

# NATURAL HEALTH RECOVERY PROGRAM

Your Guide Along The Process

*Integrating Your Neurological, Metabolical, and Immune  
Systems in a Chiropractic Model of Health*

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# Welcome!



“Beyond delivering advanced **Functional Health Care** we will provide you with an exceptional experience. It starts with our complete focus in you and your specific health conditions. We promise to do all that is possible to evaluate you and provide natural, healthy solutions!”

Dr Peter Lind

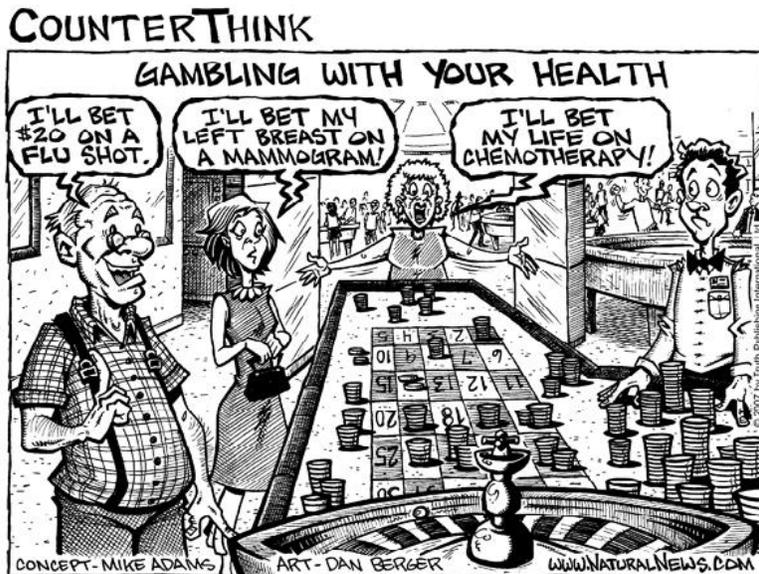
## INTRODUCTION TO THE PROGRAM

Our clinic procedures are based on the idea that health and disease are **life processes** related to the function of the nervous system. Irritation of your nervous system by **physical, chemical, and stress factors** is the cause of your health conditions. Restoring and maintaining your health depend on a normal functioning nervous system. It is our challenge to diagnose these noxious irritants and then apply appropriate treatment by the most conservative and effective methods available to restore your health.

Diagnosing The *PROCESS* Not The Name

Treating **YOU** Not Your Conditions

# ARE YOU GAMBLING WITH YOUR HEALTH?



## INDIVIDUAL CARE

Your case is built from the valuable data and information that we collect from you. We will determine the critical priorities of your health that must be dealt with and address them in ORDER.

You may have any number of underlying conditions like anemia, hidden gut, viral, and bacterial infections, liver and kidney dysfunction, thyroid or adrenal complications, hypoglycemia, insulin resistance, diabetes, fatty acid metabolism dysfunction, soft neurological lesions, brain or memory imbalances.

## For Every Metabolic Dysfunction You Have The Ability For You To Gain Your Health Back Is Retarded

Restoring your health is not an 8 hour surgery. It is not a one-week stay in the hospital. It is not a chemical cocktail injected into your veins over the next decade depending on the severity of your conditions. Restoring your health is a highly committed program that will take

months of work and is based on the experience we have had with people over the past two decades. You have to be committed to your own progress.

## *Your Whole Body Takes Part In Your Healing AND In Your Disease*

There is no drug, no wonder pill, no ONE THING that will restore your health. There is no one therapy that can accomplish all that your body needs in order to recover. There is not even one doctor who can do this. The best results to restoring your health have been obtained when a "whole-body" approach is utilized.

That being said, there are a number of requirements that you **must have** in order to heal and achieve your health goals. We need to find out what your symptoms mean, what is deficient in your system, and what functional problems you have.

Since chronic health problems develop over a long period of time, it will take reasonable time to begin to unwind your system and put you on the correct health path again.

When you receive your **Initial Report**, you should sit down and read it twice. Then you will want to organize your thoughts about how you want to proceed.

Our recommendations can range anywhere from a six month, nine month, twelve month, or eighteen month program of care. These recommendations will be based on how long you have had your conditions, what dysfunctions are found in your tests, and how much work we need to do. Once we begin we will do a number of re-evaluations and re-tests of your body chemistry and we will continue to evaluate and monitor your system. It will be analyzed and your particular protocol will be adjusted.

### **QUESTIONS FOR YOU**

I'm going to ask you a lot of questions. If your answers to these questions sound like they fit your needs and expectations of this program, then we are on the same track seeking information on helping you build a healthier body.

