

Nutritional Protocols for Super-Healing and Stress Resilience – © 2008 AAQM - Dr. Paul Yanick

Each of us is born with an amazing potential to heal. Then we spend the rest of our lives having this potential buried by stress. Eventually, we forget we have an inner physician installed in our bodies and we attempt to control the symptoms of uncompensated stress with stimulants, pharmaceuticals or nutraceuticals. It is as if our brilliant healing energy is locked away in a vault deep within. Consequently, we settle for less than an efficient body and quality of life and we allow stress and its fires of inflammation to damage our bodies. The brain-vagus network is a source of unlimited potential in the form of a superior innate intelligence with extraordinary, unacknowledged potency and range of powers. This awe-inspiring, prodigious intelligence regulates every aspect of the body, from the flow of nerve impulses and directions of the brain's activity itself to reaction to the stresses of life. The facets of this concealed intelligence can be deduced from the existing annals of science and natural biology.

It took 3 decades of research for me to realize that widely accepted theories of nerve transmission and human alignment were woefully inaccurate. This delayed my finding the combination to the vault where the body's inner physician was kept. This combination can only be opened at the cell's lipid bilayer, the gateway to the brain's awesome genius. A homeopathic-like oleoresin-lipid massage oil, *QuantaLipid™* and a food ferment *NeuroNutraFood™*, rich in polar lipids, cracked the neural code for me to achieve amazing health transformations. With amazing brilliance, it stabilized neural membranes void of quantic harmony, providing the ultimate way to relieve stress and enhance the *corpus callosum* (CC) gateway of the left-right neocortex hemispheres. Thus, you hold in your hands the interactive tools that can transform your life and the lives of your patients. Just like a master cutter reshapes a rough stone into a brilliant diamond, you can use these tools to open the vault of powerful regenerative healing deep inside of you and teach your patients to do the same.

Two techniques, the **Yanick Triune Brain Synchronization Protocol** and the **Quantic Harmonization Technique (QHT)** are featured in this handout as powerful stress reduction techniques aimed at strengthening the brain-vagus connection and thus helping one overcome worry, anxiety, depression, and the repression of emotions that cause suffering and pain. Increased mental clarity and concentration and greater resilience to stress are noted by patients after therapy. A release of the feelings of imprisonment caused by worry, anxiety, and despair over challenging life experiences that cause us to feel powerless has been reported. In addition, some have noted how denial and learned behavioral patterns previously inhibiting the neocortex, changed for the better. People feel grounded with increased physical stamina. They seem to have more courage to address fears pertaining to feelings of low self-worth or repressed trauma as the neocortex focuses more attention on dissolving stress-generating emotions and sub-conscious beliefs that limit human potential. These bio-energetic changes are induced via a homeopathic-infused oleoresin-polar lipid matrix of exahertz-nanotesla resonances that nourish the skin and nerve endings in the skin to strengthen Brain-Efferent Vagus connection.

These techniques are designed to work with the body's largest endocrine organ, the skin. The skin's outer layer, the epidermis consists of tightly woven epidermal cells that form a sturdy barrier to hold moisture in as well as keep unwanted water out. The epidermis brims with stem cells ready to spin out reinforcements as needed and is suffused with collagen. The dermis brings firmness—and when collagen is broken down, skin wrinkles and sags. Lacing through the skin are blood vessels, hair follicles, sweat and oil-producing glands and abundant neural connections that run to and from the brain and other organs. These finely-tuned sensory nerve endings scan and process our surroundings and explain why we caress softly the rose petal but recoil from the pain of its nearby thorns.

The skin is a powerful interface between the mind, the body, the QEF and the external world. The emerging concept of a *neuro-immuno-cutaneous-endocrine* network recognizes the skin as an almost independent, untamable intelligence. Like the blush that inadvertently reveals the mind's secrets or goose bumps that warn when something is amiss, or the crawling skin sensation of fear.

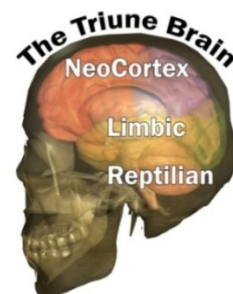
This mind-skin interchange can inactivate excessive TH-2 immune inflammatory reactions and is considered by many dermatologists to be a critical outpost of the immune system. So powerful is the skin that the idea of using a transdermal therapy like *QuantaLipid™* made perfect sense.

