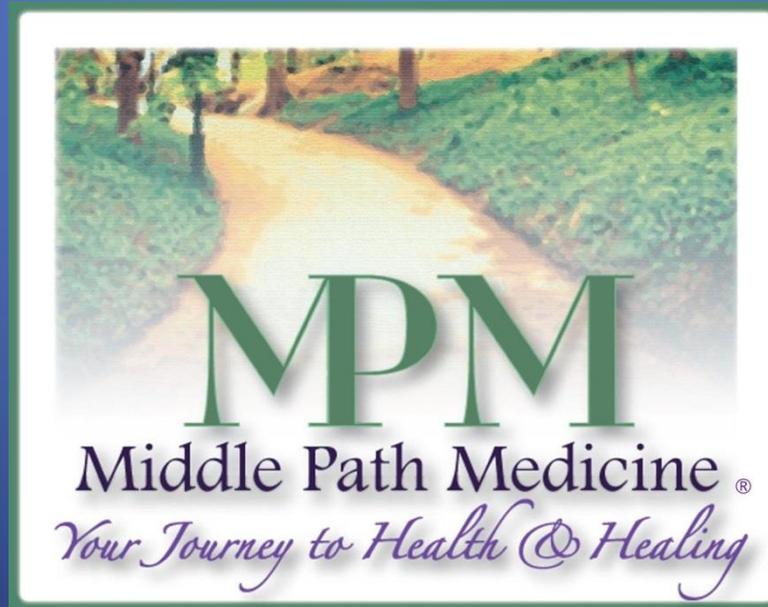


The Lack Of Energy Remedy

Gary E. Foresman, MD
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TRANSCEND

Ray Kurzweil, Terry Grossman MD (2009)

- **T**alk with your Doctor/**T**herapy
- **R**elaxation/Stress Management
- **A**ssessment
- **N**utrition
- **S**upplements/**S**ex/**S**leep
- **C**alorie Reduction/Moderation
- **E**xercise/Interval Training
- **N**ew Technologies
- **D**etoxification/**D**harma



Talk With Your Doctor/Therapy

- No lecture or presentation is meant to replace the honest and thorough communication between you and your personal physician. The best primary care can come from any healer, whether DC, ND, LAc, DO, or MD.
- Your doctor's knowledge of you as the person who has the signs/symptoms/or "dis-ease" (our teachers) allows them to guide/treat you as the *individual* who has the disease.
Definition: "Authority" - One who has a particular interest in a subject and lives at least one hundred miles away!
Integration vs Dis-Integration, our current disease care system.
- **Therapy:** Why we all need it. Accessing the mental and emotional bodies
- Your best reference for authoritative Integrative Medicine information: www.middlepathmedicine.com.

General Treatment Principals

- All Senses For Healing

As you and your family are exposed to such a fear-based state (Fox News/ marketing of disease/ mass misinformation from the internet), never has there been a more important time for wholism and 'center-stage' principals. Each of you are your own best healer.

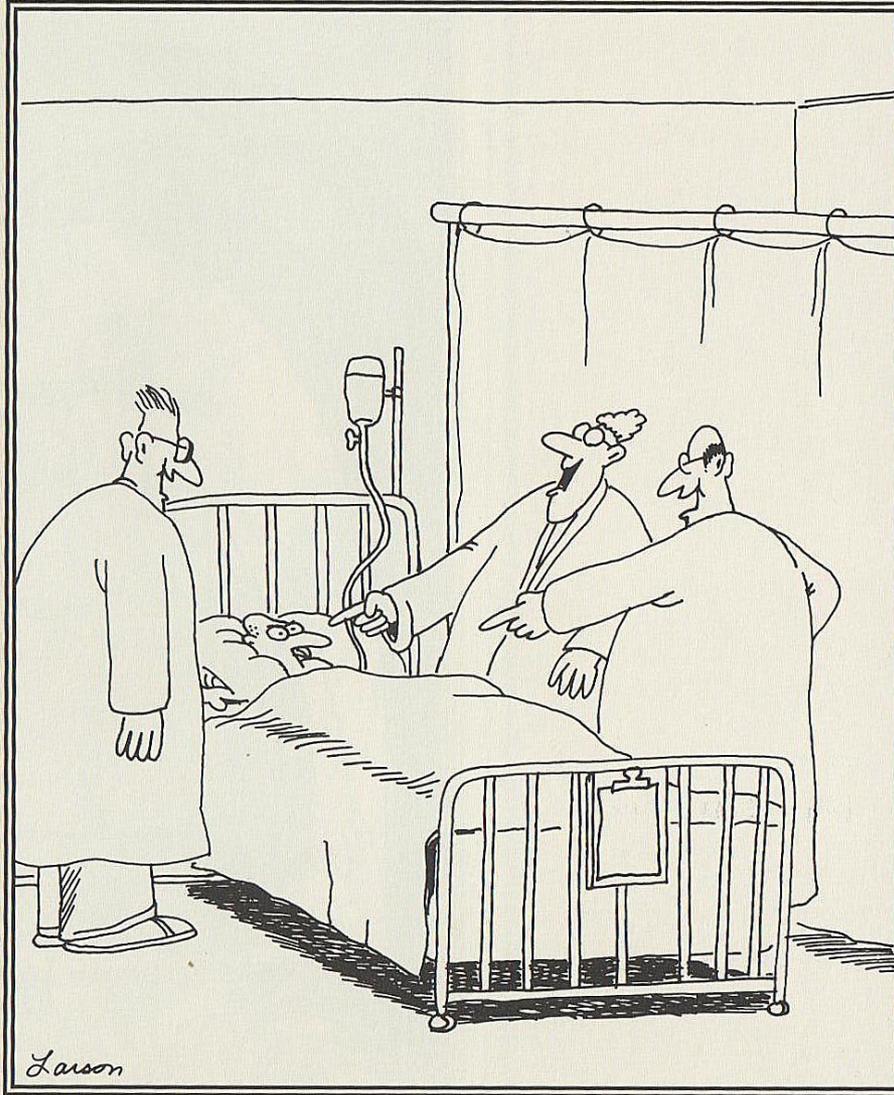
- **Visual**: consider all videos/TV/news programs that you watch. Focus on time in nature, home beauty, Feng Shui
- **Auditory**: music as medicine, singing bowls, the non-local effects of harmony

