



A WELLNESS & LIFESTYLE PROGRAM

STRIVE TO THRIVE

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CROSSROADS
chiropractic & natural medicine

"This is not about perfection, it is a practice."

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WELCOME TO THE PROGRAM

As doctors, we are teachers, not preachers.
Nothing that follows should be regarded as scripture or dogmatic.
Use it as a guide.
Ultimately, you must walk your own path.

BASIC INSTRUCTIONS

We recommend that you develop the habits of each phase before progressing to the next phase. Habits take time to materialize so do not underestimate our incredible ability to revert back to unhealthy behaviors. Typically, most individuals require 1-3 months at each phase.

The following program is written from the perspective of Dr. Damon. For this reason, the pronoun "I" will be used throughout.



PHASE 01

LOW HANGING FRUIT

MINDFUL EATING

We live in a fast-paced world. There is always something else that needs to be done. Eating, however, should be a time of relaxation. We get to sit down and savor the meal we worked so hard on making. How many of us can honestly say that we are relaxed while we eat? I will admit that this was more of a challenge for myself than some of the more intensive strategies presented in this program. Actually, I still struggle with this simple concept, which brings up an important point. This is not about perfection; it is about forming a new habit.

I remember eating at friends' houses growing up and we would say grace before anyone even lifted their utensils, which now I understand as a way to slow you down & prepare your body for digestion. Consuming a meal is a great time to be present, focus on the flavors, and allow your vagus nerve to send appropriate signals back to your brain. Your vagus nerve will help initiate saliva production, stomach acid secretion, digestive enzyme secretion, and proper movement of food through your tube.

In order for our digestive process to operate as intended, our nervous system requires a sense of security. We need to be in a state of "Rest & Digest," not "Fight or Flight," so that the intestines can extract nutrients effectively from the food we have just eaten. When the process goes awry, we experience indigestion,

acid reflux, heartburn, bloating, gas, constipation, & abdominal pain. You may also notice mood fluctuations, headaches, fatigue, nausea, or brain fog as your vitamins, minerals, amino acids, & other nutrients are not being properly absorbed.

The following is an action list to begin reconnecting with your food. We will address food quality later & reframe how we think about the products on our plates, but for now, let's focus on this easy win.

- Take 6 slow nasal breaths before eating a bite.
- Do not eat in the car.
- No eating in front of tech. This means the TV, cellphones, laptops, tablets, etc.
- Chew at least 25 times before swallowing.
- Put your eating utensil down between bites.
 - This simple step can be a subtle reminder to your subconsciousness that there is no concern at the moment.
- Be grateful for this wonderful meal in front of you.
 - For meat, understand that this animal gave its life for your sustenance. Thank them for this.
- Truly taste your food.
 - It is a form of mindfulness which is all the rage these days, for good reason.
- Do your best to eat with family & friends.
 - Social Interaction is amazing. Humans are unique for our ability to form tight social networks. Sharing food has been a way to solidify our relationships.
- Hara Hachi Bu
 - The Okinawan practice of eating until you are 80% full.

SLEEP HYGIENE

When do you begin prepping yourself for sleep? The answer should be when you wake up the prior morning. This is the most important time to set your circadian rhythm for the day by letting the early sunlight to penetrate your eyes and skin. These photoreceptors will initiate several biochemical pathways that are essential for health. We need to be in tune with the sun and you can complete the ultimate circuit of life by becoming a conduit between the sun and the earth.

The photons from the sun are a positive charge while the earth gives off a negative charge through electrons. This will be discussed more when you are ready to optimize through managing your electrical capacity.

As the indirect light enters the eyes and hits the retina, a process of events occurs that results in endogenous opioids being released, improving your mood. A signal will also be sent back to the pineal gland to slow down melatonin release & allow cortisol to produce its stimulating effects. Since melatonin is produced and released on a cyclical pattern, this actually prepares your body for sleep later on that day.

BIPHASIC SLEEP

This is something to consider if you have a flexible work schedule. This form of sleep consists of 2 separate sleep sessions in one night. Prior to the standardized work schedule, many people would wake in the middle of the night and do some low-level



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tasks or make love until they went back to sleep for another round of ZZZ's. Thinking along the lines of human evolution, it would not make sense for us to be in a state of semi-unconsciousness for a straight 8 hours when there are vicious nocturnal predators out there waiting to make us their next meal.

Now, an argument can be made that we are designed to sleep in a family unit where different individuals will be at different stages of sleep depending on their age, allowing for one uninterrupted sleep during the night. Ultimately, it is hard to know for sure.

For some reason, I personally operate better the next day when I am able to split my sleep into 2 segments. This is not for everyone, but I would suggest experimenting with an alternative sleep pattern if you get plenty of sleep but still feel off the following day. This is a huge adjustment and you would still want a total of 7-8 hours of time spent asleep so it takes planning on your part. Sometimes, I will take a dose of high-quality CBD oil or Ashwagandha in the middle of the night, especially if I notice that my brain is a little overactive for that time.

Make your sleeping den as dark and cool as you possibly can tolerate. We need our body temperature to drop significantly in order for the deeper stages of sleep to occur. Deep sleep is when our body focuses on healing, removing waste, & utilizing growth hormone. Any form of stimulating light will also limit your descent into deep sleep as well as disrupt REM activity.

If we still spent our whole day out in nature and not indoors, then we would experience a progressive change as the sun set & the temperature began to drop. Even in Florida where I reside, the difference between the temperature highs & lows is enough to put us into restorative sleep. Nowadays, you likely spend a considerable time indoors with a thermostat set around 72 degrees Fahrenheit which requires us to compensate at night by making our bedrooms pitch black and quite nippy.

