

What to do while you are waiting for an appointment with us

I have come to believe that the five major categories of problems are:

1. Nutritional deficiencies
2. Toxicities (glyphosate, heavy metals, Electromagnetic Radiation, endocrine-disrupting chemicals, solvents, mold)
3. Infections (Lyme and coinfections, parasites, bacteria, oral infections like infected root canals, cavitations and gingivitis)
4. Structural malalignments, sticky fascia and connective tissue
5. The emotional and spiritual contributors (unresolved trauma, unforgiveness, stuck emotions, and more).

Today is an excellent day to learn something new. Most of those who come see us quickly discover that the traditional medical system has not been properly educating them in the many ways they can improve their own health - and we are here to help fill in those gaps.

We've been taught that we just need to find the magic pill, or the one answer that will solve our health dilemmas. I have come to find that simply isn't the case. The five categories listed above are the reasons our bodies struggle. If we want to end the struggle and feel better, we have to correct those areas so our bodies can thrive.

The list below can help guide you in addressing your body's struggles so that you can heal. There are many suggestions here, but don't let that overwhelm you! Just pick one and start there.

Upgrade your food. What you feed yourself is foundational, and eating a nutrient-dense diet is good for you. I recommend starting with the Nourishing Traditions guidelines. Sally Fallon Morrell has written several books on food; they are very much like nutritional textbooks and have lots of recipes.

See <https://www.westonaprice.org/> and <https://nourishingtraditions.com>

If you're experiencing gut issues, consider trying the G.A.P.S. diet. G.A.P.S. stands for both Gut And Psychology Syndrome and Gut And Physiology Syndrome. All disease begins in the gut. Addressing your gut health will profoundly impact the rest of your body. I recommend starting on the official website to gain an understanding of the G.A.P.S. concept: <https://www.gaps.me> Should you choose to try the G.A.P.S diet, I recommend ordering GAPS: Stage by stage with recipes by Becky Plotner as a companion book to help guide you through your GAPS journey. See <https://gapsprotocolhelp.com>

Upgrade your oils and fats. Vegetable and seed oils are not healthy for us, so I recommend you get rid of all of your vegetable oils, corn oil, Crisco and the like. A recent study found that avocado oil is often rancid or contaminated: <https://www.ucdavis.edu/food/news/study-finds-82-percent-avocado-oil-rancid-or-mixed-other-oils>. Replace your vegetable and seed oils with real butter, lard, tallow, coconut oil, palm oil, organic cold pressed olive oil. The Weston A. Price Foundation website has much information on healthy vs. unhealthy fats; start here: <https://www.westonaprice.org/health-topics/know-your-fats/know-your-fats-introduction/>

Upgrade your water. Want to see a peek into what is in your city/county water? Enter your zip code in EWG Tap Water Database <https://www.ewg.org/tapwater/> Then consider that they only tested a few chemicals - they did not report antibiotics, hormones, or radioactive dyes from your neighbors. I recommend distillation, reverse osmosis, a high quality gravity fed filter like Berkey, or a high quality pitcher-type filter like Zero Water or Clearly Filtered. The Environmental Working group has a water filtration guide <https://www.ewg.org/healthyhomeguide/water-filters/> that can help you walk through decisions on what type works best for your household.

Upgrade your breathing. Most of us breathe shallowly, sending a signal to the body that we are in danger. Slow, deep breaths involving your diaphragm send the safety signal out, lowering stress hormones and promoting all of the things that happen when we are safe: digestion, detoxification and repair. Wim Hof is a master at breath control: <https://www.wimhofmethod.com/homepage>. There are many other breath techniques that work too: <https://www.healthline.com/health/breathing-exercise>

Upgrade your personal care and cleaning products. Start learning about hormone-disrupting chemicals like plastics, synthetic fragrances, phthalates at EWG's guide. <https://www.ewg.org/consumer-guides/ewgs-guide-endocrine-disruptors> Then start slowly replacing your personal care and cleaning products, your detergents and fabric softeners, your non-stick cookware.

Minimize your Electromagnetic Radiation (EMR) exposure. All of the man-made energies emitted by wireless phones, computers, tablets, gaming systems, smart appliances, smart meters, satellites and antennae have a negative impact on your body and your mind. Learn more at Environmental Health Trust. <https://ehtrust.org/>

Spend time in the sunshine; try to get sun on your bare skin (without sunscreen) every day. Try not to wear sunglasses when outside, especially early and late in the day when the sunlight is less direct. More on this: Heal Yourself With Sunlight by Andreas Moritz.

Learn about grounding, aka earthing. Put your bare feet on the earth (grass, dirt, sand, gravel, concrete, unsealed brick, anything made of natural materials). The earth has a charge, and by physically touching the earth, you connect with that charge - which helps balance out all of the man-made energy we are all exposed to. Watch the Earthing Movie: <https://youtu.be/44ddtR0XDVU?si=4pXOS7VfgWWUBpKB>

Consider your mouth. Dental problems like infected root canal teeth and amalgam fillings can contribute to just about any and every health problem. Start learning about this by reading “chew on this... but don't swallow”. <https://chewbook.com/> If you choose to consult with a biological dentist before we meet, please delay any dental procedures until we meet and I have a chance to assess whether you are well enough and stable enough to go ahead with those procedures.

Upgrade your education. Start learning how to care for minor illnesses, wounds and problems on your own. Take a class, read a book, listen to a podcast. Avail yourself of thousands of hours of free education on the internet. There are many summits and docuseries that have a holistic viewpoint; I often will include information and a signup link on my newsletters or post links to these on my Facebook page. <https://www.facebook.com/pattypowersmd>

Podcasts I like:

<https://www.westonaprice.org/>

<https://www.jayfeldmanwellness.com/podcast/>

<https://www.betterhealthguy.com/>

Upgrade your health care team. Consider a primary care provider, and then choose others depending on what you need: homeopaths, naturopaths, herbalists, counselors, health coaches, nutritionists, chiropractors, massage therapists, acupuncturists, energy practitioners can all be valuable additions.

Consider one of the other therapeutic options we offer, such as the PhotonWave light machine, the CymaTherapy sound machine, or the Palm device by coMra. More information can be found in the FAQ section on my website, or you can call the office.

Consider Autonomic Regulation/Limbic System retraining with a program such as Primal Trust: <https://www.primaltrust.org/> Primal Trust integrates nervous system regulation with brain retraining, somatic practices, vagus nerve healing and other strategies to help bring your body back into balance. **This program helps patients heal when other modalities, such as nutrition, supplements, physical therapy, etc. have failed.** Primal Trust founder Cathleen King, DPT explains why healing can take a long time, and why autonomic regulation/limbic system retraining is a vital part of everyone's healing journey: <https://www.youtube.com/watch?v=sSOyvcYQPj8>

Last, but not least, consider that **your body is brilliantly designed** and is programmed to heal. Symptoms are adaptations to barriers. It's our job to identify and remove the barriers, and provide nutritious fuel for both the body, the soul and the spirit. I highly recommend this 12 minute video by Alec Zeck as an excellent reminder of how magnificent a creation is the human body.

<https://youtu.be/cFYNOpy0PCg?si=MGvIBPe0KMZTBzek>

This information is not intended to diagnose, treat, cure or prevent any disease. The statements have not been evaluated but the US Food and Drug Administration. You should always consult with a health care professional before starting any diet, exercise, nutritional or supplementation program, or before taking any medication. Where specific products or activities or procedures are recommended, they are my personal opinions and are not to be construed as medical advice. This information is for informational purposes only.