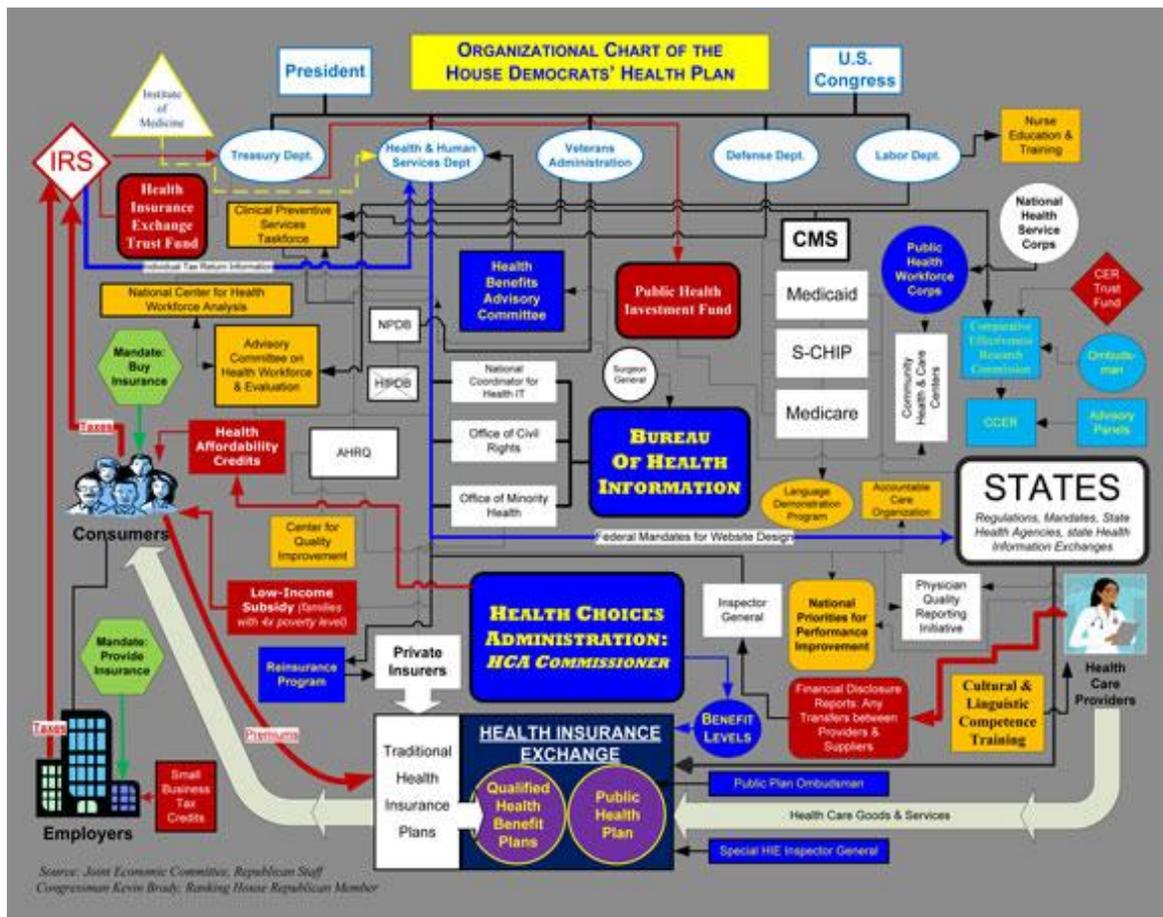
Let me begin by asking...

“Have you sought services for help in improving non-responsive conditions - or for relief of constant unexplained symptoms and been told that those symptoms may actually be "all in your head"?”

“Have you had lots of tests in which the disappointing results come back "normal"? Do people look questioningly at you when you describe your symptoms? Do you feel that they don't understand?”

You need to find out what is dys-functioning in your system before an individual program of care is designed.

## INDIVIDUALIZED HEALTHCARE?!



No, You Need Your OWN Specific Healthcare Program

This program offers a method of measuring your progress. It may not be able to place your feelings of self worth on a scale of 1 to 10, but it can measure your blood chemistry values and allow you to monitor your ups and downs for the rest of your life by teaching you the interpretation of these chemistries. We will perform functional neurological tests that you may not do well today but with direct application you will improve your results over time.

We plan to offer the basics that will allow you to see if you are improving or not. We expect to offer you a guide for measuring these changes. We do not often say "do this" or "do not do that" just because we said so, but we try to offer a reason for our suggestions.

The initial report tells you which direction provides the best opportunity for success based on our experience with many people we have treated, and follow-up reports provide a two-edged sword. Follow-up reports tell whether or not the initial suggestions were appropriate for you, and they also tell whether or not *you* followed those suggestions.

You? Yes, *you* are involved in this process. We can tell you what to do, but you must **take responsibility** for doing it? **YOU!** This assessment and our protocols are not the magic pill. It is rather a map of the trail, but ***YOU have to travel the path*** - and - most importantly: **You may have to make some major changes in your lifestyle in order to improve your health.**

After all, there was some reason that you developed symptoms. These reasons have to be addressed or your problems will all come back. If you eliminate the causative problems in your lifestyle **and** provide the proper raw materials your chemistries say you need for rebuilding your body **and** apply the neurological applications correctly, you can regain your health.

If you only do part of the protocol, your results will reflect the input and it won't be fair to you. Mathematically, this program is not fair. If you do half of the protocol, you will **not** receive half of the benefit, perhaps only 20 - 30%. All the pieces of the puzzle make a picture, but a few missing pieces ruins the masterpiece. Keep this in mind as we continue.

Many of the things in your daily lifestyle are actually quite harmful, yet you do them because you like them or are not aware of their consequences. (Or do not care - the risk may be worth it to you).

How many years of using tobacco was it before the warning of

"*smoking MAY be hazardous to your health*" came out? Is alcohol really that bad? Is coffee a problem because it contains no calories? Do you ask your doctor if *this drug* (choose one of 50 drugs advertised on TV) is right for you? Does eating eggs raise your cholesterol? Is there good and bad cholesterol? Are artificial sweeteners good because they don't produce calories?

## **There Are Many Myths About Health That Are Perpetuated By Our Society**

What are some of the causes of your problems? Most health problems are not immediately corrected by modern medicine. Most symptoms are not the cause. When drugs mask the symptoms the problems will pop up sooner or later as a full blown disease process. The CAUSE has to be found.

Like I mentioned we offer several programs of care to improve your health condition. Each program offers all current aspects of testing and treatment for improvement in your neurology and metabolic systems. The longer-term programs (12-18 months) are effective even in making functional changes with serious diseases like:

- Arthritis
- Diabetes
- Heart Irregularities
- Leukemia
- Lupus
- Lou Gehrig's Disease (ALS)
- Multiple Sclerosis
- Parkinson's Disease
- Seizure Disorder
- Alzheimer's

The shorter-term programs (6-9 months) are still affective with chronic conditions and make functional improvements with symptoms like:

- Anxiety
- Abnormal Sleep Habits

- Chronic Fatigue
- Depression
- Digestive Problems
- Faulty Memory
- Irritability
- Numbness in hands and feet
- Tachycardia

One thing we may begin is a detoxification or clearing-out program — a way to slow down the torrents that are affecting you. But this reconstruction requires sustained effort. For best results **planned effort** is required. You have to plan this around your life. Without direction, unguided reconstruction often creates another disaster. What provides this direction? Your symptom questionnaires, your functional neurological test results, and your functional metabolic analysis.

You need to stop the ongoing damage. Find the cause of it and direct attention to removing the cause. This is the first part of the program.