SLEEP AS A SOCIAL ACTIVITY

This may be the reason why several studies conclude that married couples tend to live longer than singles. Many cultures around the world still sleep in common areas as a family or tribe. If you do not have a significant other or are too old for regular pajama sleepovers, then I suggest getting a cat or dog.

I know that I typically sleep better with my dog Scooby by my side. I could do without the random rib jabs and the late-night licking but all-in-all, I wake up refreshed most days due to his presence. Dogs are actually great sleeping companions as our nervous system responds to their light snoring by allowing us to descend deeper into sleep. Their sensitive ears and noses would alert us to impending danger long before we actually hear or smell anything, meaning our brain feels more comfortable being in a semi-unconscious state.

GRATITUDE JOURNAL

We have a negative bias to keep us alive. Our brains want to remember all of the dangerous insults from our past so that we can avoid them in the future. So it is imperative that we train our brains to refocus on the positive aspects of our lives.

Enter the Gratitude Journal.

Purchase a cheap journal or notepad and keep it by your bedside or somewhere else where it will continually remind you to practice your gratitude for the day. I would refrain from keeping it in the Lou as this may keep you on the pot longer than preferable.

If you have extra time in the morning, starting your day with a short gratitude passage will set a great precedent for what's to come. If you typically have trouble falling asleep due to over-

active thoughts, I suggest taking 15 minutes before crawling into bed to jot down the things you are grateful for, as this can help enhance your state of calm. You could simultaneously write down the to-do list for tomorrow and unload that unnecessary brain clutter.

Don't know where to start? "I am grateful for..." and "I am grateful that..." statements can be a great tool to get the ball rolling.

Examples:

- I am grateful for my dog & his unconditional love.
- I am grateful for my comfy bed.
- I am grateful for that perfectly cooked Ribeye that I had for dinner.
- I am grateful that I was able to watch the sunset today.
- I am grateful for that driver who cut me off in rush hour traffic as it helped me to hone my composure.

As you can see, it can be very specific things or simple and mundane. You choose your gratitude adventure.

Every one of my patients receives a free gratitude journal, courtesy of Seed & Soil Wellness, because I believe that the profound healing effects from this practice are uncanny.

AVOIDING INDUSTRIAL SEED OILS

These toxins are ubiquitous in our food supply, so this task is more difficult than it may first appear.

The processing of certain food products by modern agricultural practices creates excessive amounts of waste. The geniuses orchestrating Big Ag wondered if they could profit from the waste

products of petroleum. Technically, it was Proctor & Gamble who got this ball rolling when they developed Crisco. The abbreviated story ends with the production of industrial seed oils, touted as heart healthy, although they are anything but.

Without getting too in depth, the multistep process involves extreme heat, hexane, deodorizers, and bleaching before it hits store shelves. These “vegetable oils,” as they were previously known, are added to most ultra-processed foods and even those supposedly healthy, fresh meals at “Whole Paycheck.” When these oils are oxidized, they create molecules that are even worse than the dreaded trans fat, which most people know to avoid like the dickens. Industrial Seed Oils include Canola, Soybean, Corn, Cottonseed, Safflower, and Sunflower.

If you make only one modification to the way you eat, I believe this has the most bang for your buck. The MegaTrans fats, as Dr. Caitlin Shanahan calls them in her book “Deep Nutrition,” that come from these industrial seed oils wreck havoc in your body and create that word which nobody likes to hear these days, INFLAMMATION. They also destroy your proteins and drain your antioxidant capacity which will ultimately lead to further negative consequences somewhere in your body.

UNIVERSAL SUPPLEMENTATION

Always have a conversation with your doctor before adding supplements to your daily regimen, especially if you are on any medications. Remember that quality matters and many supplements on the shelf will be a waste of money. My top recommendations are as follows:

- Magnesium
 - Malate
 - Glycinate
 - Threonate
 - Orotate
 - Taurate
 - Epsom Salts

I personally take Magnesium Glycinate for the added calming effects in the evening and take an Epsom salt bath every once in awhile which really enhances relaxation of my tense muscles.

Many people do not realize that relaxation of muscles requires cellular energy, in the form of ATP. Magnesium is attached to the ATP molecule in order for it to exert its effects in an efficient manner. An easy way to remember that muscle relaxation demands cellular energy is to think about rigor mortis. As there is now no ATP to supply, the skeletal muscles will remain in a state of contraction or stiffness.

- Cod Liver Oil or Krill Oil
 - Cod Liver Oil offers a great source of Vitamins A and D. Both of these essential nutrients are in high demand when it comes to our body and play vital roles in many different systems. Deficiencies of both Vitamin A and Vitamin D are common these days. I would advise you to cycle on & off to avoid any toxicity.
 - Krill Oil, on the other hand, contains astaxanthin which is a powerful antioxidant.

- MCT Oil
 - Derived mostly from coconut oil, these medium chain triglycerides provide immediate energy since they bypass the lymphatic system and get absorbed directly into the blood. You can think of these like fat energy that behaves more like sugar, without the metabolic disturbances associated with insulin.

- Mineral Salt
 - Himalayan Pink Salt
 - Celtic Sea Salt
 - Redmond Real Salt

- NAC: N-acetyl cysteine
 - A precursor to your master antioxidant system, NAC can help to keep your stress bucket from overflowing. I take this in the evening as it can induce an enhanced state of calm.

