

# **Back To Chiropractic CE Seminars**

## **Nutrition ~ 6 Hours**

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**This course counts toward your California Board of Chiropractic Examiners CE. (also accepted in other states, check our website or with your Chiropractic State Board)**

**The California Board requires that you complete all of your CE hours BEFORE the end of your Birthday month. We recommend that you send your chiropractic license renewal form and fee in early to avoid any issues.**

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**Marcus Strutz, DC**

**Back To Chiropractic CE Seminars**

# WHITE RIVER RAFTING IN CANADA



# What we will cover

Philosophy

Lifestyle choices

O-Ring Testing

Coffee Enemas

Castor Oil packs

PH testing

Dental in health

Terms in nutrition

Labs

Resources

# Philosophy

The paradigm of health is shifting as the old mechanistic view of science slips away.

That mind does not affect the body, the Cartesian belief that science embraced when Descartes created the first real dualism to describe the workings of life and thus creating what is called the “hard problem” in today’s science is becoming a thing of the past. Today the question is how does consciousness fit in.

My intent is to bring to your awareness many of the great minds that are championing the voice of the new paradigm of health. Those on the cutting edge willing to live and speak outside the box, leading us forward into the new voice of our consciousness of consciousness, informing us of our incredible power to create our world, our lives and our outrageous health.

Modern day scientists and especially physicists are among the most spiritual voices we are hearing as the nature of man and consciousness evolve with the new open minded examination of old beliefs.

# Paradigm

The new paradigm in health is poised to reach full momentum, reaching the everyman in full expression. The beliefs we have held near and dear regarding the science of health are about to fly out the proverbial window. The likes of Bruce Lipton, Lynn McTaggart, Deepak Chopra, Greg Braden and Rupert Sheldrake have contributed the science and knowledge to bring the new working paradigm into the light of day. The snickers once heard under the breath of scientists when anyone challenged the old Newtonian, Cartesian, mechanistic way of viewing the workings of life have slowly come back to haunt the good old boys.



Outragious health is not just the absence of aches and pains, illness and disease; it is the full expression of all that we are meant to be, do and have. Having joy, love, and energy to sustain us through all the things we do, gratitude in all that we experience and all that is possible.

In [The Biology of Belief](#), Bruce Lipton debunks the concept known as the “central dogma” in science.

We were all taught this dogma in school and it is still being taught in schools to this day.

This is the belief that genes dictate our life, health and destiny.

Half our genes are inherited from mom the other half inherited from dad.

This Central dogma holds that we are the product of our genes.

# Philosophy

It is now known that this dogma is not true!

It is the environment not the genes that control our health! Only less than 5% of all disease is inherited.

Bruce Lipton was doing stem cell research back in the 60's when he discovered that if he changed the environment of his petri dishes the stem cells would express differently. This holds true for our cells as well.

The milieu in which we live determines which genes will be read and which ones will not.



# Science

This is called epigenetics, epi means above, so above genetics.

Epigenetic: This is the study of trait variations that are environmentally caused; external factors that influence the expression or lack of expression of the gene characteristics. These environmentally caused changes may then be inherited, and may last for multiple generations even without DNA changes. The milieu is everything in our environment, thoughts, beliefs, food, toxins, nature, and consciousness. What we believe can cause genes to be expressed for the health or illness of the person.

# Philosophy

Among the newly blossomed leaders championing this shifting paradigm is **Rupert Sheldrake**, with his book *Science Set Free* where he presents the 10 basic tenets of the mechanistic view of health and turns them into questions to be scrutinized as any hypothesis.

Sheldrake, as one of the worlds most innovative scientists, shows ways science is being constricted by assumptions that have hardened into dogmas.

# Mechanistic View

- Among these tenets is that everything is essentially mechanical, we and all living organisms are basically machines.
- All matter is unconscious. Even human consciousness is an illusion.
- Conservation of energy.
- The laws of nature are fixed.

# Mechanistic View

- Nature is purposeless and evolution has no goal or direction.
- All biological inheritance is material, carried in the genetic material, DNA, and in other material structures.
- Minds are inside heads and are nothing but activities of the brain.

# Mechanic View

- Memories are stored as material traces in brains and are wiped out in death.
- Unexplained phenomena such as telepathy are illusory.
- Mechanistic medicine is the only kind that really works.

All 10 assumptions have been overturned, freeing new possibilities in science.

# Philosophy

The belief that thoughts are not real things and that they play no role in the manifestation of our lives, even our health or lack there of has been overturned.

# Philosophy

The current awareness that we create our own reality may be the most remarkable discovery of the 21<sup>st</sup> century. That through our thoughts, feelings and emotions we direct the infinite field of possibilities in bringing to manifestation the life we choose. Additionally, if we do not like the life we are creating we can choose again.

# Philosophy

This brings to mind Wallace Wattle's famous quote; "There is a thinking stuff from which all things are made. In its' original state permeates, penetrates and fills the interspaces of the universe. A thought impressed upon this substance will create the thing imaged by the thought."

# Philosophy

Both Bruce Lipton and Candice Pert found that the cell membrane is where all the action is. One day Bruce Lipton was contemplating a definition of the cell membrane, he thought, well it is a liquid crystalline matrix, sort of like a semiconductor.

# Philosophy

As he thought about this it reminded him of something else, he went to the instruction manual he had recently been reading for his new computer. Sure enough there it was in black and white; the semiconductor on the computer was a liquid crystalline matrix receiving impulses of information from the field that form molecules.

The receptors on the cell membrane are like sense organs, very much like olfactory or auditory receivers. They are in a dynamic state of vibration; oscillating and shimmering, emitting a frequency that creates the resonance of the cell. These receptors attract neuropeptides that are strung together like beads, dynamic until they attach to the receptor, then they form a structure, locking in the reality that was created by the peptide from feelings and emotions perpetrated by a thought focused upon in the frontal cortex.

# Philosophy

Candice Pert called these molecules that attached to the cell membrane Molecules of Emotion and even wrote a book with that title. ( An interesting sidebar is that Deepak Chopra said that the defining moment for him when he was in school that determined the trajectory of his life's work was when one of his fellow students while they were working in the lab with chemicals of the brain called them molecules of emotion. Deepak also wrote the forward to Candice's book).



# Brain/mind

Once it was determined that the vibrating molecular receptors and neuropeptides also called Informational Stimulators, were on all cells it put to rest the old belief that the mind is a product of the brain. Instead all cells are intelligent entities, and the mind is a constantly changing flow of information virtually everywhere in the body. Candice also deduced that since the mind body is actually a field, part of the universal mind field it is omnipresent.