Then you must stimulate tissue and organ healing, repair, and regeneration. This can be accomplished using interpretations of your body chemistry. If adequate detoxification and tissue regeneration can be accomplished somewhat simultaneously, you will derive the greatest health benefit.

We will use specific protocols for detoxification and then specific protocols for tissue regeneration, healing, and repair.

## **Advanced Health Care**

### ***Metabolic and Neurologic Systems***

For care related to **Severe Diseases** like Multiple Sclerosis, Lou Gehrig's Disease, Diabetes, Hashimoto's Thyroiditis, Lupus, Alzheimer's, Parkinson's Disease, co-management with a competent medical provider may be necessary to monitor medications and provide medical input. An open-minded medical provider can be a great asset to your natural healthcare program.

**Chronic Symptoms** such as chronic fatigue, chronic headaches, chronic pain syndrome, peripheral neuropathy, hypoglycemia, digestive problems, memory problems and the like are important prognosticators

in your recovery. In other words, these symptoms developed because of faulty health and as much as we want them to go away, they are important markers in your progress.

Your symptoms have become important warning signs for you to pay attention to.

## **“SYMPTOMS ARE NOT SOMETHING YOU WANT TO COVER UP”**

We most often find direct connections between your symptoms and your conditions in your neurological examination and in your metabolic testing. But we use our findings, in addition to your symptoms, to attack the causes of your problem.

What you must realize is that if you want your **Chronic Symptoms** to go away you have to drastically change your lifestyle which will include new dietary recommendations, change the input into your body by using our neurological and metabolic protocols, and then maintain yourself better for as long as you want to pursue health. This will be a health makeover.

If you want to reduce your symptoms you can use medicine or you can use our protocols but if you want to avoid and prevent future neuro-degeneration problems and regain your health you have to begin now by getting into a healthcare program that evaluates your function neurologically and metabolically and apply appropriate protocols that will cause physiological change. Profound change.

Careful attention will be directed to your symptoms and faulty functional patterns. Careful evaluation and planning will be done to slow these aberrant systems down and help you release symptoms and disease processes that you have grown into.

In the following pages, we will cover the basics of the Protocol that has been found to yield the best results. At some point in your program we will discuss:

- Your first several visits to the clinic, most importantly your functional neurological examination, in determining your **Neurological Treatment Plan**
- Your laboratory test results in determining your **Metabolic Treatment Program**, most importantly your Metabolic

Priorities: Anemia, Blood Sugar Imbalances, Digestive Disturbances, and Fatty Acid Problems

- Other important tests such as:
  - a. Intestinal Permeability Profile to determine the health of your gastrointestinal system
  - b. Adrenal Stress Index test in measuring your adrenal output, cortisol levels, circadian rhythm, and adrenal function
  - c. Salivary Hormone tests that measures hormone levels
  - d. Autoimmune sensitivity tests that measures your link to autoimmune diseases
- Detoxification protocols determined by your symptoms, your laboratory findings, and your specific Immune System Function
- The use of Oxygen Therapy and Exercise With Oxygen Therapy (EWOT)
- The use of cold laser in your care
- The use of microcurrent and other electrical therapy modalities in your care
- The use of Applied Kinesiology in your care
- Your Specific Nutraceutical Protocol
- The possible use of body Massage in your care
- The possible use of a Professional Diet Coach to help you with your lifestyle changes
- Your specific duties during your course of care
- Health resources you will receive

## **What to Expect in Our Clinic**

You began by finding out about our services. Something we have in print, video, internet, or what someone has told you triggered your interest in our approach to health care. You contacted our clinic and now we want to get important information about you.

### **PAPERWORK**

You will fill out our forms. These forms are very specific in asking you strategic questions about your health and well-being. Your answers help determine what we're going to be dealing with, how serious your health conditions are, possible complications and red-flags or concerns which may preclude us from starting care, drug interferences that may be interfering with your health, and whether you would be a good candidate for any of our health restorative programs.

### **FIRST CONSULTATION AND EXAMINATION**

At this first encounter we may meet for the first time and size each other up. We will observe many nuances about you that will be included in processing your case:

- ✧ Posture – if your posture is faulty you will have a challenge with re-gaining your health
- ✧ Appearance – how you take care of yourself on the inside is often displayed in your appearance; in your grooming, your color choices in clothing, and what you wear
- ✧ Breathing – your ability to engage in an effortless, slow, and deep breathing process will be key to your health recovery
- ✧ Facial movements – we can see internal stress registered in facial patterns and use this as one unofficial guide to rate your progress
- ✧ Eye contact – your eye movements, whether fleeting or direct, give us a direct window into your nervous system (and your soul)
- ✧ Voice – we notice if a weak voice is related to frail health or if a booming, boisterous voice is hiding important issues

We are master observers and we use this skill to help us tract down hidden signs and symptoms that would lead us to better evaluating you and applying successful treatment outcomes.

## **THE (functional) NEUROLOGICAL EXAMINATION**

The design of this examination is completely **functional**. These tests come from classic and advanced neurological textbooks and current experts who are practicing in the field today.

We test you to see where there are breakdowns in your function. We test your nerve reflexes, test the strength of your muscles, mark your eye patterns, test cranial nerves, challenge your balance and equilibrium, monitor your pulse rate and oxygen perfusion status, and perform many other tests that will help us find DYS-FUNCTIONS in your system.

The strategy of these tests is that we are testing the highest levels of your physiology—your Central and Peripheral Nervous System. So when we find breakdowns in these areas, applying appropriate treatment protocols to these dysfunctional areas can make major changes in your brain and nervous system firstly, and the rest of your body secondly.

**“Because We Are Testing Your FUNCTION, We Apply Natural and Completely DRUG-FREE Protocols That Improve Your PHYSIOLOGY and Your NEUROLOGICAL FUNCTIONS”**

More than helping you feel better and reducing your symptoms our goals and objectives for your Neurologic System are:

- **Improve Balance and Coordination**
- **Balance Brain Hemisphere Activities**
- **Improve Mental Function**
- **Prevent Neuro-Degeneration (or any possible brain-wasting disorders that you may be heading toward)**

## **METABOLIC TESTING**

No doubt you have had your blood chemistry tested. Why was it tested? Was it tested to evaluate your biochemistry and determine **Dysfunctional Cellular Metabolism**? Or was it done to see whether you need more medication or because that is what insurance would pay?