If you want to address mitochondrial function, leaky gut, blood sugar regulation, detox, hormone production, or any other specific concern, talk with a natural medicine practitioner like myself or Dr. Jackson first. The following are some common supplements that I prescribe for my patients, depending on their personal needs:

- D-Ribose
- CoQ10
- Curcumin
- ALCAR
- Inositol
- Phosphatidylcholine
- Vitamin D3/K2
- Collagen
- Colostrum





PHASE 02 RAMP UP

INTRODUCTION

Now that you are sleeping better, eating slower and practicing your gratitude on a daily basis, we can explore new avenues on your health journey that may require slightly more commitment and motivation.

We begin Phase 2 with the breath. This is one process that is under both conscious and subconscious control. Having to focus on breathing while scurrying away from a hungry predator would truly put the “pat your head while rubbing your belly” scenario into a different perspective.

Most of us rarely even consider our breathing, but it continues on day in and day out. By practicing regular breathwork, we can instantly change the pH of our blood, calm the mind, enhance oxygen delivery, and improve digestion, among other benefits.

Get ready to dive into some simple, but highly effective breathing drills.

BREATHWORK 101

BREATHING TECHNIQUES

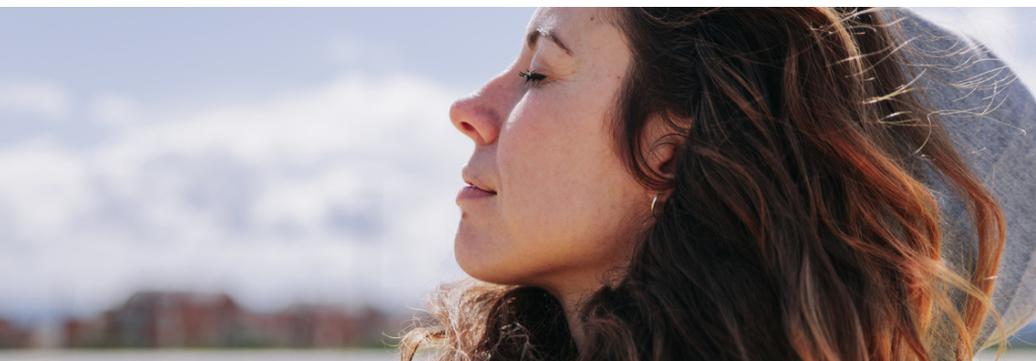
- Box Breathing
 - 4-second inhale, 4-second hold, 4-second exhale, 4-second hold. Repeat.

- Alternate Nostril Breathing
 - In through your right nostril, plug it up and exhale through your left one. Repeat by inhaling through the left nostril & exhaling through the right.
- Extended Exhale
 - 4-second inhale followed by an 8-second exhale is the typical ratio but you can modify if it seems ineffective. Everything should slow down and relax during your exhale
- Sounding Breath
 - Create the sound of a buzzing bee or the “Om” sound on your exhale, which vibrates your vagus nerves. This provides a similar effect as singing with the sound vibrations.

DIAPHRAGM

Nasal breathing filters, warms and humidifies the air. This signals a calm state as mouth breathing is reserved for times of fight or flight. It facilitates diaphragm activation and increases your vagal tone, an important marker of overall health.

NO production!!! Forget Viagra and Beets, nasal breathing enhances blood flow which will stimulate both male and female arousal. The diaphragm is the main muscle involved in relaxed breathing & also plays a major role in proper core function.



BREATH HOLDS

This increases your CO₂ tolerance & NO production. Find a safe place and comfortable position. Take a relaxed breath. Once you have exhaled completely, hold your breath for 10 seconds. Take another relaxed breath and hold for 10 seconds with minimal air in the lungs. Repeat this protocol for 10 rounds.

If you can do this practice with ease, then push your limits by progressing to 12-second breath holds. Keep progressing until you struggle to complete 10 rounds.

This is where you should remain until your current breath holds become rather easy. This should not be performed while operating a motor vehicle.

TRY THIS...



1. Close your mouth, gently place tongue at the roof of your mouth behind the top row of teeth.
2. Take your right hand and lay it on your lower abdomen while taking your left hand and putting it on your chest.
3. When you inhale through the nose, you should only feel your right hand/lower abdomen rising and falling.

4. As the diaphragm contracts, the lower abdomen and ribs should expand outwards and then passively return upon exhaling. Take 10 breaths.

5. Then take 2 breaths where you force your chest to rise during the inhale so that you can feel the difference between proper diaphragm activity and accessory muscles picking up the slack for an inhibited diaphragm.

6. Now take another 10 breaths where the chest remains still and only the lower abdomen and ribs expand during your inhales.

BREATH OF FIRE

Take a deep inhale, filling up your lungs completely and slowly exhale all of the air out. Now, keeping your mouth closed, forcibly exhale through your nose in short bursts w/ a slight pause in between. You are only focused on the exhale here, while allowing a natural, but brief, inhale. Aim for 20-30 bursts at a pace of 2 per second then take some some normal breaths.

DIFFUSING ESSENTIAL OILS

Breathing in essential oils can have a revitalizing effect on the body, especially on mood, focus, stress relief, and cognitive function. Purchase a diffuser, some good quality essential oils & let your sense of smell indulge in these blissful aromatic compounds. My favorites would have to be bergamot for its refreshing quality, lavender for the calming effect, and spruce which brings me back to nature.

NASAL BREATHING DURING EXERCISE

Boy, is this a tough one. Even for me, someone that has been quite active most of my life. Early on, keep the intensity rather low but focus on strict nasal breathing. You will actually feel more energy by doing this as you get better at it. I started with bike rides and low-rep kettlebell swings.



LAUGH & SING & DANCE

This one is pretty self-explanatory, but I will elaborate somewhat.