# Philosophy

Emotions are a key player here. They have been described as chemical processes that trigger our moods, behaviors and even our beliefs. Emotion is a field that resonates.

Candice felt strongly that emotions were the link between spirit and physicality. If emotions can cause havoc in our body, then through emotional integrity we can heal our body.

# Philosophy

It stands to reason, however reason does not have much to do with Quantum Physics, that how we think will determine how we feel which will determine the emotion we will express which will determine what neuropeptide we will make and ultimately attach to the cell membrane forming from the field our structural reality.

# Philosophy

Emotional integrity can be achieved by the area in the brain that allows us to focus our thoughts, the Frontal Cortex, the use of which can be honed through meditation, prayer and time in nature.

We are both Wave and Particle... mind and body. The we I am talking about is the mind body field. Just as a magnet will create a field that will pull iron shaving into a form, the mind creates the body by pulling it into its field.

“Australian scientists have successfully performed a study that predicts that whether you observe wave like behavior or particle behavior depends only on how it is actually measured at the end of its journey. This proves that measurement is everything. Reality does not exist if you are not looking at it”, said Andrew Truscott, Associate professor from ANU Research school of physics & engineering. 2015.

Thoughts that fire together wire together, crystallizing and forming the reality one is thinking or focusing on.

# Philosophy

## The Frontal Cortex

The frontal cortex is what sets us apart from the rest of the primates on the planet. It is the area between the eyes, where one would find the third eye. In technical terms it is where Executive function occurs. It allows us to selectively focus or direct our attention to different aspects of a thing or event. For example, we can focus on the colors of 20 objects and put them in piles according to color, or we can put them in piles according to shape or any other variable we could come up with.

# Philosophy

This ability to focus and discern allows us to bring into manifestation that which we believe is possible; that which we *believe* is possible. Even more able to bring it into manifestation if we believe it is possible and we are passionate about it, holding strong feelings and emotions about that which we desire.

The frontal cortex is called the executive center, Candice said “if there is a part of the brain that has God in it it would be the Frontal Cortex lobe”.

# The science

Candice also said we are wired for bliss (via opiate receptors) and Joseph Campbell said follow your bliss. We have a pharmacopeia within our bodies that is many times more powerful than any drug and we have millions of receptors for all the molecules of emotion our pharmacopeia can make.



# Lifestyle

According to the World Health Organization, that by 2020, greater than two-thirds of all diseases world wide will be the result of poor lifestyle choices.

The leading cause of death currently in the US are all lifestyle related: lack of exercise, obesity, tobacco use, alcohol consumption, poor diet choices and the inability to create healthy boundaries.

# Lifestyle choices

Lifestyle intervention is the number one intervention that lowers the risk of developing any chronic disease.

It is now understood that only about 5% of all disease is actually inherited through the gene. The rest can be either expressed or not based by lifestyle and perception.

All chronic disease have poor lifestyle choices at their root.

# Lifestyle

It is no longer a matter of proving that lifestyle changes have a profoundly positive effect on health, it is a matter of incorporating these lifestyle interventions into our practices.

Educating patients and supporting these changes will deliver amazing results!

The AMA is now advocating the responsibility of it's doctors to promote prevention and encourage positive lifestyle changes, stating the enormous potential of physician recommendations to influence patients.

# Diet Facts

Two nationwide food consumption studies conducted by the USDA found that approximately **60%** of the individuals surveyed were consuming only **70%** of the daily minimum requirements of six essential nutrients. These nutrients are Vitamin B6, Folate, Magnesium, Calcium, Iron and Zinc. Other nutrients are also often deficient. Those surveyed were people who made an effort to eat (and thought they were eating) a balanced diet.

Various studies have shown that in order to meet, in today's food terms, a minimum daily requirement of nutrients we would each need to consume 1100 calories of nutrient rich foods, not coming from naked calories such as soda, alcohol, and sugar.

# Lifestyle changes

1. Diets: More organic veggies (6 servings per day) serving is 1/2 cup. No trans fats, ( The FDA as of June 15, 2015 is phasing out trans fats from our food), no grains. Drink 1/2 your body weight in ounces of water per day and eat good protein. Trans fats and sugar raise the risk of heart disease not meat. Cleveland Clinic research indicated that dietary cholesterol does not raise your cholesterol.
2. Stress reduction. Based on perception/beliefs and faith. University of Calif at Berkeley found that those people who experienced a sense of awe can boost defenses, with lower amounts of pro-inflammatory cytokines; proteins that adversely affect immunity and raise the risk of arthritis, depression and heart disease.
3. Sleep habits. Every hour before midnight is worth two after. Check adrenals and gallbladder. If can't go to sleep it's usually GB can't stay asleep it's adrenals.
4. Relationships that do not support your highest good.
5. In combination all the above behaviors are even more deadly.

# Lifestyle

- Eat 4-6 servings of veggies per day. A serving is 1/2 cup.
- Eat every 3.5-4 hours small amounts of food, including fat, grass fed protein and organic veggies to maintain blood sugar levels. Blood sugar handling issues are the number one factor to consider when dealing with all health issues. Reduce carbs, sugars and processed foods.
- Eat lot's of good fats: coconut oil, olive oil and palm oil are all good to cook with. Avocado oil, sesame oil, walnuts and other nut oils use at room temp. Stay away from canola. Mary Enig expert on oils.
- Drink 1/2 you body weight in oz of water per day.

# Lifestyle

- Get to bed by 10:00 and sleep 5 consecutive hours with your head on the pillow to help heal adrenals, then sleep a total of 6-8 hours.
- Coffee: Is acid forming, so patients with bone issues or adrenal problems should stay away. One cup is fine otherwise, unless insomnia is an issue. It contains high antioxidants.
- Alcohol, depending on the severity of the patients condition is either none or in moderation. Drugs and alcohol stress the liver and kidneys. Kidneys are the first line of health.

# Exercise

- Exercise: After following 334,000 patients for 12 years, those who walked for 20 minutes per day were more than 20% less likely to die prematurely than their less active counterparts.
- The lymphatic system has no pump to move the fluid, unlike the heart, movement and exercise are required to keep the lymph flushed, removing toxins from the body.

# Meditation

A study in 2004 compared the effects of meditation on 10 new meditators to 10 Buddhist monks who had been meditating for many years. Both were told to meditate, resulting in increased gamma waves, a high brainwave state associated with deep meditation. As soon as the new meditators stopped meditating the gamma waves returned to their pre-meditative levels, while the monks, who had meditated hundreds of hours, maintained higher gamma levels.

Synaptic long term potentiation in the long term meditators was the cause.

The ability of the body to adapt to the synaptic sensitivity.

