


Beyond Brain Balance:

How to Supercharge your Natural Healing Abilities



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Objectives

1. Understand how your Brain controls healing
2. Understand the Ascension process and how it affects your nervous system
3. Know the signs of when you're system is NOT in healing mode and you need to intervene
4. Understand Reversed Polarity and Autoproxying states and how to correct them
5. How we use Heartrate Variability testing to assess your healing potential

Relaxation vs. Fight or Flight...

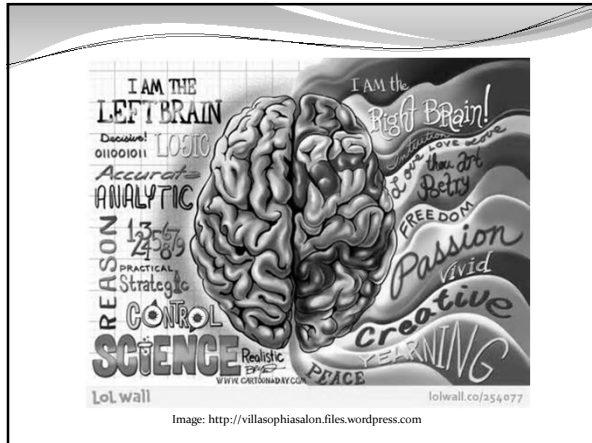
| PARASYMPATHETIC NERVES "Rest and digest" | SYMPATHETIC NERVES "Fight or flight" |
|---|---|
| Constrict pupils | Dilate pupils |
| Stimulate saliva | Inhibit salivation |
| Slow heartbeat | Increase heartbeat |
| Constrict airways | Relax airways |
| Stimulate activity of stomach | Inhibit activity of stomach |
| Inhibit release of glucose; stimulate gallbladder | Stimulate release of glucose; inhibit gallbladder |
| Stimulate activity of intestines | Inhibit activity of intestines |
| Contract bladder | Relax bladder |
| Promote erection of genitals | Secrete epinephrine and norepinephrine; Promote ejaculation and vaginal contraction |

Figure 45-20 Biological Science, 3/e
© 2005 Pearson Prentice Hall, Inc.

Image: <http://activateanddominate.com/>

Healing mode vs. Stress mode

- Name all the things you can think of that might cause your nervous system to go into “stress mode” versus “relaxation” or healing mode?



Are you right and left brain balanced?

- List all the things you “do” that you think are left-brained
- List all the things you “do” that are right brained?
- How balanced is this list?
- Do you think you’re more right or left?

How Ascension affects us...



Image: <http://www.sistema.templodeapolo.net/>

Reversed/Inverted/Switched Polarity

- Nervous system so stressed that the energetic “poles” are now reversed
- Is a “non-healing” state and harmful if it doesn’t self-correct

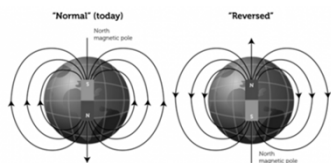


Image: <http://theracketreport.com/>

Autoproxying

- When you’re feeling someone else’s stuff so much that you’re nervous system is acting as if it is “reversed”
- How do know?
 - You have symptoms!

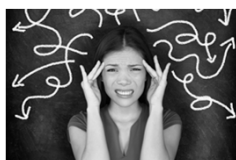


Image: <http://bebrainfit.com>

Correcting Your Polarity

Polarity (Chakra)

Tapping exercise

- One hand taps in belly button while
- The other hand taps the chakras in succession from low to high



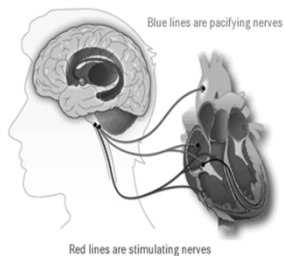
Image: <http://thespiritscience.net/>

How to Objectively measure your Brain Balance and your Ability to handle stress...

Heart Quest Heart Rate Variability Testing

- Why HRV technology like Heart Quest?
- Because now medical doctors can see how stress specifically impacts many systems in the body
- And through various therapies like acupuncture, nutrition, breathing, etc., balance can be achieved

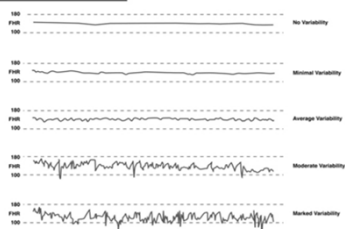
Heart & Brain Connection



The heart sends meaningful messages to the brain that it not only understood but obeyed.

What does a HRV Rhythmogram look like and reveal?

Fetal Heart Rate Variabilities



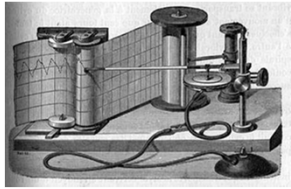
High HRV = Good Health Prognosis
Low HRV = Increased risk for acute and chronic health problems

Disease States associated with Autonomic Nervous System Dysregulations



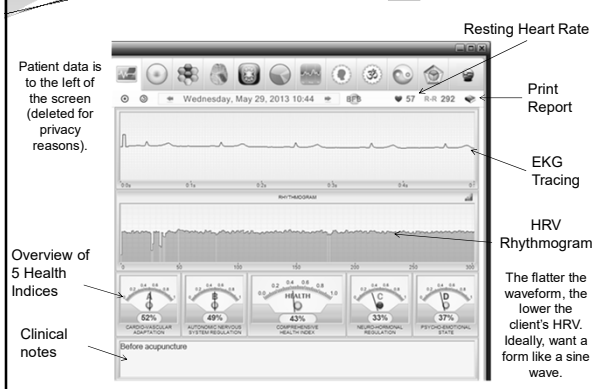
- 1. Depression
- 2. Fibromyalgia
- 3. Sleep disorder
- 4. Asthma
- 5. Dizziness
- 6. Irritable bowel
- 7. Panic Disorder
- 8. Chemical Sensitivity
- 9. Chronic Fatigue syndrome
- 10. Migraine
- 11. Hypoglycemia
- 12. Hypertension
- 13. Premenstrual Syndrome
- 14. Anxiety