LAUGH

You know those gut-wrenching laughs where you begin to tear up? Wouldn't it be great if we could have those more often in our lives? The world would be a much different place. Find those standup comedians, sitcoms, or Netflix shows that get you laughing out loud. *The Office* & *Patriot Act* are two of those shows for me.

Spend more time with people that make you laugh. If you are having trouble thinking of who those people are, then a big priority on your to-do list should be to befriend more individuals that are compatible with yourself.

SING

You probably already do this in your car from time to time. Let's do it more often. Singing has profound effects on the vagus nerve, your Rest & Digest regulator. It also helps to tune your diaphragm & control your breathing patterns.

DANCE

This could be formal or informal. On the dance floor or in your own private enclave. There is no right or wrong way to dance (unless you get your influence from Elaine Benes on *Seinfeld*). It is a great way to express yourself and release built up myofascial tension. You can even elevate your TikTok views by practicing your dancing skills on the reg.

White people can dance! We have just been living sedentary lifestyles longer than other ethnicities. As you move more and improve your movement quality, you automatically want to keep

doing it. Dance and humans are almost inseparable. Another aspect of our natural selves that we have allowed to escape us, for whatever reason.

ESSENTIAL MOVEMENT

GET DOWN ON THE GROUND

Many of us remember those commercials “I’ve fallen & I can’t get up.” That must be a scary moment for an elderly person with no one around to help them. Perhaps, if they practiced that scenario everyday their body would know how to respond, making that service obsolete.

The inability to rise from the ground is not due to aging; it is due to a sedentary lifestyle. Not only that, Western culture has robbed us of our ability to get up and down from the ground. Furniture, customs and comfort keep us disconnected from exploring the essence of Mother Earth. Even in Chiropractic school, I initially received odd looks as I took my seat on the ground for that day’s lecture. I guarantee you that you will be the weird one, the outcast, the pariah that has shunned modern conveniences for a more ancestral way of relaxing, but you will reap many benefits from this simple modification.

I am not saying to do this all day long, and especially not in all locations, but a couple times a day, access your full mobility by getting down on the ground. By the way, sitting on the floor just feels good and it demands core activation as well as full active range of motion to get there.

- Crossed-Legged Sit
 - I like to place a yoga block under my sit bones whenever I have one available so that my hips are slightly elevated compared to my knees. This is more manageable for longer periods & allows better spinal posture which will also provide better positioning for diaphragm activation.

- 90/90 sit
 - From the cross-legged position, internally rotate your right leg and bring it back while slightly shifting your weight to the left momentarily. You can use your hands or challenge your core stability without them. Hips, knees and ankles should now form 90 degrees at each joint.



GO BAREFOOT OCCASIONALLY

The feet have more sensory nerve endings than the hands! This makes sense as we are bipedal animals that walk with our feet and not our hands. Granted, we are still primates that should be able to climb, swing and crawl on occasion, but walking and running are what made our species what it is today. When the feet can feel the ground, all the muscles up the chain, including the hamstrings, glutes and lats can function better.

Realize that modern shoes are a very recent invention that has

disrupted the signaling from our feet to the rest of the body. Imagine trying to go through your entire day with thick gloves on your hands while using tools, opening jars, shaving, or making love. It seems like an asinine proposition, but this is akin to what we ask of our feet when we slip on those “feet restraints.”

Your foot architecture no longer knows how to respond to the changing environment. Could this be a huge contributor to plantar fasciitis, low back pain, sciatica and even headaches? I believe it to be.

- Start Slow
 - Your feet have become accustomed to your cushioned footwear. The muscles and arches have been on an extended vacation so if you decide to go cold turkey and toss all of your sneakers in the garbage, you will be in for a rude awakening.
- First, if you wear shoes in your home, STOP! Unless you are doing home improvements or the broom has been collecting dust, let those feet breathe.
- When you find yourself in a park or other places where there are no dangerous foreign objects, take your shoes off and walk around for 10-15 minutes. Try to do this several times a day for a few weeks. Then increase the time or frequency.

PRACTICE YOUR SQUATS

I am talking about unweighted squats here. Squats in the gym with an external load are great too, but recognize that you should be able to sit comfortably in a deep squat before you attempt adding resistance. This is a clear example of the difference between movement and exercise. Quality movement must always precede exercise. See my blog post on this topic [here](#).

No matter your age, you should be able to hang out in the bottom of your squat for several minutes or however long it would take you to poop in the woods. There are always exceptions so I would use caution if you have vascular disease or advanced joint problems.

Start off with 15 seconds. Do this here and there throughout the day and over time your nervous system will relearn that this is a desired posture. The reason that you've lost that mobility is either because your nervous system is trying to protect you or it has deemed it unnecessary due to lack of usage.

Try to work up to that several minute stage over the course of the year. Remember that these movements have been gradually degraded so it will take some time to restore them to functional status.

Watch a young child and marvel at their ability to sink into & hold their deep squat. Children have a ton of mobility and they have to learn how to stabilize while for adults this scenario is usually reversed due to sedentary behaviors.

ROTATE

Life happens in the traverse plane. This includes your head, neck, torso and hips. I always think about the cameras in cars now that help you back out of a parking space. We do not even have to turn our head to reverse our vehicles anymore. I love convenience but we need to recognize when it is limiting our human capacity for movement.

As a personal trainer, I practiced the Turkish Getup religiously and then began teaching it to my clients. This one movement challenges your mobility, stability, motor control, breathing, and coordination. It is a slow movement, practically meditative in nature, that transcends the realm of training. I witnessed the Turkish Getup get my clients the results they wanted while

simultaneously improving their body awareness. When you can kill 2 birds with 1 stone, do it.