### **The Metabolic Testing We Do For You Will Be Studied To Find How Your Body Metabolism Is Working**

We put all your lab markers into a FUNCTIONAL LABORATORY RANGE ALGORITHM, not a pathological range that is done routinely.

This is one of the major reasons you may have health problems when your lab tests are “normal.” The pathological ranges are very wide and they are based on unhealthy people. So if you fall into a 'high normal' or a 'low normal' you may be well into the disease process because as more and more unhealthy people are tested they make the bell curve of lab ranges wider and wider.

### **“Conditions and Diseases Become Common But They Are Not Normal”**

#### **“This Society is Getting Sicker and Sicker Earlier and Earlier in Life”**

Pathological laboratory reports don't alert you to what's going on Functionally. Once you have pathological highs or lows, you already have pathology! Your body doesn't start falling apart when one of your blood chemistry markers reaches a pathological number. Your health continues to decline reaching pathological biochemical markers to until it reaches a pathological — higher highs and lower lows.

#### **Why Not Catch Problems BEFORE They Become Pathological?**

#### **Why Does Traditional American Healthcare Wait Until Diseases Are Well Established To Resurrect A Person From Their Grave?**

If your lab markers are not yet pathological you will have a greater chance of turning your health around. That's what Functional Metabolic Testing is designed to do for you.

In your metabolic tests we are first looking for **7 DEAL BREAKERS**:

**A. Immune** — A dysfunctional Immune System will compromise your health. When your body makes antibodies that go astray your body literally eats itself (most commonly brain and thyroid gland) and an aggressive immune support must begin immediately. White blood cells, neutrophils, lymphocytes, and antibodies are major markers.

**B. Anemia** — Hemoglobin carries oxygen to your cells where it is utilized by the mitochondria to make ATP (energy). If this pathway is inefficient, it will be difficult to resolve any health issue. When your cells do not get oxygen they wither and die, this is called apoptosis (programmed cell death). Symptoms include: fatigue, loss of energy, unusually rapid heart beat, shortness of breath, headache, difficulty concentrating, dizziness, leg cramps, and insomnia.

**C. Gastrointestinal** — Most traditional healthcare providers lack training to identify functional problems and are unable to understand the intricately linked patterns of systemic disorders—nowhere more common than your gastrointestinal system. Your digestive system is key to your health. Eosinophils, protein, globulin, and albumin are the main lab marker for GI disorders.

**D. Blood sugar** — 25% of Americans are **Insulin Resistant** and many people suffer from **Hypoglycemia**. One out of three people will become **Diabetic**. Symptoms related to blood sugar disorders are depression, mania, panic attacks, anxiety, fatigue, temper outbursts, excitability, psychotic-like episodes, confusion, headaches, and concentration problems. In women, insulin surges convert hormones into testosterone — women become men. Poly Cystic Ovarian Syndrome (PCOS) is created by insulin surges and is the #1 hormone imbalance in females — the most common cause of infertility. In men insulin surges convert testosterone into estrogen — men become women.

**E. Liver Detoxification** — If you are not converting antigenic compounds from fat soluble to water-soluble, detoxification cannot occur. In this panel we look at SGOT, ALT, and GGTP.

**F. Fatty Acid Metabolism** — These disorders can result in hormonal imbalances and are a major factor to disease and altered

metabolism. Cholesterol, triglycerides, and lipoproteins are the main markers for FA metabolism. Cardiac risk is measured with these markers and has captivated our society's focus on health. These markers will be an important part of your health.

**G. Adrenal Fatigue and Stress Response** — The stress in your life causes reduced progesterone production in women and lower testosterone in men. Stress causes stomach ulcers, mental difficulties, high blood pressure, anxiety, insomnia, exhaustion, and low libido. Finding out where your stress lies is paramount to your healing.

### **Then Here's What We Do...**

We plug all your laboratory markers into a Functional Metabolic Algorithm where we can see your body's metabolism and real function. We look for patterns of dysfunction. We look for priorities of fault that have to be addressed in a certain order.

By addressing your faulty metabolism in priority many other problems begin to turn around.

## **Metabolic Priorities**

### **#1 ANEMIA AND AEROBIC METABOLISM**

Your body lives in an oxygen environment. You make ATP or energy units when you have the right nutritional ingredients and sufficient oxygen. If your body metabolism is healthy, you repair cellular breakdowns effectively, and you resist disease.

By natural process your body loses its ability to utilize oxygen about 1% per year. So the older you become the less efficient you are at using oxygen.

One of the ways your oxygen is measured is by your blood. We can see a number of markers related to your oxygen status. If you have low levels of Red Blood Cell activities including hemoglobin and hematocrit you may have an anemia. If your iron status is low you may have an anemia. There are a number of types of anemia that we look for in your laboratory chemistries.

## **“If You Have Any Type Of Anemia It Must Be Managed Before Any Other Complications In Your Health Are Addressed”**

You cannot live well in a low oxygen environment. You cannot live healthy when you are missing the nutritional ingredients that feed systems to make energy.

Fatigue, muscle spasm, pain, infections, breathing difficulties are some of the most common symptoms of a body trying to survive in a low oxygen environment. As oxygen continues to diminish in its effectiveness there will be more breakdowns in your metabolic system.

When your body has a low amount of oxygen to work with you move into **anaerobic metabolism**. This is a very inefficient way to power your body because this is a back up system. When you are in anaerobic metabolism you may have more more symptoms and will accelerate the disease processes.

### **“Anemia Is A Silent Killer”**

If you smoke and you have anemia you are in a losing battle. If you are ingesting foods that destroy your oxygen processing you are in a losing battle. If your alcohol intake is greater than your ability to resuscitate your oxygen stores you are in a losing battle. You may have a major lifestyle change on your hands.