# Meditation

Meditation has been proven to enhance the frontal cortex, that area of the brain that distinguishes us from all other living creatures. It allows us to selectively focus our attention and intent on different aspects of a thing or event. This focus allows us to bring into manifestation that which we believe. Meditation and focus build the frontal lobe like working out with weights build muscle.

# Relationships

Are the relationship in your life serving your highest good? Change them if they are not.

Stress is a choice; a style of being. New tools to deal with life's ups and downs go a long way to establish health in the system. Meditation, communication and learning we are not victims, as well as spending time in nature.

We are not victims, we create it all. (Abraham Hicks, Deepak Chopra, The Seven Spiritual Laws of Success on youtube).

# Lifestyle

Relationships; The molecules of emotion (Candice Pert) are liquid, If we are not communicating and releasing these emotional molecules they actually build up and create pressure literally in the body.

Techniques like Chiropractic, Rolfing and massage actually release emotions built up in the body. The dam will break with too much pressure, hence violent rage will be regurgitated all over everyone if not released regularly in a healthy way.

Jagged edges: re-examine all encounters at the end of the day to determine if anything has been left unresolved.



# Based on the book by Dr. David Perlmutter Grain Brain

- ◆ Book based on Low Carb high fat diet.
- ◆ In 1992 the American people were told to eat high carbs and low fats by the USDA.
- ◆ Since then Diabetes has increased 3 fold.
- ◆ Diabetes doubles the risk of Alzheimers.
- ◆ Diabetes III = Alzheimers

# Low Carb high fat Diet

The food we eat signals our DNA.

Foods that DNA have not adapted to create inflammation and disease, like unique proteins found in GMO food.

<http://www.rense.com/general4/gen.htm> and [drshirleywatson.com](http://drshirleywatson.com).

Genes are influenced by our food, environment and thoughts.

They are read or not read ( based on Bruce Lipton's work).

# Carbs and Fats

- Alzheimers is effecting 1 in 8 Americans and there is no treatment!
- Totally avoidable through diet.
- Alzheimers is a inflammation of the brain.
- Drug companies are being funded large amounts of money to come up with a prevention drug for Alzheimers.
- In 2011 Lancet Neurology cited that diet and lifestyle changes result in a 54% reduction in the onset of Alzheimer's.
- What you believe may contribute.

# Carbs and Fats

Lifestyle changes include:

- Improved sleep, every hour before midnight is worth 2 after.
- 20 minutes of exercise per day.
- 10/1 or 20/1 DHA to EPA. Muscle test for dose.
- No grains
- High fat

# Grain Brain

- LDL is actually not the bad guy it has been made out to be!
- We need cholesterol in the brain where 25% of it is found, LDL carries cholesterol to the brain.
- Research has shown that those individuals at highest risk for Parkinson's have low LDL's.
- When glycation occurs, when LDL is oxidized (bound to sugar) it becomes harmful.

# Grain Brain

- Glycation turns on the production of free radicals and creates inflammation.
- Both LDL and cholesterol are our friends.
- Vitamin D, sex hormones and other hormones like cortisol and cell membranes come from cholesterol.
- Low Vitamin D levels are directly associated with Parkinson's, Alzheimers and MS. Vitamin D is important to the brain!!

# Grain Brain

- Now the drug companies are required to put warnings in the packaging of statin drugs that use of their product may cause brain functioning problems by lowering cholesterol.
- Brain functioning and cholesterol: Framingham Heart Study, from the Journal of Psychosomatic Medicine, 2005, found that those patients with the highest cholesterol levels were least likely to develop cognitive issues.
- High cholesterol actually increased longevity.

# Grain Brain

- Oxidized LDL, damage to LDL by glycation (attaching to sugar) is controlled by the diet.
- Glycation increased free radical production by 50 fold.
- A report in the Journal of Alzheimer's Disease stated that eating a diet high in fat reduces the risk of developing any form of dementia by 44% while those eating a high carb diet had a 90% increased risk.

# Gluten Sensitivity

- Headaches
- ADHD 6.5 million kids (1 in 8) in US, 2/3 on drugs.
- Alzheimers (1 in 8)
- Parkinson's.
- Brain fog
- Fatigue
- Joint pain

# Gluten Sensitivity

- Zonulin is a protein that is manufactured in the body in response to eating gluten.
- Zonulin causes leaky gut. 70-80 % of immunity is in the gut.
- It also causes “leaky brain”, the blood-brain barrier is compromised.

# Gluten

- Gluten-free foods are not any better, they are high in carbs which equals high sugar.
- They create glycation and thus inflammation.
- I get all patients off grains!

# Gluten sensitivity

- Having gluten sensitivity is not just Celiac disease. 1.8 %.
- Gluten sensitivities can demonstrate as extra-intestinal-joint pain and arthritis and other joint issues, skin and hair problems as well as neurological-cognitive and emotional problems. 30%.
- It can affect other parts of the body without having gastrointestinal symptoms. Based on the research by Dr. Marios Hadjivassiliou.

# Oxidative Stress

- Antioxidants protect the body against free radicals.
- The body does not create enough antioxidants to protect it, you can't take enough. Oxidative stress is creating Free radicals by the billions. Some supplements help like CoQ10, Lipoic acid and Glutathione.
- Gene pathways turn on the bodies production of antioxidants, Glutathione pathway, superoxide desmutase, and nrf2 pathway, also turns off inflammation and detoxifies the body.

# Other things to avoid

- Lectins-plant chemicals found in legumes. **Lectins** are a type of protein that can bind to cell membranes. They are sugar-binding and become the “glyco” portion of glycoconjugates on the membranes. **Lectins** offer a way for molecules to stick together without getting the immune system involved, which can influence cell-cell interaction.
- Lectins perform recognition on the cellular and molecular level and play numerous roles in biological recognition phenomena involving cells, carbohydrates, and proteins. Lectins also mediate attachment and binding of bacteria and viruses to their intended targets. For example, it is hypothesized that some Hepatitis C viral glycoproteins attach to C type lectins on the host cell surface (liver cells) for infection.

# Phytic Acid

“Phytic acid is the principal storage form of phosphorus in many plant tissues, especially the bran portion of grains and other seeds. It contains the mineral phosphorus tightly bound in a snowflake-like molecule. In humans and animals with one stomach, the phosphorus is not readily bioavailable. In addition to blocking phosphorus availability, the “arms” of the phytic acid molecule readily bind with other minerals, such as calcium, magnesium, iron and zinc, making them unavailable as well. In this form, the compound is referred to as phytate”, Sally Fallon. Soak beans and nutsto neutralize the Phytic acid.