VARIETY

Before leaving for my first tour in Iraq, I was in exceptional shape because of my time in Basic Training and the initial training once I got to my unit. I never once stepped foot into a gym up to that point. I had to crawl, climb, run, carry, shuffle, jump, hurdle, swing and well you get the idea.

Unfortunately, I did not appreciate how authentic my movement had become at that point. Which can be witnessed in my conversion to a meathead while overseas. Most of our missions were mounted or they were assaults through the air so I did not really require all the agility and coordination that I had previously developed. My platoon mates and I spent countless hours in the gym over there which helped me boost my strength and power, although the quality of my movement had diminished significantly.

The point here is that quality movement is an essential piece to being a human being. Developing your strength, muscle mass, power and speed are amazing but make sure that those capacities do not come at the expense of your movement.



Start by using your non-dominant hand more often. This will light up the neural activity of your brain. You can try:

- Brushing your Teeth
- Stirring the Pot
- Holding the Soap
- Throwing a Frisbee
- Using your phone

Other ways of increasing your movement capabilities are:

- Tai Chi
- Yoga
- Dance
- Martial Arts
- Wrestling
- Turkish Getup

FERMENTED FOOD

Local is the way to go. If you are in the Tampa Bay area, then check out St. Pete Ferments. They use wild ferments & have amazing tasting products. No affiliation, just a frequent consumer.

- Kombucha
 - This is probably the easiest to incorporate early on since it is very appealing to the palate, although there are many people that do not care for it. With this and any other fermented product, be cautious if you have any histamine issues. This is often due to bacterial overgrowth which is a condition that our clinic treats often.
- Sauerkraut
 - Raw, local and small batch. If there is vinegar, it is not sauerkraut
- Apple Cider Vinegar
 - Just make sure you get it with the "Mother." This is a placeholder about "Mother."

- Dairy
 - Yogurt and Kefir, ideally unpasteurized from a source you trust. I will not get into my thoughts on Louis Pasteur himself, but just realize that the process of pasteurization destroys the beneficial microbes present in these products and also destroys some of the essential enzymes. If you know that you do not tolerate dairy, then you would want to focus on the other options shared. However, some people tolerate the unpasteurized forms of these products for the reasons mentioned, even when they react to conventional dairy.

BRAIN HEALTH

LUMOSITY

I love this service. They provide 3 free games each day and their full membership is very reasonably priced. There are only a few games on the site that I do not particularly like. The games are extremely entertaining and you can compete against your previous scores which shows how your cognition is improving. They also ask you how much sleep you got the night before and what your mood is at the time.

PENMANSHIP

Travel into your not-so-distant past and rediscover those cursive skills. I am not clear on why exactly this improves brain function, but I believe it has to do with combining language with a continuous, flowing form of writing. Jotting things down in general helps to enhance memory so adding in the elegance of penmanship just adds to the benefits.

Another aspect that I like concerning penmanship is that most of us learned it during elementary school and then let it

disintegrate soon after. Exposing yourself to environments and activities from your youth can actually make your brain younger.

There was a study conducted where the researchers monitored brain activity of older individuals placed in rooms decorated as if it were the 1950's. Even the newspapers placed in the rooms were dated to that time period as well. The researchers noticed that the subjects' brains showed improved neural connections as if they were younger. Maybe we can access our inner Benjamin Buttons.

NEW LANGUAGE | BEING BILINGUAL OR MULTILINGUAL

Adding a new language to your repertoire can be beneficial for many aspects of your life. The learning process in itself carries immense positive effects on your brain. I took many Spanish elective courses during my college years but never reached fluency because my brain was not very receptive due to the poor lifestyle choices that coincided around that time. I plan to delve back into my Spanish studies when I have an opportunity so that I can communicate with a whole new population and develop areas of my brain that may have gone dormant.

Babble is a great resource but at some point you have to communicate with fluent speakers and ingratiate yourself into the culture.



SUPPLEMENTS

If you need an immediate boost to your brain function, supplements can be great options. I would not suggest over using these supplements or taking them on a regular basis. Reserve these for those times when you need extra focus and cognitive power. Once again, consult your physician before adding new supplements to your regimen.

- Huperzine
- Ginkgo Biloba
- Bacopa
- Acetyl L-Carnitine
- Magnesium Threonate
- Healthy Fats
- Alpha GPC
- Blueberry Extract

BRAIN MAPPING

A noninvasive procedure that measures your brain wave activity and then analyzes the results for you. There is a complex network of connections throughout your brain that constantly relay information back and forth. Sometimes the crosstalk between the different lobes can cause erratic brain waves, resulting in anxiety, depression, fatigue, insomnia, or altered pain perception.

A customized protocol is developed by the software and each treatment session will last 30 minutes. This is known as neurobiofeedback and it trains your brain to process incoming information more effectively.

We offer this treatment at Crossroads Natural Medicine & it has helped many of our patients reset their brain functioning & cognitive capacity.



PHASE 03 REBALANCED HEALTH

INTRODUCTION

At this point, you are several months into reharmonizing your health. You should be witnessing some of the benefits, but your profound transformation most likely still awaits. Remember that it took quite some time for your vital life force, or Qi, to deteriorate and now it will take considerable time to bring it back into balance. Stay focused and continue implementing your new behaviors while we begin the next phase.

Phase 3 begins with hydration. Many people would put this at the beginning, however there is more to it than just carrying around a water jug and chugging several ounces at one time. We need to incorporate movement, minerals and timing to truly quench our tissues.

H2O

AVOID PLASTIC BOTTLES

- Endocrine disruptors leach out into the water.
- There are minimal regulations & public safety measures.
- Vote with your dollar; in this case, without it.
 - Things that protect the earth will typically protect your health as well.