Your diet may need to change; your exercise habits may need to change; you will have to stay on a serious protocol to help reduce and remove your anemic tendencies. Once you have fuel in the form of oxygen again you have a chance of turning around metabolic dysfunction.

### **#2 BLOOD SUGAR AND DYSGLYCEMIA (Blood Sugar Imbalances)**

Every cell in your body needs glucose IN THE RIGHT AMOUNT. If it's too low you experience HYPOGLYCEMIA. If it's too high you develop INSULIN RESISTANCE and DIABETES. When this happens the damages in tissues are often irreversible.

Blood sugar balance is a high priority for you. If you cannot regulate sugar your organs and glands will be strained trying to keep the priority tissues supplied with fuel — like your brain. In a dysglycemic state your brain loses proper function and over time brain cells die in a process called apoptosis — programmed cell death all the while your symptoms get

worse: fatigue, dys-coordination, equilibrium problems, mental fogginess, memory...

### **How Insulin Works**

The cells of your body, all 100 trillion of them, need glucose to make energy (called ATP). In times of stress, your brain tells your pancreas to release insulin. Insulin tells the cells of your body to open up so that glucose can enter. But people with high blood sugar problems develop Insulin Resistance.

Their cells are resistant to insulin. Slowly, sugar piles up in the body (increasing blood sugar or glucose levels). People with high blood sugar problems or insulin resistance suffer symptoms such as dry mouth, frequent urination, thirst, fatigue, unexplained weight loss, blurred vision, headaches, sexual dysfunction and itchy skin.

## **High Blood Sugar Problems Turn Into INSULIN RESISTANCE Which Progresses To DIABETES!**

The VICIOUS cycle of Type 2 Diabetes...

1. Cells slowly become resistant to insulin over time.
2. Sugar piles up.
3. Excess sugar causes inflammation and swelling that crushes nerves and eventually kills off the pancreas.
4. The stress hormone, cortisol, increases and the cycle starts all over again.

Diabetes causes multiple organ deterioration as many other organs and glands become involved.

Your **Adrenal Glands** are your **STRESS** Glands. They sit right above your kidneys and they are your "stress" glands..they play a large role in developing diabetes! They excrete large amounts of cortisol to help regulate the onslaught of high blood sugar.

Since your **Thyroid Gland** controls your body metabolism, it also plays an important role in helping to regulate tissues in a high sugar environment.

Your **Brain** needs glucose for you to think well and behave properly. In a high sugar environment your brain cannot function well. In a dysglycemic state many people experience a 'diabetic-like coma', where lack of or too much sugar destroys brain cells.

These glands and organs and many others play a role in processing blood

sugar and determine if you will develop Hypoglycemia, or Insulin Resistance and Diabetes. They do the best they can in trying to regulate this metabolic dysfunction.

Many diabetic medications are simply treating the symptom of high blood sugar, while this disease continues to progress to the possible reality of insulin therapy.

It's not that your body is lacking the hormone insulin... **The problem for the majority of diabetics is that insulin resistance has set in...** this means that your body has lost the ability to utilize insulin properly.

What sense does it make to continue bombarding the body with something it no longer recognizes and can no longer process?

The definition of diabetes according to the American Diabetes Association is two fasting blood tests with a blood glucose level of 127 or higher. 100 to 126 is termed "pre-diabetes" or insulin resistance and anything below 85 is hypo-glycemia. So your **IDEAL** blood sugar or blood glucose level should be 85 to 99.

Back again to "pathological lab normals" and "functional" or "optimal" normals. This is why many times the patient's lab tests will be "normal" but they still feel horrible! They may be well into the disease process while their condition is not labeled.

## **“It Doesn't Matter What The Condition Is... It Matters What The Dysfunctions Are And How To Make FUNCTIONAL Improvements”**

### **HgbA1C EXPLAINED SO YOU CAN UNDERSTAND IT...**

HgbA1C is considered the "best" marker of blood sugar level by many doctors. Sugar is sticky both outside of the body AND inside of the body. Red blood cells float around in the body for 3 months before they die off.

We can measure how much sugar the red blood cells have picked up by testing HgbA1C. If your HgbA1C is high you have a high probability of high, long-term blood sugar problems. If it is within 'functionally normal' you have a better sugar regulation.

### **#3 GASTROINTESTINAL DYSFUNCTION**

Your gastrointestinal system is the door between your body and the environment. It is protective. It breaks down food into particles and allows them to be absorbed into your body. It houses more than 60% of your immune system. It produces most of the neurotransmitters that your brain and nervous system use to communicate with the rest of your body. It is referred to as your second brain because it is a separate and complete nervous system.

Your digestive system has a delicate, blood-rich lining. This allows for the digestion, absorption, and the transfer of particles, chemicals, enzymes, and neurotransmitters across both sides of the membrane.

Oftentimes this lining becomes chewed up and eroded and becomes very inefficient at transferring particles. The lining can get to the point where large-sized pores allow larger-than-normal food particles to enter. Your barrier system will now allow dangerous foreign material to pass through.

We call this “**Leaky Gut**” and it is really an intestinal permeability problem; its like an ulcer in your stomach.

Your body has no choice but to mount an antigen-antibody attack on these particles. This is an immune battle and can wage for years, all the while causing your immune system to become even weaker and less capable of fighting 'normal' foreign invaders.

Over time these antibodies begin to attack your own body tissue. This turns into an **AUTOIMMUNE DISEASE** and is often named for the tissue that is being destroyed.

You may have low hydrochloric acid (HCL) in your stomach. The cells in the stomach lining secrete HCL normally but over time — as damage to the gastrointestinal system continues, as the food that is ingested gets worse, and as a person ages — HCL secretion becomes less. Low HCL will cause inadequate digestion and will lead to further tissue breakdown.

Foreign **virus, parasites, and bacteria** can infiltrate your digestive lining and wage an ongoing attack on your body. You may be harboring several strains of bacteria such as Helicobacter Pylori that is wreaking havoc on your digestive system by causing more immune responses.

### **“Disease Begins In Your Digestive System”**

Any problems that you are having in your digestive system are going to manifest elsewhere in your body.