Neuroscientist Dr. Paul MacLean discovered humans have not one but three brains (triune brain). Like three specialized and interconnected computers, each with its own special intelligence and memory, the triune brains consists of the limbic system, the reptilian brain (brainstem and cerebellum), and the neocortex which is divided into left and right hemispheres with a *corpus callosum* (CC) interface.

Proof of triune brain capabilities comes from the fact that negative thoughts and emotions disrupt immune functioning and health, and from research that includes placebos (strong scientific evidence of the power of the mind to heal the body). The triune brain consists of:

- **Limbic System** - the most chemically active and chemically volatile of the three brains. The limbic system is the center of emotional activity and sensory-based emotional information, including senses of taste and smell, pleasure and pain and it is always overloaded with hypovagal function and uncompensated stress.
- **Reptilian Brain** - absorbs information in the form of energy that flows up the spinal column and through the pores. Instincts of comfort or discomfort, territory or safety, moving toward or away from things, patterns, addictive habits and routines connect to the reptilian brain.
- **Neocortex** - divided into left and right hemispheres. The left hemisphere is considered the dominant one by neuroscientists because it is the center of language and the seat of rational, analytical and sequential intellectual processes. The right hemisphere perceives in wholes and can signal the limbic system. It is considered the center of random, inconsequential intellectual processes, such as intuitive, visual, and associational. The *corpus callosum* (CC) is the major white matter tract connecting the right and left cerebral hemispheres of the brain. It is the bridge between the two hemispheres or the highway of the brain where information passes from one hemisphere to the other hemisphere.

When the reptilian brain does not feel comfortable and safe, it sends distress signals up through the top two brains, which can make it impossible to concentrate on the work at hand. Unlike the left neocortex, which is concerned with external facts, the limbic brain gives us information about our internal world. If its internal dialogue is ignored due to the voice of reason, the left brain is allowed to impose its linear perspective; not letting us benefit from information that the limbic brain is providing. This self-censoring process is the primary reason for the inhibition of innate intelligence at the neocortex level. Indeed, today's world is driven by chemical dependency and trained by repeated behaviors and habits that deplete and drain the vagus-efferent pathway. The addiction can be sugars, alcohol, caffeine or even USP vitamins. In these cases, the limbic system learns to associate everything to do with pleasure and relief - fun, relaxation, socializing, sex, food, reward and reduction of anger,



anxiety, fear, depression, etc., with alcohol, drugs, stimulatory or synthetic chemicals. Since the immune system also connects to the limbic brain, immunological unresponsiveness develops, causing disease. The neural membrane provides the combination to the vault where the innate intelligence resides.

The CC is the most important and vital link between the synchronization of left-right hemisphere activities. The body's ability to heal and repair itself from trauma or toxic insults is critically dependent on the CC juncture. Moreover, total body alignment depends on how efficiently the CC can synchronize left-right hemisphere activities. For example, in advanced CC atrophy, there is dementia and Alzheimer's disease (*Dementia and Geriatric Cognitive Disorders* 2007;23:96-103). In vivo imaging with MRI, EEF, and PET of region and cell type specific neocortical neuro-degeneration in Alzheimer's disease reveals that there is a disassociation of the corpus callosum and neocortex (*Neurology* 1998 51:5:1381-5; *J Neural Transm* 2002 109:5-6:837-55; *Int Psychogeriatr* 2003 15:1:9-25; *Neuropsychologia* 2006;44:2:208-17; *J Neural Transm Suppl* 1991;33:35-8; *J Neural Transm Suppl* 1998;54:129-36; *Neurobiol Aging* 2003 24:1:85-94).

Performing the Yanick Triune Brain Synchronization Protocol & QuantaLipid™

When the CC is functioning efficiently, the brain activity slows from the rapid patterns of Beta into the more gentle waves of Alpha. The intellect of the subconscious mind expands with exceptional talents that have been latent due to over use of the reptilian brain (addictions, toxicity, stimulants, stress, etc). Awareness expands and fresh creative energy begins to flow while fears and negative emotions held hostage by learned behavioral patterns seem to vanish. There is a deep sense of peace and well-being as innate intelligence steps up repair and regeneration functions an estimated 300-3000%. In biofeedback, Alpha training is most commonly recommended for the treatment of stress. This protocol is alpha-centered and permits deep levels of relaxation. It is based on concepts of polarity balancing to open the diaphragm and restore higher levels of free-flowing *qi* throughout the body. It is one of the most powerful stress reduction techniques currently available. During this energy balancing session, the patient should wear loose, comfortable clothing made from natural fibers to allow a better flow of *qi*. Man-made fibers like nylon and tight clothing tend to obstruct energy flow and recirculation of the QEF.