ADD LEMON OR LIME JUICE

WATER FILTER

Some people prefer Reverse Osmosis. I have heard conflicting reports on RO water so I chose to go with a Berkey Filter System that removes most dangerous compounds and you can purchase fluoride specific filters that connect to the other filters. I would suggest getting the fluoride filters because fluoride has many deleterious effects on your body and does not provide any benefits. Do not be fooled by the argument that it benefits our teeth because that is false. And why do they add it to municipal water? Well that is a good question and I plan to dive deeper into this topic for a webinar and blog post.

BODIES OF WATER

Water is a great conductor of electricity so this is the best way to ground yourself. You will also absorb vital minerals through the skin. These two facts are likely the reason why we feel so amazing after a day at the beach.

SHOWER FILTER

Just as you can absorb minerals through the skin, we can also absorb toxins.

STRUCTURED WATER → VORTEX MOTION

Bulk water is lifeless, structured water is life.

The water in our bodies is in the fourth phase (somewhere



TRY THIS...

Cucumber Mint Infused Water Recipe

1. Chop up some fresh cucumber & mint leaves
2. Soak in filtered water for at least 2 hours
3. Strain out the water
4. Add a pinch of Sea Salt & Enjoy

between being a solid and a liquid).

Cellular integrity begins to deteriorate as we consume bulk, polluted water. Add oxidative stress and other insults to the mix and now disease conditions begin to manifest.

Your fascia is made of 75% water; so when people say to hydrate, they should be giving more guidance on the what and how. We also need to move our bodies in order to rehydrate all of our tissues adequately. This is our main communication system in the body because information can flow faster than through nerve conduction. This is how memory can be stored in our fascia, it all comes down to structured water.

There are home systems that can restructure your water but they tend to be rather pricey. If you can afford one then I highly recommend doing so. Ophora offers great structured water.

Spring water is naturally structured and you may have one near you where you can get it for free! Go to findaspring.com to see where they are located around the US.

My current tactic for 2021 – First thing in the morning, add a dash of Redmond Real Salt to 16oz of water from my Berkey Filter System and a fresh lime juice. A good quality electrolyte powder is a great option too. I then swirl it in the glass for 1-2 minutes while focusing good intentions on the water. You could also use the blender to add the vortex motion that is desired.

LIGHT MANAGEMENT

HEALING QUALITIES OF RED/NIR LIGHT

- Simply, this improves mitochondrial function.
- Visit www.seedandsoilwellness.com for more information on the healing capabilities and energy support derived

from this modality. I have a [journal post](#) that describes the mechanisms behind this treatment modality.

- We offer Red/NIR light therapy for both patients and nonpatients, at a very reasonable price.

EXCESSIVE BLUE LIGHT EXPOSURE

Blue light naturally comes from the sun, along with the rest of the light spectrum, and is greatest during midday. This wavelength sends signals to your body to be alert and active, exerting its effects mainly through the hormone cortisol. It also limits melatonin's effects which would not be a great thing in the evening. Realize that your skin has sensors for light as well.

Unnatural blue light comes from your screens – phones, tablets, TVs, etc. Purchase a quality set of Blue Blocking glasses, especially if you must use your tech devices after the sun goes down. Again, no affiliation with the following, just a true fan.

- Blu Blox Glasses
- Spectra 479 (Cheaper Option)
- Apps and Filter Settings
 - F.lux
 - Night Shift (Apple products)
 - Iris

UV

This wavelength is not the devil. Imagine sitting on the couch for 4 weeks and then going out to run a marathon. Essentially that is what we often do when it comes to sun exposure. We work indoors and then find one day where we can hit the beach, so we make a full day out of it. Then, the next 5 days are spent lathering up the aloe vera lotion. Sun exposure needs to happen in a gradual manner, just like everything else in our lives.

It is difficult to give a prescription here as we all have different

skin tones. If your ethnicity is from the tropics, you require more sunlight to reap the benefits.

STIMULATING THE RETINA

Reset your Circadian Rhythm by allowing indirect sunlight into your eyes within 30 minutes of rising. Only wear sunglasses when you truly need to, like while driving. Sun gazing is another option but I suggest keeping it very close to sunrise and sunset.

ORGAN MEATS

BASIC BONE BROTH RECIPE

Nowadays, everyone has some level of leaky gut. The chronic psychological, emotional and physical stress that we incur in our modern world causes our gut lining to lose some of its all-important barrier, the first line defense against unwanted guests. As your bucket of stressors continues to accumulate, your gut lining begins to look more like Trump's border wall than the Great Wall of China. Bone Broth is one of the best ways to begin the healing process while simultaneously boosting the immune system, increasing energy and improving mood.

It provides essential amino acids, glycosaminoglycans, vitamins and minerals that help your body Thrive. When you are sick, the natural remedy is chicken soup. However, the original method required cooking the whole chicken, bones and all, in a pot for

TRY THIS...



1. Place whole chicken, chicken feet, or any other bones with plenty of gristle in the pot.
2. Add water until most of chicken is submerged.
3. Add liberal amount of Sea Salt.
4. Cook on Low Temp setting for 6 hours.
5. Add fresh herbs or dried herbs.
6. Cook for another 12-18 hours.

Ingredients: Whole Chicken (Chicken Feet, Cartilage, Bones from animal of choosing), Filtered Water, Sea Salt, Black Pepper, Paprika, Sage, Thyme, Rosemary, 2 dashes of Cayenne pepper (optional).

hours. This fact is often forgotten but necessary to derive the benefits of the broth.

The keys to making your bone broth is **LOW** and **SLOW**. Low temperature so that we do not damage the proteins or produce carcinogens, and slow so that we have enough time for all of the nutrients to make their way into the broth. Follow these steps but feel free to add/subtract to accommodate your tastes.

