

PIH Academy Course 2 Outline: ReThinking the Human Healing Response

Module #1:

Restorative sleep: critical importance and rehabilitation

- What it means to have restorative sleep
- How to prepare for it
- What its impact on health is

Module #2:

Energy: Ample and resilient or limited by fatigue

- Fatigue vs tired
- Cell energy
- Essential Nutrients
- Remove Toxic Minerals
- Upgrade your kitchen

Module #3:

Environmental Risks: Mitigate more than 80% while compensating for anti-nutrients

- Autoimmunity – from lost tolerance to self-attack to restored tolerance
- Autoimmune neuritis and heavy metal neurologic issues
- Autoimmunity and nervous system functions
- Self-care is the healthcare

Module #4:

Cardiovascular health: CV health is a lifestyle choice

- Understanding the role of oxidized LDL cholesterol
- Heart attack and stroke risk
- Sam's stroke and recovery
- By-passing the by-pass: Repair

Module #5:

Cancer: be banished or invited

- Intrinsic anti-cancer mechanisms
- Determine risk and take corrective action
- Role of non-biodegradables
- Diets
- Prions: helpful or harmful
- Transgenerational influence

Module #6:

Relationships: physical, mental, emotional, spiritual

- Positive psychology
- Practice of gratitude
- Wisdom Traditions
- Anxiety and mood disorders

Module #7:

Eustress or Distress: cultivate equanimity and fortitude

- Neuro-hormonal health
- HPA/thyroid in relation to GI Health (gut brain axis)
- Dementia & Alzheimers as diabetes of the brain
- Afflictive responses

Module #8:

Recap: bonus questions and Q & A

- Physiology before pharmacology
- Nature, Nurture, and wholeness
- Work-a-likes don't work
- Scientific method evidence