# Brain~Gut Axis

Dr. Dais Kharrazian

- Gut is the first brain.
- 70-80% of the immune system is in the gut.
- Major influences on the gut health are, lifestyle, diet, toxins, and how one deals with stressors in life.
- Most disease begins in the gut.
- Fix the gut you will fix the body.

# Brain~Gut

- However if your patient has chronic motility problems, then the brain is usually the problem.
- Chronic GI dysfunction
- Leaky gut can cause leaky brain.
- Autoimmunity and food sensitivities.
- Brain involvement can be ruled out by: 1. Testing the gag reflex and seeing if the arches lift. If they do not they are not properly enervated by the vagus nerve.
- The vagus nerve controls peristalsis in the gut, if it is not working properly the brain is not talking to the gut and there can be parasite overgrowth, abnormal bacterial and fungal overgrowth.

# Brain~Gut Axis

To reestablish the Brain ~gut connection through the vagus nerve do one or all of the following:

- Gargle, 10-12 times per day.
- Illicit the gag reflex with a tongue depressor.
- Sing loudly.



# Fats

About 25 years ago the food industry attempted and by all intents and purposes succeeded in moving us away from healthy high fat diets to low fat high carb diets. Since that time there has been a dramatic increase in diabetes, heart disease and Alzheimer's.

# Essential Fatty Acids

The attempt to remove fat and fatty foods from our diet has created serious problems. Cell membranes and hormones, especially sex hormones are made from fat.

# **The body does not need carbohydrate to feed the brain.**

We have been told for 50 years that the sugars from carbohydrates are needed to fuel the brain. This is not the case, high fat diets, most notably, MCFAs convert easily to ketones which the body and brain can readily substitute for carbohydrates to meet energy requirements.

# Oils

Some fats in the diet are ESSENTIAL; the body MUST have them, and cannot make them. Fats ultimately affect every cell in your body - including (but not limited to) the brain, eyes, neurons, skin and hair.

# MCFA

MCFA's (Medium Chain Fatty Acids) by-pass some digestive and absorptive processes required by the longer chain fatty acids, it provides an easy to absorb form of calories for people with digestive disorders. This benefits patients with cystic fibrosis, pancreatitis, intestinal disorders such as Crohn's disease and even newborn babies with malabsorptive problems. The pediatric department at the University of Louisville cautions that MCFA oils do not contain the essential fatty acids required for optimal nutrition and therefore cannot be the sole source of fats in the diet." EFA and DHA are still needed.

# Oils

- DHA my favorite supplement. If I could only use one supplement this would be it! DHA will positively impact the chemical status of the brain.
- DHA is good for decreasing pain, decreasing systemic inflammation, skin problems, and heart issues to name a few.
- EFA also great to dampen inflammation and help brain function and skin problems, not to mention support of heart and hormones.
- EFA and DHA are best taken in a 10:1 to 20:1 ratio DHA to EFA.
- D3 helps carry these oils.

# EFA

- Arachidonic Acid is an omega 6 EFA and must be consumed for health. It is also true that the typical Western diet provides WAY too much AA. Meat, milk and eggs are the most common rich sources of AA. AA is highly inflammatory.
- GLA, the other **omega 6**, is also essential, and most fish oil supplements do not include it. While AA is highly inflammatory, GLA is highly anti-inflammatory. The common rich sources for the GLA are Borage, Black Currant seed and Oil of Evening Primrose.

# GLA

Some studies show that taking gamma linolenic acid (GLA) for 6 months or more may reduce symptoms of nerve pain in people with diabetic neuropathy. People who have good blood sugar control may find GLA more effective than those with poor blood sugar control.



# Bio-Digital O-Ring

- This is a patented technique invented by Yoshiaki Omura in 1993.
- It is a form of muscle testing “the object of which is to provide a method that permits imaging of internal organs, localizing exact organ representations at the front and back of the body and provide significant diagnostic capabilities”.
- Method: Have the patient place the tip of the thumb and any one of his finger tips together to form an O-ring shape.

# O-Ring testing

- Using the index and middle finger of the patients other hand to probe the internal organ while testing the o-ring strength. If the o-ring opens that indicates weakness in that area.
- Each cell has a resonance, or vibration that creates the resonance. The frequency created is determined by our thoughts.
- Place a substance into the field of the patient, i.e. a vitamin, mineral or food product and test again to see if the muscles strengthen.

# O-Ring

- Toxicins and allergins may be tested by placing substances in the patients field that the patient may exhibit a reaction to, such as drugs, foods, pollens, milk products or personal hygiene products, etc.
- Supplements and foods that the patient may need to reach optimal health may be placed in the patients field, if the muscle remains strong when the point tested is stressed, that is a substance that will help the patient.

# O-ring Testing

- Testing for affirmations may identify the subconscious saboteurs.
- For example. “ I am now willing to be outrageously healthy”. Test the muscle before the patient says this and get a strong grip, have the patient repeat the statement and test again. If it goes weak then the patient has an underlying belief that he is not willing to be outrageously health.

# O-ring testing

There are various ways to clear the saboteur.

- [www.psych-k.com](http://www.psych-k.com), “psych-K is a set of principles and processes designed to change subconscious beliefs that limit the expression of your full potential as a spiritual being having a human experience”; Ron Williams. “The secret of life is belief rather than genes, it is our beliefs that control our lives”; Bruce Lipton.
- QCI vial: repeating affirmations for 21 days AM & PM.
- Tapping

# Gregg Braden

[The Isaiah Effect](#), by Gregg Braden talks about a different way to pray.

- In the prayer you come from the position that what you are desiring has already manifested, stepping into the *feeling*, experiencing gratitude before you see it.
- Acting as if creates a resonance in your field that will draw to you like resonance causing the thing or desire to be drawn to you.

# Gregg Braden

- All possibilities already exist in the field of infinite possibilities, according to Quantum Physics, and by your intent have drawn to yourself what you desire. What we choose to focus on in each moment will determine the reality we tune into.
- All you need do is match the resonance, by believing, trusting and feeling good.
- The universe has a self organizing principle in play.

# Be Clear

- Be clear in what you want and then step into the resonance of already having achieved it.
- Give up your attachment to the process, it may limit your possibilities.

# Coffee Enemas

Java



# Coffee Enemas

When patients tell me that they are chronically constipated I know they are in serious trouble.

Motility problems indicate liver congestion and possible brain involvement.

If you do not move your bowels a minimum of one time per day you are constipated.

The normal transit time for a healthy bowel is twenty four hours, that means when you eat a meal within 24 hours it should pass from your body. Those in America or anywhere in the world who eat SAD (Standard American Diet) have an average transit time of 96 hours.

# Coffee Enemas

If the transit time is longer than 24 hours, that is time enough for toxins to do their dirty work and set up house, creating an environment in the gut to develop any number of intestinal symptoms.

