaires. Ask the doctor for these. Once

completed, bring them back to the office and the doctor will have them analyzed and a report on your health level will be created. The doctor will spend time with you and explain what you need to do next. Once you begin the process, plan to spend time learning how to be healthy every day. Remember, health is a process and if you want to become independent, free from symptom and disease management merry-go-rounds, you will learn as much as you can about how to be healthy.



## *Questions and Answers*

**People often have questions about the pursuit of Health and its management by a board certified chiropractic orthopedist. We are interested in producing an extremely high success rate so we encourage questions. We recommend that anyone who is interested in Absolute Health investigate all the options. Here are some of the common questions that we hear from our patients.**

## **What is a board certified chiropractic orthopedist and why should I go to one?**

The chiropractic orthopedist is a chiropractic physician holding a license by the state to practice chiropractic medicine. He has extensive, specialized training in physical examination and treatment procedures emphasizing primarily the neuromusculoskeletal structures of the body, including the spine and the extremity joints. This involves conditions affecting bones, joints, muscles, tendons, ligaments cartilage and related nerve structures.

The chiropractic orthopedist handles both acute health problems such as automobile accidents and sports injuries, as well as more chronic conditions including arthritis, scoliosis, and fibromyalgia. Advanced procedures of x-ray, magnetic resonance imaging (MRI) and computed tomography imaging (CT), electro diagnostic studies, diagnostic ultrasound, nerve conduction studies (EMG) and clinical laboratory procedures are used to assist in the diagnostic process.

In the course of treatment, the chiropractic orthopedist applies manipulative/adjustive procedures along with other treatment options such as physiologic therapeutics, nutritional counseling, structural supports, corrective devices, exercise and rehabilitation regimens, preventive care advice and home therapy programs for patient health.

## **Is this approach better than seeing a regular chiropractor, physical therapist or medical doctor?**

In most cases, seeing a chiropractic orthopedist is better than seeing a regular chiropractor, physical therapist or medical specialist because the chiropractic orthopedist is trained with the necessary skills of all three of those providers. He has the diagnostic skills not possessed by the physical therapist, he has the manipulative skills not possessed by the medical specialist, he has the diagnostic and management skills not generally possessed by the regular chiropractor, and he has the skill and experience to enlist the skills of each of these others should a need arise.

## **If I've already seen a chiropractor, physical therapist or medical specialist, can I still see the chiropractic orthopedist?**

Starting with any of these providers or having been to the Emergency Room at the hospital only makes your visit to the chiropractic orthopedist that much easier. He will request your records and simplify your intake process so that you can get on the path to recovery and prevention of disease. He will work well with any of these other providers to take advantage of everything they provided for you and increase the effectiveness and outcome of any program you may have already started.

## **Why should I consider seeing the chiropractic orthopedist?**

The chiropractic orthopedist focuses practice primarily to neuromusculoskeletal structures, and remains up to date of the latest research and developments through continuing education and recertification by attendance at chiropractic orthopedic conventions and seminars.

The chiropractic orthopedist is often used by medical practitioners for consultation, by the legal profession and the insurance industry for evaluation and treatment of patients, and the courts for the giving of expert testimony.

Patients who have suffered from conditions that have not responded favorably to previous treatment may seek a doctor with specialized training in advanced non-surgical orthopedic procedures and diagnostic methods.....**That doctor is the Chiropractic Orthopedist.**

## **References:**

Academy of Chiropractic Orthopedists Website:  
[www.dcorthoacademy.com](http://www.dcorthoacademy.com)

# Absolute Health

4211 Holladay Blvd.

Holladay, UT 84124

Phone: (801) 272-8471

[brucegundersen@gmail.com](mailto:brucegundersen@gmail.com)

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)