There are some basic laboratory markers that we can check to get an idea about your gastrointestinal system. In addition, there are advanced tests that we often use to determine progressive tissue destruction. And finally there are powerful protocols to help turn down the immune attack, remove foreign microbes, repair the intestinal lining, and restore normal bacteria and flora.

#### **#4 FATTY ACID METABOLISM**

Contrary to popular opinion, fatty acids are a very necessary part of your metabolic systems. They are high or low because of imbalances in your body.

For example, if you have been processing high sugar for a long time you will eventually become insulin resistant where your cells can no longer handle the high amount of sugar. Your cells resist the compound of insulin and sugar. So what happens? The glucose still has to be processed.

The wisdom of the body shunts sugar into the FATTY ACID PATHWAY. If you can't use or store sugar in muscle tissue (why exercise is so important), your body has to store it in molecules of cholesterol and triglycerides and it has special places to store it, like around the abdomen. We don't like where our body stores it but it is a perfect DEFAULT SYSTEM for dealing with an ongoing assault.

Bringing down cholesterol markers because they are 'too high' is not normal physiology. Your body needs cholesterol in every cell of your body. Cholesterol is the skeletal structure; the frame of the cell. Especially in the brain. Your brain has a lot of cholesterol and when you take cholesterol-lowering drugs you are reducing this cholesterol in your brain and nervous system where it is vital for its function!

## **“High Cholesterol and Triglyceride Levels ARE NOT Because of a Statin Drug Deficiency”**

If your fatty acid markers are 'abnormal' you should be concerned about finding out WHY they are that way.

Your diet may need to change; your exercise habits may need to change; you may need to get on a strict nutraceutical program to help restore normal physiology again.

## **IMMUNE PHYSIOLOGY (a preamble to the next important metabolic priority)**

*Your Immune System is designed for combating infections and toxic agents. This system is made of white blood cells and specific tissue cells that come from white blood cells. Your immune is your army to fight the billions of bacteria, virus, and other microbes that enter into your body.*

*A complimentary system to your immune system is your lymphatic system. It is a network of tissue made up of lymphocytes. These are subsets of your white blood cells and work as a constant surveillance; clearing out old, captured, and de-natured microbes from your system. It works silently without you knowing. Sometimes you may notice a lymph node around your throat or under your arm that becomes swollen. It swells when it has accumulated more toxins than it is used to processing. If all goes well the swelling reduces and you feel no ill-effects. But some people have these nodes swollen far more often than they should. Something may be depressing their immune/lymphatic system because these systems are fighting a battle that they cannot win. This may be a serious problem because somewhere somehow there is fault in physiology.*

*For the most part your immune system battles it out every day against foreign invaders without you knowing it. The air you breath is teeming with microbes and your mucous membranes are always engaged in keeping these microbes from entering your system. The food you eat and the water you drink have millions of virus and bacteria. Your gastrointestinal system is always attacking these invaders and clearing them from your system. In fact, more than half of your immune system is found in your gut. If your gut is not well your immune system is not well nor do you have the capacity to be healthy.*

*Every so often your immune system stages a fight that you can't ignore. You get sick; you cough, you have a runny nose or sinus congestion. These are all heightened reactions that your immune system is in a battle and needs to recruit more than white blood cells to attack. Sometimes you have violent reactions like vomiting and diarrhea. You now have more systems that are involved in fighting this immune war. It is a good thing to have these violent reactions because the body has recruited more systems and gearing up for a serious attack. It must take on drastic measures to eliminate the offenders.*

## **But When Your Immune System Goes Wrong...**

## **AUTOIMMUNE DISEASE**

**Autoimmunity** is the failure of your immune system to recognize its self and it allows an immune response against its own cells and tissues.

This is when your immune system destroys its own self. The most common attack from tissue antibodies. Any time you have positive antibodies greater than the attack on foreign invaders you have an AUTOIMMUNE PROBLEM. When these antibodies attack your tissue you have a tissue destruction problem. So you now have a organ/tissue destruction problem AND you also have an autoimmune condition.

What has gone wrong? Your immune system works in a coordinated effort to be balanced between two major sides. When one side moves higher in action, you have an imbalanced immune system. You may never be aware of this imbalance but you may experience some typical symptoms like fatigue, mental sluggishness, and chronic pain, which are common responses.

The side of your immune system that creates antibodies designed for foreign invaders begins to make antibodies against your own tissue.

Two common tissues that are attacked by your antibodies are the THYROID GLAND and BRAIN.

The thyroid gland progresses into a Hashimoto's Thyroiditis — an autoimmune condition where the thyroid gland is attacked by antibodies. Over time the gland becomes dysfunctional.

When the brain, especially cerebellum, is attacked by antibodies, people go into a 'brain fog' and show early neuro-degeneration symptoms such as loss of memory, loss of coordination, and other neurological dysfunctions.

**If You Have An Autoimmune Problem FULL AND RAPID ATTENTION IS NEEDED TO ATTEMPT TO BALANCE YOUR IMMUNE SYSTEM!**

A dysfunctional Immune System may be the highest priority that we have to deal with in the Metabolic Priorities because it is a multi-system, whole-body event. If we find an immune system dysfunction in our basic laboratory testing, advanced tests need to be ordered.

Balancing or modulating your immune system requires major changes in your life and the application of the correct immune protocols. Afterward, it requires life-long attention to keep the system balanced. Once you are determined to be autoimmune you will have this issue the rest of your life.

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## Re-Testing

Repeated laboratory testing is a way to mark your progress. We do this at periodic intervals during your course of care. When your markers change, either in a positive direction or a negative direction, we very often alter our protocols to continue making headway for your overall health recovery.

As we began looking more at blood chemistry patterns we found more and more interconnections between major systems of the body. We realized that there were other tests that we needed to do to find even more missing pieces of the health puzzle.

## Add-on Tests

We perform several types of **Salivary Hormone Tests** to find out hormone ranges during different times of the day. Hormones are chemical messengers that target specific organs, glands, and tissues. If any hormone is outside of Functional Range, there is a problem with brain control, hormone output from the organ or gland, hormone conversion, organ dysfunction, or with hormone receptor sites.