I have actually had patients when asked if they have normal bowel movements answer yes, and then tell me they only have a bowel movement once per week, stating that that is the way it has always been and that is “normal” for them. Trust me that is not normal for anyone.

Read my lips, 24 hours! If you are not moving your bowels regularly you can not be healthy, period.

# Coffee Enemas continued

- Used in cultures from India and China. More recently the American Indians, using the bladder of a small animal and a small bone. You hear coffee enemas mentioned in pre-revolutionary France and more amazing they were considered the standard of care in the Merck manual until the 1970”s.
- Coffee enemas are considered one of the oldest medical remedies still in use in the world today.
- Modern day medical doctors use them now only in child birth.

# Coffee Enemas

- Estrogens are conjugated in the liver and then excreted through the feces; If they are not they are reabsorbed into the body contributing to estrogen dominant cancers and other health issues.
- All the prescription and over the counter drugs we consume have serious consequences to our health. The liver can get so burdened with toxins, sludge and stones, that its cleaning action almost comes to a stand still. This is when you will see people becoming very sensitive to alcohol, drugs and other toxins..

# Coffee Enemas

- Coffee enemas as well as Gallbladder flushes may increase the production of Glutathione in the liver by increasing the production of Glutathione S-Transferase.
- Glutathione is the major antioxidant in the body, going after free radicals (those cancer causing buggers). It also protects against the ravages of cigarette smoke, especially second hand smoke and protects us against radiation as well as chemotherapy drugs and x-rays. Glutathione is a major player in detoxing drugs from the body.
- Glutathione is challenging to get into the body, usually use N-acetyl cystine as a precursor or liposomal liquids or cream forms.
- Liposomal Glutathione ([readisorb.com](http://readisorb.com)) Best way is IV drip. ( use after dental work).
- The coffee enema also works like dialysis moving toxic agents across the wall of the colon. The chemicals found in coffee such as Theophylline and Theobromine dilate the blood vessels and may counter inflammatory processes of the gut.

# Coffee Enemas

- There are hundreds of parasites that enter humans not the least of which are Giardia and liver flukes. Taking parasite killing formulas, and using formulas to open the bile ducts, liver flukes can be passed out of the liver and gallbladder during gallbladder flushes and coffee enemas.
- When treating for parasites use castor packs to bring the parasite to dinner. They hide in the tissue and the Castor pack pulls them into the luman where they eat their last meal.
- Testing for parasites (Genova Diagnostics)
- Very frequently get false negatives. Muscle test.

# When: Coffee Enema

- Coffee enemas are best performed between 11:00 AM and 2:00 PM because this is the time slot when the liver and Gallbladder naturally dump their toxins into the small intestine.
- This time is even more important for those of who have had their gallbladder removed, and are unable to store bile. It is best to eat meals that will contain fat during these hours when the liver will naturally be dumping it's bile.
- Coffee enemas can cause a drop in blood sugar, so eating something right after the enema as well as taking an electrolyte enhancer will stop that in it's tracks.

# Coffee Enemas

- Listen closely to your body and more so when you are engaged in a detoxification program. It will almost always tell you what you need and if you are going too fast or slow.
- Coffee enemas, just like having diarrhea, can deplete your body of hydration and especially electrolytes. I always recommend that my patients first drink half their body weight in ounces of water per day. If you weigh 150 pounds then you need to drink 75 ounces of water. If you get thirsty you have waited way too long.
- Place a castor oil pack over the liver during or after the enema to help detox the liver GB.

# Coffee Enema Instructions

## How to do a coffee enema:

### Ingredients needed:

- 1/2 quart (about 16 oz or 2 cups) purified water (not tap water) for heating.
- 1/2 quart purified water for cooling the heated water.
- 2 Tbsp. Organic coffee (whole beans) ( Premier Research Labs)
- 2 Capsules Organic garlic extract
- 2 Capsules of other formulas your Doctor has suggested.

### Other Items:

- Enema bucket (Premier research labs small plastic)
- Lubricant (for insertion of tube into rectum) - a few drops of organic olive or tea tree oil. (avoid petroleum jellies such as KY or vaseline).
- Towels to use when kneeling/lying on the floor, remember coffee will stain.

# Instructions Cont.

## Steps in the Process:

- Grind the fresh coffee beans in a coffee grinder to a fine powder. Do not grind ahead of time so you may have the freshest active phytonutrients from the coffee. Pre-ground coffee beans are partially oxidized.
- Add the freshly ground coffee bean powder to 1/2 quart of water and bring to a simmer (small rolling bubbles) for about 5 minutes. Turn off the heat.
- Open the capsules you may be using and add the contents to the hot water
- Let sit uncovered 5-10 minutes.
- Strain the coffee-herbal mixture with a fine metal strainer or organic coffee filter.
- Add 1/2 quart of room-temperature water to the hot coffee then pour into the enema bucket. Make sure the coffee is cool enough to use.

# Instructions

## 1. Take the Enema as follows:

- The best time is in the morning after a bowel elimination.
- Remember coffee stains towels and clothes.
- Apply a small amount of oil to the anal tip of the tube for ease of insertion.
- An excellent position in which to do the enema is while on your knees, with your head down near the floor close to the toilet.
- The Enema bucket should be hung on a towel rack or hook, elevate the liquid so gravity can pull the liquid into the colon, remember to fasten the tube clamp.

# Coffee Enemas

- Kneel on the floor, gently insert the tube into the rectum. Slowly release the tube clamp to allow the liquid to begin to flow into the colon.
- If the flow seems too fast, close the tube clamp and wait a minute or two. Reopen the clamp and proceed slowly.

# Enemas

- Once you have as much liquid as you can hold, close the clamp and remove the tube and hold for 12 minutes. The liver/gallbladder dump every 12 min. (Don't be concerned if you are not able to hold it more than a minute or two at first. Practice makes perfect.
- You may lie on your back and lift your hips, or lie on your right side. You may lie in a bathtub, it makes clean up easier.
- After 10 minutes (or as long as you can hold it) expel the liquid.
- Take in the second half of the fluid and again hold for 12 minutes, then expel.

# Instructions Cont.

- After taking in the liquid you may feel a strong urge to expel, even after just a minute or two, do not resist, go ahead and expel it. At first it may be difficult to hold the liquid for a full 12 minutes but after several enemas it will be much easier for the bowels to hold the liquid.
- After the enema drink 1/2 cup organic Aloe juice mixed with water. Aloe promotes release of toxins.
- Drink Endura, an electrolyte enhancer. (Metagenics)



# Castor Oil

We can not talk about Castor oil and it's healing benefits without evoking the name of Edgar Casey.