HEART, GIZZARDS AND BONE MARROW

"Time to see how the sausage is made," or scrapple for my folks back in Philly. These are probably the easiest to throw into the mix for the benefits:

- Liver
 - Remove the ligaments as best you can. Early on, before you redevelop a taste for this powerhouse food, soak it in lemon juice for 20 minutes before cooking to tame the flavor.

MEDITATION | MINDFULNESS

This is not about perfection, it is a practice. You will get better at it over time but do not get frustrated early on. Utilize guided meditation apps like Calm, Headspace or my favorite, Insight Timer, which has plenty of free options.

TRY THIS...



Superfood Burgers

1. Chop up a few chicken livers or a ¼ of beef liver and add it to 2lbs of grass-fed, grass-finished ground beef.
2. Form burger patties as you typically would.
3. Cook them up on the grill to your desired temp, just do not kill them.
4. Top w/stone-ground mustard and sauerkraut. Unless you are sensitive to dairy, go ahead and add a slice of raw, aged cheddar cheese.

FOLLOW THE BREATH

Notice the cool air entering your nostrils as your inhale and the warm air exiting as you exhale. You can gradually follow the air deeper through your respiratory system if you care to enhance the practice. Even let it travel down to your root chakra.

BODY SCAN

Lay on your back in the corpse pose. Maintaining slow, nasal breathing, direct your focus to your feet and notice any sensations. It could be pressure, tingling, discomfort, spasm, etc. Stay there for 20 seconds and then move up to you calves. Again, keep your focus here for 20-seconds before moving up to the thighs. Continue until you reach the peak of your head. Then you can work back down and see if you notice anything different.

PROGRESSIVE RELAXATION

Similar to the body scan except you are contracting the muscles in that area for several seconds before completely relaxing them.

VISUALIZATION

There are many options here. My favorite is to sit on my yoga block in half lotus position and draw a triangle from my Third Eye (slightly above the point between your eyes) to my fingertips. I focus on one point and slowly visualize a path from there to the next. After many rounds I will picture the entire triangle and feel its radiating energy.

PERSONAL BODY WORK

TENSION RELEASE TECHNIQUES

- Foam Roll: get down & mess around, don't overthink it!
- Yoga Tune Balls
 - There are different sizes. They grab your skin very lightly, helping to release adhesions between your skin and fascia.

PHASE 04

OPTIMIZED SAPIEN

INTRODUCTION

You have made it to the last phase of the program. Go ahead and congratulate yourself for making the needed modifications to your lifestyle. Embrace the changes and relish in your brighter future.

The next set of strategies were saved for last, either because they are the most physically challenging or because they require extra sacrifice and compromise. I do not mean for it to sound daunting, just recognize that they will optimize your health and wellness by building upon the basics.

NON-NATIVE EMF MITIGATION

- Shut Off your router at night while you sleep. Turning off your bedroom breaker switch will eliminate dirty electricity as well, but this may not be an option for many of you.
- Ground yourself (see next section on Earthing)
- Put your phone on airplane mode whenever possible
- Never use your cellphone up to your ear
- Do not eat irradiated food. I used to love the expediency of placing a meal in the microwave to get it piping hot. The problem is that the microwave will destroy most of the nutritional value of your food since it heats it up

from the inside out which is very unnatural. Standing in front of it while it is cooking takes a lot of faith on your part that the manufacturer has considered your health when designing their product.

- Add some Peace Lillies to your bedroom
- Tai Chi/Qi Gong
- Acupuncture
- Embrace your loved ones often

If you are into Biohacking then check out Luke Storey's The Lifestylist Podcast. The entire world is now bombarded with non-native electromagnetic frequencies that disrupt your metabolism. We evolved with natural frequencies emanating from the earth's surface, the sun's rays and our atmosphere. These help bring our body back into balance.

The non-native EMFs disrupt intracellular calcium and the movement of electrons in your mitochondria, making it difficult to supply energy. When electrons slow down along this path, they are more likely to react with oxygen and nitrogen earlier than intended, forming excessive amounts of FREE RADICALS.

You must protect yourself from unnatural frequencies as much as possible without becoming neurotic about the situation. We also have voltage-gated channels that do not operate effectively in our modern environments. Forget about deep meditation as your brain waves will have trouble transitioning into alpha or theta.

EARTHING

The surface of the earth supplies our antioxidants. A constant flow of electrons (-) travel into our feet as we walk barefoot. Unfortunately, how often do we walk barefoot? Modern shoes have insulating layers than deprive us of the negative charge coming from the earth.

I am the weird guy that walks around everywhere without shoes on, but my feet have never been better. There are specific brands of footwear that help to reconnect us to the earth and even mats that you can plug into the ground socket if you are not able to explore your environment without feet restraints.

FASTING

I like to fast mostly in the fall and winter, when our ancestors would have had more difficulty nourishing themselves.

LIQUID CALORIE FAST

Bone broth is drink of choice for this fast. It is very healing for the gut lining, provides ample nutrients and helps starve off those hunger pangs. You can also do things like low sugar green drinks or MCT oil in your coffee. This is a great way to give your digestive tract a breather.

INTERMITTENT FASTING

From time to time, go without food. There are times when I will incorporate several 24-hour fasts in a week.

TIME-RESTRICTED FEEDING

Pick a feeding window that suits your career & preferences.

TRY THIS...

Eat a large late lunch, no later than 4pm. Skip dinner that evening. Just have a relaxing, herbal tea such as lavender or chamomile. An Epsom salt bath would be a great option prior to bed as well.