We can find your circadian cycles by measuring the ratios of serotonin and melatonin. If you have difficulties with sleep and rest you will most likely have a faulty circadian rhythm cycle. If you have a circadian rhythm imbalance we begin asking more questions:

1. What is causing this imbalance?
2. What are you doing in your life that has created this problem?
3. What can we do to fix this problem?

If hormone imbalances exist the body is not communicating efficiently and other systems will wind-up or wind-down, continually affecting other organs, glands, and tissue in the process.

Many times you do not handle stress well so we measure the output of your stress glands — your adrenal glands.

## **“Your Hypothalamus, Pituitary, and Adrenal Glands Regulate Your Stress!”**

One stress test we order is called the **Adrenal Stress Index**. It is also a Salivary Hormone Test. It is a hormone test of your adrenal glands. We can see what kind of a hormone output is coming from these glands and determine what state of stress you are in.

Cortisol, as mentioned before, is a major Adrenal gland hormone. It is

important in sugar regulation and is closely related to melatonin. But too much or too little of this hormone is damaging.

Elevated cortisol has been linked to aging, depression, chronic fatigue, immune dysfunction, circadian rhythm dysfunction, obesity, heart disease, menstrual disorders, and osteoporosis.

The **Intestinal Permeability Test**. This evaluates the condition of your gastrointestinal system — your stomach and intestines. Permeability is the ability of a substance to pass through a barrier. If you have a large, porous, chewed up barrier, you are allowing foreign substances to pass through and affect your entire system. If this continues you progress to making antibodies and creating an autoimmune response.

## “A Poor Gut Means Poor Health”

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### NEUROLOGICAL FUNCTION

#### **Nerve Repair and Tissue Growth**

Nerves transmit information to other nerves by shooting chemicals over a gap where these chemicals land on and stimulate the next nerve fiber. We call this space a synapse. A lot of complex bio-electro-chemical processes take place in that small space. These chemicals are called neurotransmitters.

One nerve shoots these neurotransmitters across this gap and they dock at the beginning of the next nerve. This continues as far as the nervous system directs this transmission to go to cause function of one kind or another: MOVEMENT, SENSATION, or HORMONAL output. These neurotransmitters are directed by calcium, magnesium, manganese, sodium, potassium, and chloride that all work in concert.

The body is constantly balancing "degeneration versus regeneration", building up and tearing down. This is a natural phenomenon. We constantly get rid of aging cells, and replace them with new cells. Red blood cells live for 120 days, then are recycled out and replaced. White blood cells live only a week or two. Degeneration - Regeneration.

This process of healing and repair is under the control of the autonomic nervous system (ANS). This is an automatic part of the nervous system that functions without your awareness.

The ANS decides when it is time to destroy and replace tissue and cells. It has two divisions. One division is for degeneration and one is for regeneration. They are known as the sympathetic and para-sympathetic divisions.

The **sympathetic nervous system** is known as the "fight or flight" division or stress-response system. When activated, this part of the nervous system fires off stress related hormones and nerve impulses to deal with present stress. When this happens your heart beats faster, your breathing increases, blood rushes from your trunk and skin to the large muscles in your arms and legs, you begin sweating to lose heat because your body is producing more energy. You are ready to take action.

This action is driven by glands and hormones: hypothalamus, *anterior pituitary*, *thyroid hormone*, *adrenalin*, and *testosterone*.

**“YOUR SYMPATHETIC NERVOUS SYSTEM  
SHOULD RETURN TO NORMAL FUNCTION AFTER  
THE STRESS RESPONSE IS OVER!”**

For most people however, the sympathetic nervous system keeps ramping up — preparing you for all the stress in your life; whether the stresses are there or not; whether the stresses were 20 years ago or present in small amounts just yesterday. You can't keep this system ramped up without breakdowns in other systems. Breakdowns happen in many different glands and organs throughout your body leaving you symptoms as a clue.

The **para-sympathetic nervous system** is the calming division of the ANS. This part of the nervous system is located in the upper brain stem and the lower spine. It is activated throughout the day to slow down the stress reactions of the body.

Hormones related to the para-sympathetic nervous system include the *parathyroid hormone*, *insulin*, and *estrogen*. The parts of the brain related to the PNS include the *hypothalamus* and *posterior pituitary*. Their specialty is in creating a calming and healing environment.

The nervous system requires careful attention. It is the master controlling system of the body. Based upon your neurological examination we apply brain-based therapies to improve FUNCTION of the nervous system. We may use types of electrical stimulation, auditory stimulation, vibrational frequencies, visual and ocular patterning, unilateral spinal and extremity

adjusting, cranial nerve stimulation, or others that will bring about changes you need to improve.

## **Stress and the Healing Cycles**

This is another make-you or break-you situation. Your body has many cycles, or rhythms. We can recognize sleeping and eating cycles, menstrual cycles, etc, but it also has immune activity cycles. If the body sustains a challenge to the immune system, more white cells are formed. Which ones? That depends upon what type of challenge is sustained and whether it is physical, chemical, or emotional. One week after a stress hits you your immune system will form replacement soldiers (white cells) for those new cells, and the usual one-week-old, worn out cells will also die.

At this changing time the immune system is vulnerable to attack. If a second challenge occurs at that time, you may feel like you are coming down with the flu for a few hours, then, the feeling goes away, and you feel fine.

If the challenge occurs a few weeks from the original insult, there are twice as many cells used in the immune attack (the original challenged cells plus the regular cells) and you are even more vulnerable. You may feel even worse for a day or two. New cells are formed to meet this challenge. Now you have a lot of White Blood Cells in your system and an immune reaction is established.

Another challenge on top of the original challenge a week or two later can stress your immune system to the point of breakdown. You are vulnerable to your genetic weak link breaking and the onset of a serious **autoimmune disease**.

This can be identified by observing symptoms of flare-ups of symptoms in autoimmune diseases such as Multiple Sclerosis or a Thyroid storm in Hashimoto's Thyroiditis.

What is the relationship between onsets and challenges? One challenge is often a poor diet which that causes an onset of the condition. Even more specific, there are foods that are eaten on a regular basis that cause an immune response.