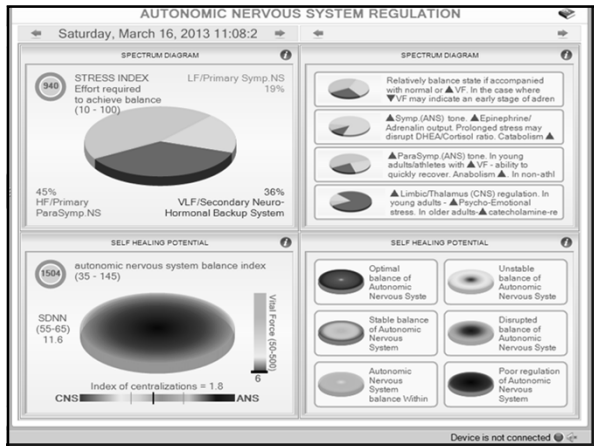
HeartQuest is like a lie detector...

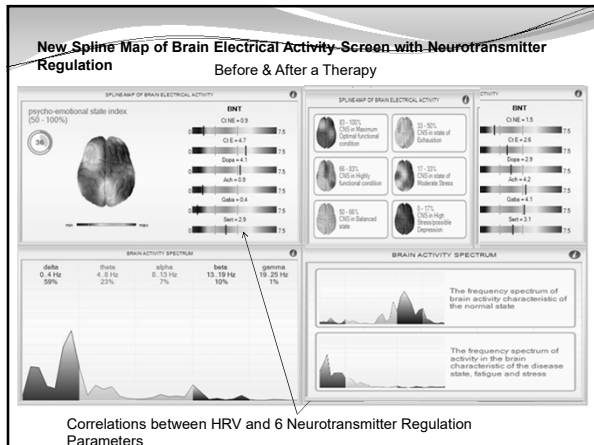


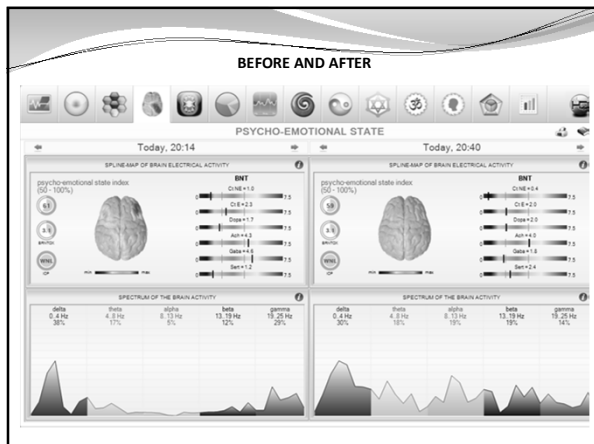


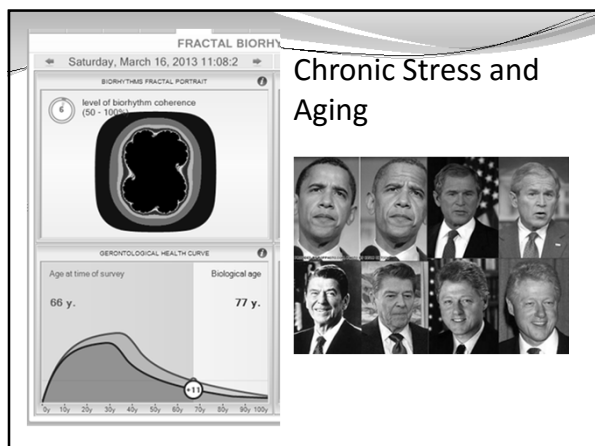
Explanation of HeartQuest® Screens

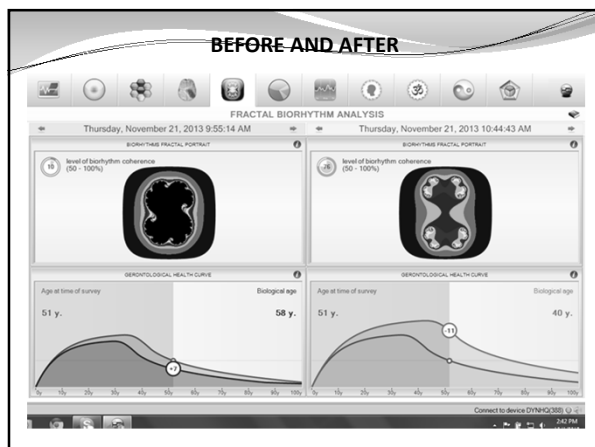












Customized breathing program based on each client's scan. The goal is 1 breathing cycle to 6 heart beats.

Slowing the breathing down is a classic way of reducing the stress response in the body and increasing ANS tone.

Exhale

Benefits of Heart Quest

- Provides convenient, quick, non-invasive way to assess current state of health
- Shows your baseline or starting point
- Can easily track health changes over time with before & after scans
- Helps you see changes even if you can't feel them yet
- Helps you decide what is working and can adjust if needed
- Helps you be more compliant with improving your health and achieving your wellness goals

Holistic Healing Event Special

Heart Quest HRV testing

~~\$100~~

\$50 this weekend only