When you wake up the next morning, have a glass of water with a pinch of sea salt and fresh lime juice (optional). Wait to eat breakfast until at least 10 am. Welcome to the world of fasting.



- 12-hour: This is a wonderful starting place or you can remain in this feeding window for quite some time, especially if you have underlying conditions.
- 10-hour
- 8-hour
- 6-hour: This is where I would hold steady unless you want to venture into 1 meal per day status.

WATER FASTING

I suggest adding high-mineral sea salt or electrolyte powder to your water. Here you are refraining from all caloric intake and even substances such as coffee & tea. That is if you are being strict about it. Honestly, I typically continue to drink a cup of black coffee in the morning and some herbal tea in the evening. I have only been able to do a single 48-hour fast with only water.

COLD EXPOSURE

Get comfortable being uncomfortable. What doesn't kill us makes us stronger. When we completely avoid cold, hot, microbes, predators, thirst, etc., then your internal, automated systems will not know how to deal with invaders and stressors appropriately. The immune system needs a solid amount of stressors to learn



how best to protect us when the bigger ones come along.

"A COLD SHOWER A DAY KEEPS THE DOCTOR AWAY"

One technique that almost everyone can implement is cold exposure. Enjoy the convenience of being able to live in a steady temperature. However, that regulated thermostat may be making you weak. Benefits of cold exposure include:

- Metabolic flexibility
- NO production
- Decreased Inflammation
- Increased Brown Adipose Tissue

Challenge your body's innate responses to endure the cold. I guarantee that the rest of the day's mundane stressors will be much more manageable. Think of the following as exercise sessions for the tiny muscles surrounding your blood vessels.

- Take your normal shower, then turn the knob to full cold for 20-30 seconds at the end before you get out. Remain calm and slow your breathing down.
- Progress to doing 20 seconds of cold and then 10 seconds of warm/hot. Perform 3 rounds.
- Slowly progress to 10 rounds.
- Full Cold Shower: I like to psyche myself up and tense my full body before jumping in or doing 1-2 rounds of Wim Hof breathing which helps desensitize your emotional response to extreme cold.
- Ice Bath for 2-3 minutes @ approx. 60 degrees F
- Ice bath for 5 minutes @ approx. 60 degrees F
- Ice bath for 8 minutes @ approx. 60 degrees F
- Truly Grown Ice Bath: 5-8 minutes @ 50 degrees F
- An alternative option is cryotherapy services that are popping up all over the place.

SAUNA | SWEATING

Recognize that the composition of your sweat can change depending on the physiological state you are in. Sweating in the sauna while meditating will release more toxins than the sweat during your Tuesday spin class. Both are beneficial, so it's important to find a balance.

Another huge benefit of heat exposure is the upregulation of heat shock proteins which help your body adapt to the new stressor. Here in Florida, I just go outside for much of the year. Just make sure to replenish your electrolytes and trace minerals afterwards.

ENHANCED SOCIAL CONNECTIONS

BE WITH THE PEOPLE YOU LOVE

Play games, tell stories and have community dinners.

PHYSICAL TOUCH

More hugs, foot massages, kisses and things that happen between the sheets. Also, get regular chiropractic adjustments!

CONNECTION WITH OTHERS

Smile more and look deep into people's eyes, just don't be creepy about it. This may be the most important aspect of optimal health.



For introverts like myself, it may also be the most difficult. BTW, this does not only include other humans. Dogs are called “A man’s best friend” for a reason.

THE JOURNEY TO HEALTHY

If there is one thing that I have learned from the pandemic of 2020, it is that we as a nation, as a world for that matter, are too afraid of death. That fear actually manifests itself as disease over time, which is kind of ironic.

For me, there is a clear distinction between suffering and dying. We are all dying; since the day we are born. It is the cycle of life. Yet we do not have to suffer. That is why I want each and every one of you to Thrive in this life.

Enjoy every moment on this earth because one day it will come to an end. That event should be celebrated no matter how long your life lasted in years. There will be times when we do not feel all that well, but they should be short-lived. Do not get to the point where you forget what healthy feels like. I see that all too often in my practice. It is my passion in life to assist people on their healing journey so let’s bring harmony back to your health.

There are several topics that I had to leave out of this program, some of which include Oral Health, Food Quality, Lymph drainage, Heavy lifting, & Finding your life’s purpose, but these will be a part of either an updated version or a part 2, along with other wellness strategies.

The Strive to Thrive program has helped to rebalance your life. Now, go out and explore further, improve your life and the lives of those around you, while embracing the joy that permeates through the inner fabric of your reality.

For further guidance or advice, visit www.seedandsoilwellness.com or DM me [@seedandsoilwellness](https://www.instagram.com/seedandsoilwellness)

MORNING ROUTINE EXAMPLE

- Wake up without an alarm (if possible) around the same time each morning. Use a soothing chime or music to ease you out of slumber if need be.
- Drink 12-16oz of structured water, spring water or filtered water with a dash of sea salt and lime juice.
- Brew some freshly ground, organic coffee in the French press for 3-4 minutes. Drink outside with bare feet touching the earth while allowing indirect sunlight into your eyes. (If early enough, you can look directly at the sun for eye health. I stick to the first 30 minutes after sunrise.)
- Perform 10 minutes of breathwork, Tai Chi, mindfulness, or stretching. You can also opt to do a quick affirmation meditation before getting out of bed.
- Hug someone or your pet
- Check your To-Do list
- Take a cold shower or ice bath
- Take a walk or do a short bout of pushups/squats/bear crawls/jump rope to warm up.
- Time to make that bread! (Bread = Money, unless it is the weekend, in which case, go ahead and make that sourdough loaf).

