

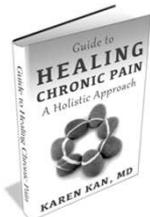
Is your brain balanced or stressed? Find out today...



Karen Kan, MD Holistic Physician & Acupuncturist



- #1 Amazon Bestseller
- Featured on PBS TV
- Featured on Biography TV
- Certified Emotion Code Practitioner
- *Body Code Practitioner (see brochure)



Resources:

- Copy of these slides will be posted online for you to download. Make sure we have your email address.
- All students can download and distribute a free excerpt of my Guide to Healing Chronic Pain book to friends and family who might be interested

Class Objectives

- The top 5 symptoms that your brain is in “stress mode” and not in “healing mode”
- Where does “stress” come from?
- Top 5 lifestyle changes that will help you heal
- Learn the brain balance muscle test
- Two healing interventions to change your brain back into “healing mode”

What is your body's Natural Healing Mode?

- Controlled by the Autonomic Nervous System – the Master Controller
- Opposite of Stress Mode – also known as Fight or Flight
- Also referred to as Relaxation



What is Stress Mode?

The Body's Stress Response

- stress hormones, including adrenaline and cortisol
- Your heart pounds faster
- muscles tighten
- blood pressure rises
- breath quickens



What is causing us stress?

- Emotional: Work, relationships, health issues
- Toxic food
- Polluted water, air
- Toxins in the home
- “Unseen” toxins – EMF!

Top 5 Symptoms Your Brain is in Stress Mode, not Healing Mode

1. Chronic Pain
2. Poor Sleep Patterns
3. Chronic Fatigue
4. Mood Imbalance
5. Brain fog



Top 5 Lifestyle Changes to Jumpstart Your Healing

These changes can:

- Get you from stress mode to healing mode
- Raise your vibration which in turn increases your healing rate
- Make a positive difference within 7-10 days



Lifestyle Change #1

Go to bed before
10:30PM at night

- Prevent cortisol spike
- Growth hormone release

Benefits:

- Healthy fat loss
- Increased lean muscle
- In tune with the sun



Lifestyle Change #2

Cut the Crap
(from the diet that is!)

- Stop caffeine
- Stop eating sugar
- Eat less processed food



Lifestyle Change #3

Be in Nature

- Earthing releases free radicals into the earth
- Absorb healing vibrations from nature
 - Visual
 - Auditory
 - Tactile
 - Olfactory (smells)
 - Taste



Lifestyle Change #4

Consume whole foods and pure water

- Approximately ½ ounce per body weight
- Farmer's Markets and organic versus Toxic food
- Take time to eat and enjoy!



Lifestyle Change #5

Connect with Spirit

- Daily Gratitude Journal
- Prayer and Meditation
- Reading spiritual books



Balancing Your Brain Method 1

Alternate Nostril Breathing

- Breath in through the left nostril and out the right.
- Then breath in through the right and out the left.
- Occlude whichever nostril you need to with a finger.
- Focus on breathing deeply into your belly

Balancing Your Brain Method #2

LifeWave Y-Age Aeon Acupuncture Patches

- Advantage: works for 12 hours
- Blood Studies show balancing in cortisol and inflammation
- Other studies show nervous system balance within 10 minutes
- \$3 a day (retail) \$1.67 (wholesale)
- www.acupuncturepatches.com



Summary

Top 5 Lifestyle Changes:

1. Go to bed before 10:30
2. Connect with Nature
3. Cut out the Crap (from your diet)
4. Hydrate with quality water
5. Gratitude Journaling

Summary (continued)

Get your brain balanced again:

1. Alternate nostril breathing as often as possible
2. LifeWave Y-Age Aeon Patches for brain balancing
 - www.PatchTrainingTeam.com (brain balance protocol)

Today's Gifts from Dr. Karen

- Free 6 chapter excerpt and 5 online wellness classes – sign up at www.karenkan.com
- 15% off Supplements online at Emerson Ecologics www.imacupuncture.com/emersons
Discount Code *IMA888*
- \$20 off New Patient appointment with Dr. Karen Kan or \$5 off an autographed copy of paperback bestselling book, *Guide to Healing Chronic Pain – A Holistic Approach*. Valid through August 30, 2014.

QUESTIONS?