Casey was considered a prophet and channel for diagnosing and healing in the late 19th and early 20th centuries, he was believed to be able to access the Akashic Records while in an altered state of consciousness.

He gained the name "The Sleeping Prophet" It was believed that through accessing the universal consciousness or as Carl Jung would call the Collective Unconscious he could then focus on the subconscious of individuals at a distance and see and describe the physiological functioning of that individual, hence guiding them in what needed to be done for them to return to health.

# Castor Oil Packs

- One of the main tools that Edgar Casey introduced to facilitate healing for his patients were Castor oil packs. (Dr. William A McGarey; The Oil that Heals). Also known as the “Palma Christi, the Palm of Christ”. Edgar Casey chose Castor oil in over 50 different health conditions to be used to heal the condition. (OIL that heals. 95 of 2670)
- Castor oil is native to India and is called “Erاند.” Here you find it being used for many bowel diseases, vaginal and bladder infections as well as Asthma.(Dr. David G Williams-ComplementayS - v6 n1, july 1995.)
- Naturally rich in phytonutrients, ricinoleic acid and undecylenic acid: potent, natural immune boosting compounds.
- Muscle test for purity. Many Castor oils are made with castor beans that contain pesticides.

# Castor Oil

Edgar Casey suggested that Castor oil also had a healing vibrational quality that supported the healing of the body in both humans and animals.

We are all energy with unique vibrations as is everything else on and around the planet and beyond. While western thinking has not yet embraced the importance of the vibrational qualities of healing substances, many other cultures and people have used it on patients and loved-ones to bring the body back to a homeostasis. (In QRA we call it cellular resonance).

# Castor Oil

Castor oil carries many properties that make it unique among oils. It is made from a bean, the Castor bean. It is an unsaturated Omega-9 fatty acid, most of which is ricinoleic acid, this has been found to be a natural analgesic and anti-inflammatory. This amazing oil has also been shown to be effective in discouraging the growth of some viruses, bacteria, yeasts and molds. (J AM Oil Chem Soc 61;37.323-325.)

# Castor Oil

- ▣ Castor oil has been effective in the treatment of ring-worm, fungus in the toes and finger nails as well as infections of the skin. Nursing Mothers have used castor oil placed in packs or poultices on their breasts to encourage the production of milk and to treat infection of the nipple.

# Castor Oil

Most people even doctors do not understand the function of the lymphatics, a very interesting and complex system, closely tied to the blood circulation and our digestive system. In his book Dr. McGarey addresses the close relationship between the functioning of the lymphatic system and the autonomic nervous system. He goes on to say that it has been hypothesized that lymphatics drain waste from the individual cells in a similar way that the intestines drain waste away from the body. Castor oil aides in the drainage of the lymph system.

# Castor Oil

Hepatitis

Threatened Abortion

Hemorrhoids

Pregnancy

Breast for pain/and to increase milk production

Bursitis

Headache

Post surgery

Cellulites

Digestive complaints

Sebaceous cysts

Arthritic conditions

Ulcer

# Castor Oil

Abcesses  
Appendix  
Local toxic sites  
Detoxification organs  
fungus in toenails  
Horney toenails  
Skin fungus  
Oil pulling for teeth/gums  
Rectal fissures  
diverticulitis  
endometriosis  
Diarrhea  
Acne  
Acne scars  
Abdominal cramping/pain  
Constipation  
Hyperactivity  
Muscle pain and cramping  
Sciatic pain  
Sprains/strains  
Liver/Gallbladder  
kidney stones

# Castor Oil

## How to make a Castor Oil Pack:

### What you will need:

- Organic cotton flannel 2 layers thick
- Pure Castor oil on to all polarities
- Towels
- Hot water bottle or heating pad
- Plastic

Before you make the Castor pack prepare the area where you will be lying while on the pack. The oil will stain and it will drip, so place plastic on the bed or surface where you will be, then place a towel down to protect the area.

Cut the cotton measuring roughly 10" by 10", depending where you are going to place it, but this is a good size for the liver. Place in a glass baking dish and pour the castor oil over it, to soak it. Place in a warm oven for a few minutes just to warm the oil if desired.

# Castor oil pack

Squeeze the cloth to remove the excess oil. Open the cloth and place it over your liver and then place plastic over it. You may put a thin towel over that and place the heating pad or hot water bottle over that.

# Castor Oil

- Leave the pack on for about one hour. This is a good time to meditate if you are inclined.
- You may reuse the packs by storing them in a glass bottle and placing the bottle in a dark cool place. Do not share your packs and when they begin to become slightly dirty replace them. There are some instances that I do not suggest you reuse the pack, like when doing liver/gallbladder flushes. I personally use a clean pack each time.



# PH Testing

- What is PH? The water based medium (50-60% total body weight) of the body carries nutrients, O<sub>2</sub> and other biochemicals. The fluid can be either acid or Alkaline which is measured by a graduated scale called “potential hydrogen”, or PH.
- The lower the PH number the more acid the fluid.
- The higher the number the more alkaline the fluid.
- The PH level has a most profound effect on the functioning of the body, including how well it utilizes nutrients.
- Maintaining a healthy PH balance is so important to the healthy functioning of the body that it has created multiple regulating systems to balance PH: breathing, circulation, digestion, hormonal production all serve to regulate PH and bone metabolism.
- If PH gets too far out of balance, that is either too acid or too alkaline, the cells of the body are poisoned by toxic byproducts which may corrode body tissue.
- Degenerative diseases like Diabetes, Osteoporosis, Cardiovascular Disease and chronic weight gain, and the inability to use nutrients are all part of an imbalanced PH.

# PH continued

## Causes of PH imbalance:

- A diet high in sugar, alcohol, refined food, grains and too much meat contribute greatly to an imbalanced PH.
- When our food is metabolized it leaves an “ash” which when combined with bodily fluids, creates either acid or alkali potentials for PH.
- Acid forming food: grains, alcohol, eggs, sugar, soda, meats. chlorine, sulfur and phosphorus.
- Alkalizing foods: most fruits, veggies have alkalizing minerals, K, Ca, Na and Mag.

# PH

The PH of soda is between 2.8 and 3.2, the kidneys can not excrete urine that is more acid than 5.0, in order to dilute the urine you would have to produce 33 liters of urine. Instead the body turns to alkalizing minerals in your body.

If not enough reserves of Potassium and Magnesium in the extracellular fluid, Ca will be pulled from the bones.