**“If You Love It And Can't Live Without It, You're Probably Causing An Immune Condition That You Are Most Likely Allergic To.”**

This is often an ongoing process that goes on without your awareness. Still, these are real reactions of the immune system and gastrointestinal system and they are going on all the time, daily for most people, without producing a noticeable symptom. Even as the symptoms build slowly, they are nuisances, annoyances, or 'part of the aging process'.

This process can go on for years until you reach a “Tipping Point”— a Metabolic Capacity — the time when your life falls apart — the time when you come to a crossroads with your health.

Another category of challenges comes from a mental / emotional type of stress. It can be a major life stress like the death of a friend or family member or even ongoing stressful events that occur on a daily basis. Stress comes in many forms: physical, chemical, and emotional. You have to deal with these stresses or they accumulate. The more stresses you have, or the stronger one stress is, the closer you get to your 'tipping point'.

**“Rate of Nerve Recovery, Improvements in Chronic Disease Metabolism, and Immune System Modulation Are All Related Directly to Diet, Correct Supplementation Schedule, Neurological Protocols, and Management of Your Stress”**

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## **TREATMENT PLAN (putting it all together)**

Soon it will be time for us to present you with your ***Treatment Plan***. You will interact with us in making choices as to what kind of treatment you see as most valuable for improving your health. Our best recommendations will be made.

In creating your customized treatment plan we consider everything possible about your health. We have learned a great deal about your health in the forms you have completed, from our consultations with you, and from our initial examination. We learn a great deal after we complete a Neurological Evaluation on you. We assess your metabolic systems by ordering Metabolic Laboratory Panels. Realize, many of these tests may take 3-4 weeks for complete results to come back.

We learn the most about your possibility to return to health when we put all these factors into a **Report of Findings** which includes a number of treatment options, schedule of care, an appropriate diet, additional tests, lifestyle management applications, nutraceutical protocols, and a financial plan for our services.

In most cases, there is a lifetime of work to do and many people want it done **right now**. If it had only taken a few days to develop health conditions it might be reasonable to banish them overnight. We all realize this isn't the case. Most health conditions have rooted deep into tissue over many years.

Traditional medical care uses medication to reduce the SYMPTOMS of chronic diseases while the process continues growing and manifesting in a wide variety of physical ailments. You have realized this is not the way to re-create health.

Our Treatment Plan takes all this into account and will, to the best of our ability, help unwind your conditions that show up as chronic pain, chronic fatigue, lack of energy, insomnia, sympathetic overload, hormone imbalances, mental / emotional imbalances.

## **Further Care: At Home Care**

What can you do to assist? We ask you to participate in your health care. In fact, improvement will not happen without you. The days are over that you show up at a doctor's office, take a pill, and return in 6 months, or sooner, if you get worse. This type of medical management is one reason our society's health is in the shape it is — it has led to crisis management and heroic measures to be sure. But the health of the individual is declining astronomically. It is time for you to participate.

### **We Will Show You How To Participate In Your Own Health Care**

- ⤴ If we plan a diet for you, you must adhere to it
- ⤴ If we plan a nutraceutical protocol for you, you must take them
- ⤴ If we plan an exercise program for you, you must stick with it
- ⤴ If we plan neurological exercises for you, you must do them
- ⤴ If we have workshops to improve your lifestyle, you must attend
- ⤴ If you have a self-sabotaging habit, you must stop it

We want you to improve yourself. We want you to succeed. We will plan the best, most appropriate Treatment Plan that will accomplish your health goals.

### ***Scheduling Appointments***

Your appointment visits may begin anywhere from three times a week if you are in an acute phase of ill-health to once every few weeks if you

are in a long, pronounced chronic stage. Scheduling your treatment visits all depends on your conditions, the phase of health you are in, and your goals.

### ***Your Support Team***

Your **spouse**, if you are married, or the **significant person** in your life, needs to be on board with you. This person needs to know something about your condition and how it is affecting your life. They need to be aware of your health goals that we will pursue over the next months of care.

The only times this person needs to be in the clinic is for your first report of findings where we lay out your initial plan; for times when we may have some complicated instructions for you to follow and we need help, or whenever we have a health workshop that is specific to your improvement.

Your support person is vital to your recovery! This person can encourage you and offer help with your diet changes, assist you with your treatment protocols, and help you with your new lifestyle changes. Or this person can be negative about every step of progress you are trying to make. Attempts at healing are difficult enough without having a person drag you down.

Let me be bold...

### **“We Cannot Continue Care If You Have A Significant Person In Your Life Who Is Negative About Your Pursuit of Health”**

You will go through many challenges along the way and it will be important for someone to know and expect them and help you through this entire process. Their support will be very helpful. A side benefit for them will be observing first hand the healthy changes you will go through.

But please remember, this is your health journey. You cannot take a pass. Anyone else is ancillary.

Another support person will be a **personal physician**. A medical doctor or someone who is qualified who can monitor your medications if you are taking them. This person may decide that you require less medication after seeing the changes with you after you are on the program for a number of months.

There are all sorts of reactions from medical doctors to natural, lifestyle programs of care. We have seen them all. Disappointingly, it is

oftentimes the personality that dictates medical care rather than the need of the person who has hired them. You need to be upfront with a medical physician for your own good. If you do not have a supportive medical professional you should find one. This is your health. You need support from all directions.

## **Financial Considerations**

Health Recovery services are not cheap. They involve multiple lab panels, interpretation and evaluation of your case, consultations and case management, diet planning, nutraceutical protocols, neurological protocols, lifestyle management, therapeutic procedures, and other programs we design for you.

If you have insurance coverage, the first question you might have is: “do you take my insurance?” What you mean is: “will my insurance pay for any of your products or services?” For the most part there is little if any insurance coverage for our services. But please read your insurance policy carefully. We will bill your insurance company as a courtesy to you but...

## **“Your Insurance May Pay A Portion Of Your Care Or They May Not Pay Any”**

**So instead, we want you to become your own best health insurance.**

## **CONCLUSION**

We have a lot to do. But there is a sequence and order. There are steps and general directions we need to move in. We will take one specific step at a time. And over the time it takes we will all watch you unfold into a healthier person so you can gain your life back again.

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