INSTRUCTION:

- **STEP I** – Have the patient take 10 drops of *NeuroNutraFood™* in 4 ounces of *HydraWater***.
- **STEP II** – Have patient rub both hands with a generous amount of *QuantaLipid™* oil. While lying face up, place the patient's left hand over the forehead making sure to cover the eyebrows with the palm facing down and touching the skin. Have the palm of the patient's right hand placed between the sternum and umbilicus. NOTE – this oleoresin-lipid matrix gets solid when the room temperature is below 80 degrees. If it gets solid, simply put it in a cup of hot water from the tap not exceeding 100 degrees and in 10 minutes it will completely liquify.
- **STEP III** – Let the patient stay in this position for at least for 20 minutes while taking a series of deep breathes. Instruct them to breathe in deep through the nostrils and blow out through the mouth, as if they were blowing up a balloon. This process releases pent-up tension in the upper abdomen or chest area and allows the energy to flow upward. Repeat this process once weekly for 6 weeks and then once every 6 weeks thereafter to maintain balance in the midst of electropollution and to continue the process of higher alignment involving the organ-vertebrae pathways.

This protocol provides a powerful catalyst toward providing a powerful unity of the energetic body with the physical body. To enhance the restoration of this functional unity instruct patients to do the posture-exercise routines described in Chapter 8 of my **Quantum Medicine – Practitioner Manual – Level 1 Certification** on a daily basis. Each treatment resets all the neurolymphatic receptor points where the body's energetic fuses commonly blow out and empowers the body by releasing stagnant energy from the primal energetic zones (*Chung Mo*) so more energy can be dispersed throughout the entire acupuncture meridian system of the body. Reciprocity—a fundamental value in augmenting innate intelligence—found in immune TH-1/TH-2 cytokine responses, in the autonomic nervous system (ANS), and in the way innate intelligence controls and governs the healing response is augmented via this protocol. Augmenting a *supercontinuum* of reciprocal, harmonic polarities holds out great promise for transformation, growth, and healing.

PERFORMING THE QUANTIC HARMONIZATION TECHNIQUE (QHT) & QUANTALIPID™

This polarity balancing technique works to defuse stress and restore higher levels of free-flowing *qi* throughout the body. As a stress reduction technique, it should be performed with the patient wearing loose, comfortable clothing made from natural fibers to allow a better flow of *qi*. Man-made fibers like nylon and tight clothing tend to obstruct energy flow and recirculation of the QEF.

INSTRUCTION:

- **STEP I** – Have the patient take 10 drops of *NeuroNutraFood™* and 3 drops of *Matrix Energizer™* in 4 ounces of *HydraWater*** www.ultrahydration.com or call (800) 707-1925
- **STEP II** – Have patient rub both hands and feet with a generous amount of *QuantaLipid™* oil. While lying face up with both feet together, place the patient's left hand under C-7 with the palm of the hand touching the skin. Have the palm of the patient's right hand placed between the sternum and umbilicus. NOTE – this oleoresin-lipid matrix gets solid when the room temperature is below 80 degrees. If it gets solid, simply put it in a cup of hot water from the tap not exceeding 100 degrees and in 10 minutes it will completely liquify.
- **STEP III** – Have the patient bring the bottom of their feet together as illustrated.
- **STEP IV** – for 20 minutes, have the patient take a series of deep breathes. Instruct them to breathe in deep through the nostrils and blow out through the mouth, as if they were blowing up a balloon.

A restoration and synchronization of the brain-vagus, immune, neuro-endocrine systems can be expected with repetitive therapies. Quantic Harmony allows the body to naturally generate and maintain its own QEF. When patients have reached this level of health, their QEF is fully restored with the highest exahertz-nanotesla range energies, providing natural protection from most stressors and harmful EMFs.

For more information on *NeuroNutraFood™* & *QuantaLipid™* contact - www.quantafoods.com For books, seminars - www.aaqm.org