# PH continued

- Benefits of staying in optimum range of 6.4 - 7.0.
- Cellular Regeneration/DNA -RNA synthesis.
- Reduces plaque formation. Acid PH initiates electrostatic potential that damages arterial walls causing the binding of cholesterol plaque with heavy metals. *The amount of Cholesterol consumed each day has not been found to be the major factor in the formation of Plaque.*

# PH continued

- Balanced PH creates the proper use and balance of calcium decreasing the possibility of Osteoporosis and Osteoarthritis.
- Access to Energy. Sodium-Potassium pump. There is less Na available in an acid environment slowing nutrition uptake in the cells.
- A balanced PH allows for proper electrolyte activity.
- $K^+$  and Na channels are inactivated in an acid environment.
- Allows for fatty acid and hormone metabolism.

# PH continued

- Alkalinity allows for adequate O<sub>2</sub> uptake in tissues in order to detox and protect tissues. Acid decreases O<sub>2</sub> affinity to attach to hemoglobin, starving tissues.
- Allows for fat metabolism and weight loss. Insulin sensitivity occurs in an acid PH which can cause erratic insulin production, converting calories to fat.
- Allows for Blood pressure balance.

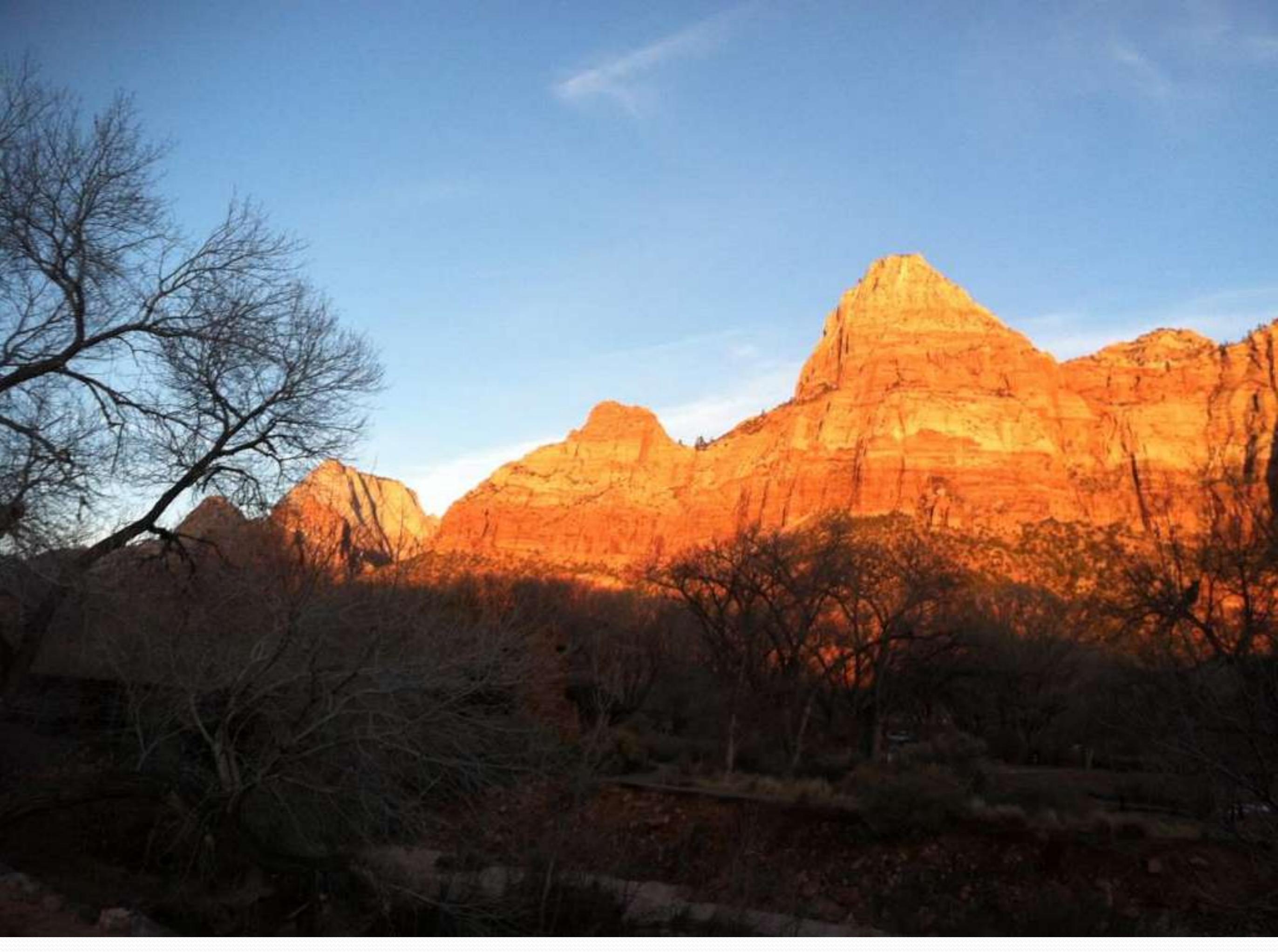
# PH continued

## Testing PH

- Use PH roll or strips to test first urine PH after 5 AM.
- Urine is an end metabolite of digestion and will be the best reflection of the diet over the past 48 hours. Urine is very similar to testing blood ph. Saliva does not test as consistent because of enzymes in the saliva.

# PH & Infection

- If there is infection in the body you will never balance the PH.
- Look at the teeth.
- Force the ph to shift with minerals and greens (Must make sure the kidneys can handle it).



# Teeth

- As your teeth go so goes the body, as the body goes so go the teeth.
- A visit to the dentist will demonstrate poorly developed dental arches in our children from poor mineral consumption, the jaw can not fully develop maturely. Poor quality food is why wisdom teeth have to be removed and why so many kids need braces. Check out the work of Weston Price's Nutrition and Physical Degeneration. He studied hundreds of people as diet relates to face, jaw and teeth development.
- Each tooth relates to a body part.

# Mercury Fillings

- Mercury vapors escape from mercury fillings to the tune of 80 times the established safety limits.
- Mercury is cumulative in the body, just like x-ray. It builds up in the tissue and may have devastating health effects.
- “Silver fillings” are usually made with mixed metals, 50% mercury the rest silver, copper, tin, or zinc.
- The mixed metals can easily generate electrical currents when exposed with fluid, ie. saliva.

# Mercury in the mouth

- This electricity interferes with the body's production of its own biological messages.
- Mercury fillings are banned in Sweden, Germany and Japan.
- Mercury is passed to the child during pregnancy.
- Do not have Mercury removed while pregnant. 1-2 years prior to getting pregnant.
- Mercury is a slow poison, stored in brain tissue and nerve endings, and can be transported to the spinal cord and brain stem.

# Reactions to Mercury

- Neurological: Emotional, (depression, irritable, suicidal, intolerant). Abe Lincoln took it during the first months of his presidency and discovered that he became more irritable while taking pills with mercury. Motor: Seizures, twitches and spasms (MS). Mercury has been shown to decrease tubulin, in nerve production.
- Cardiovascular: Pounding heart, tachycardia.
- Collagen diseases: Lupus, Scleroderma arthritis.
- Suppressed Immune function: Low resistance.

# Mercury

Allergies: In Food and our environment.

Mercury is often over looked as the cause of these problems.

Once Mercury enters the cell, it can not be excreted along normal axonal transport routes.

# Mercury and Candida

- ▣ In Europe candida is viewed as your friend. It is formed to trap and hold mercury and other toxins in check.

Treat for Heavy metals in your candida patients.

Recent studies from the Karlinska Institute in Sweden show most humans become allergic to virtually all metals placed in the body; mercury, titanium and gold in that order.

[The Toxic Time Bomb](#) by Sam Ziff and [Are your Dental Fillings Poisoning you](#) by Dr. Guy Fasciana.

# Removal of silver fillings

Use a dentist that is trained in the proper removal.

Dr. Glen Sperbeck in Westchester Ca. 310-670-6944.

Rubber Dam, high speed suction, air vacuum, ozone, unique drill bits and predetermined sequence of removal.

# Detoxing from Metals

The medical protocol uses EDTA to remove Mercury (Ethylendiaminetetraacetic acid and DMPS (Dimercapto-propane sulfonate), usually applied intravenously.

They are expensive and challenging to use, especially with children and patients with Kidney disorders.

EDTA also has an affinity for zinc, copper and manganese.

# Chelating

- Chlorella will mobilize Mercury from the body
- Cilantro is best used in conjunction with chlorella because it “mobilizes more toxins than it can carry out of the body. It may flood the connective tissue with metals that were previously stored in safer hiding places”. This can cause re-toxification if another binding agent isn’t used to help rid the body of the heavy metals that are “found” in the hiding places throughout the body. (Energtix 800-990-7085).
- Some Chinese herbs chelate metals without stripping the body of essential trace minerals and spare the kidneys.





## • Terms

- There are some basic terms that will help as you traverse the complex waters of nutrition: **Organic**, as applied to supplements, simply means that the nutrient contains carbon. Organic, in this context, is not related to organic gardening.
- **Chelates** and complexes relate to minerals that are attached to amino acids. This bonding allows the mineral to be more easily absorbed.
- **Time released** refers to a manufacturing process that allows a sustained blood level of the water soluble vitamins.

- **Chelating agents** are those that bind to heavy metal toxin ions.
- Vitamins are either **water soluble** or **fat soluble**, this is based on how they are absorbed by the body and if they are stored or not. The water soluble vitamins are easily dissolved when they enter the body and are not stored therefore requiring replenishing almost daily. There are 9 water soluble vitamins: All the B's including B6, B12, folate, thiamine, riboflavin, niacin, pantothenic acid as well as vitamin C. Fat soluble vitamins include Vitamin A, D, E, K

# Terms

The **RDA requirements** for vitamins and minerals are based on population studies, and recommended levels of nutrients are to *prevent deficiency* symptoms only. They make no claim to be optimum levels for biological function.

**Artificial** means made or produced by human beings, and not found in nature, such as man-made colors, flavors and preservatives.

**Enteric coating** describes a manufacturing method of protecting a substance from the acid environment of the stomach and releasing it in the alkaline environment of the small intestine.

**Standardized** means manipulating a vitamin or herb so that the product will contain a certain amount of the vitamin or herb.

# Terms

**Brix** is a scale that measures the amount light bends when it passes through a liquid. This measurement is the best way to determine the value of crop foods as poor, average, good and excellent.

A device called a **refractometer** is used to obtain a Brix reading. A simple hand held device that measures the amount of refraction (bend) a beam of light has that passes through the plant sap. Brix is the sum in pounds of sucrose, fructose, vitamins, minerals, amino acids, hormones and other solids in one hundred pounds of plant juice. Brix varies directly with plant quality.

# Terms

- EMFs (Electromagnetic fields)
- There is a resonating, vibrating, high frequency electromagnetic field that emanates from the human body.
- It emits, receives and absorbs a wide range of frequencies.
- This field is compromised by the highly electromagnetic environment we now live in. Radio, TV, cell phones and computers etc bombard this biofield, causing stress to the entire biosystem.
- This field may be further compromised, or inter-feared with when there are scars, tattoos, piercings and other traumas to the body.
- The field may be re-established by certain muds applied to the areas.

# Terms

**Epigenetic:** This is the study of trait variations that are environmentally caused; external factors that influence the expression or lack of expression of the genes characteristics. These environmental caused changes may then be inherited, and may last for multiple generations even without DNA changes.



# Books/Reference

The Biology of Belief by Bruce Lipton

Molecules of Emotion by Candice Pert

The Science Set Free by Rupert Sheldrake

The Grain Brain by Dr. David Perlmutter

Empty Harvest by Dr. Bernard Jenson

Quantum Healing by Dr. Deepak Chopra

Fats that heal by p70---gt9 Erasmus

# Book/Reference

Know Your Fats by Mary Enig

Medicine and Meaning by Dr. Larry Dossey

Reinventing Medicine by D. Larry Dossey

Joy's Way by Brough Joy

The Devine Matrix by Gregg Braden

The Wisdom of Menopause by  
Dr.ChristianNorthrup

The Amazing Liver & Gallbladder Flush by Andreas  
Moritz

# Books

The Oil that Heals by Dr. Wm. McGarey

Why Isn't My Brain Working? by Dr. DatisKharrazian

The Seven Spiritual Laws of Success. by Deepak  
Chopra

A New Earth. By Eckart Tolle.

The Toxic Time Bomb by Sam Ziff

Are your Dental Fillings Poisoning you by Dr. Guy  
Fasciana.



# Labs

Diagnostecs 800-878-3787

Neuroscience 888-342-7272

Genova Diagnostics 800-522-4762

SabreSciences 888-490-7300

Cyrex Labs 602-759-1245

# Resources

Premier Research Labs (PRL) 800-325-7734.

Energetiz 800-990-7085. [goenergetix.com](http://goenergetix.com)

Metagenics 800-692-9400

Orthomolecular 800-332-2351

Olive Gold 03 561-882-4153. [Olivegold03.com](http://Olivegold03.com)

Nutrition Pure and Simple. [jjconsulting](http://jjconsulting)  
(Monolauren)

Chi Enterprises. 800-457-5708 [Chi-health.com](http://Chi-health.com)





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Back To Chiropractic CE Seminars

marcusstrutzdc@gmail.com

**707.972.0047**