General Treatment Principals

- **Laughter**: the audio-visual continuum
- **Smell**: Essential Oils/aromatherapy, the power of personal experience
- **Taste**: the conscious use of spices; healthy shopping and cooking
- **Touch**: how touch deficiency exists whereas chemotherapy deficiency does not. All organic skin care and home care products.

The life-transforming power of our symptoms to heal.

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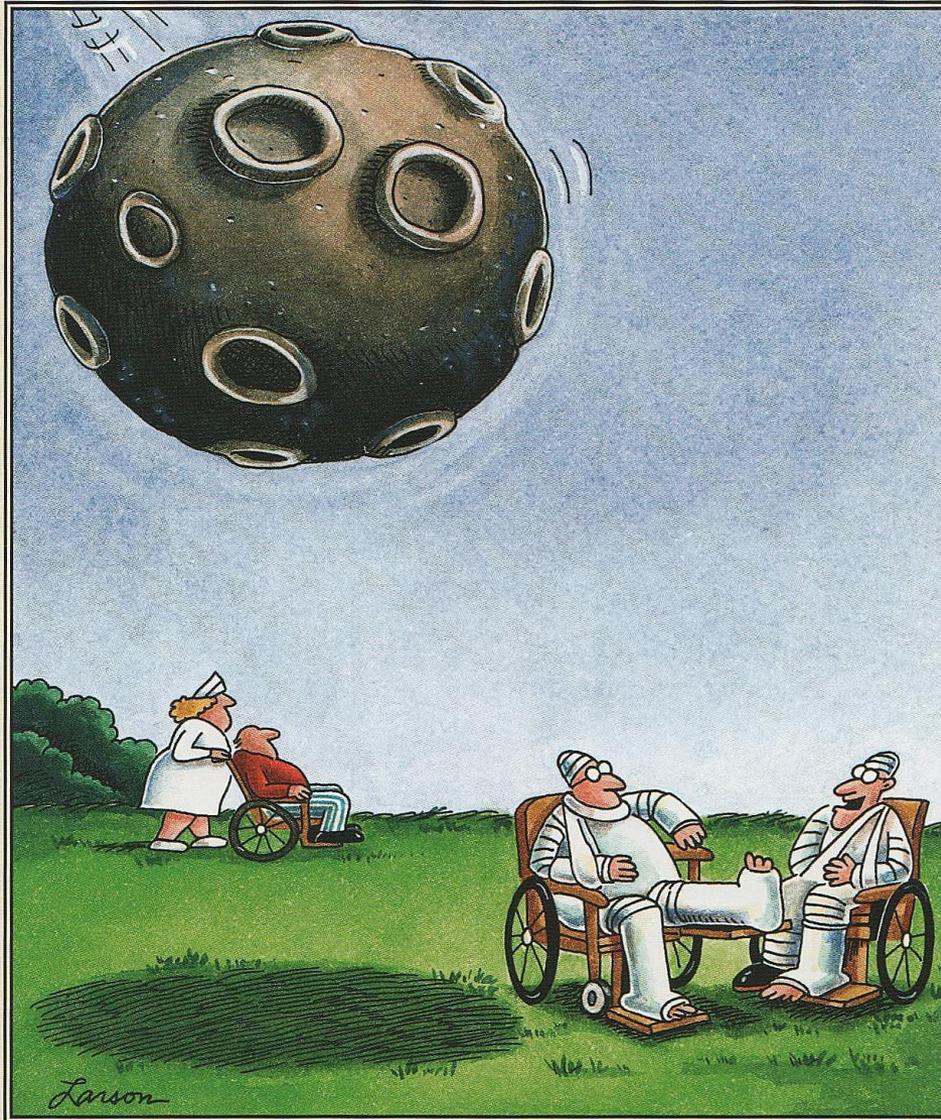


Testing whether laughter *is* the best medicine.

Relaxation: Stress Management

- As a physician, meditation practitioner for 25 years, and a meditation instructor for 16 years, I am in a unique place to emphasize a meditation practice as the single most important thing we can do individually or collectively as a species.
- www.profoundmeditationprogram.com
- www.kenwilber.com
- For our *Stress Management Series* please go to: www.middlepathmedicine.com/ArticlesandPublications/ArticlesP-T/Stress_Management_Series.pdf.
- The necessity of the Middle Path: being and doing, feminine and masculine, saving and spending...

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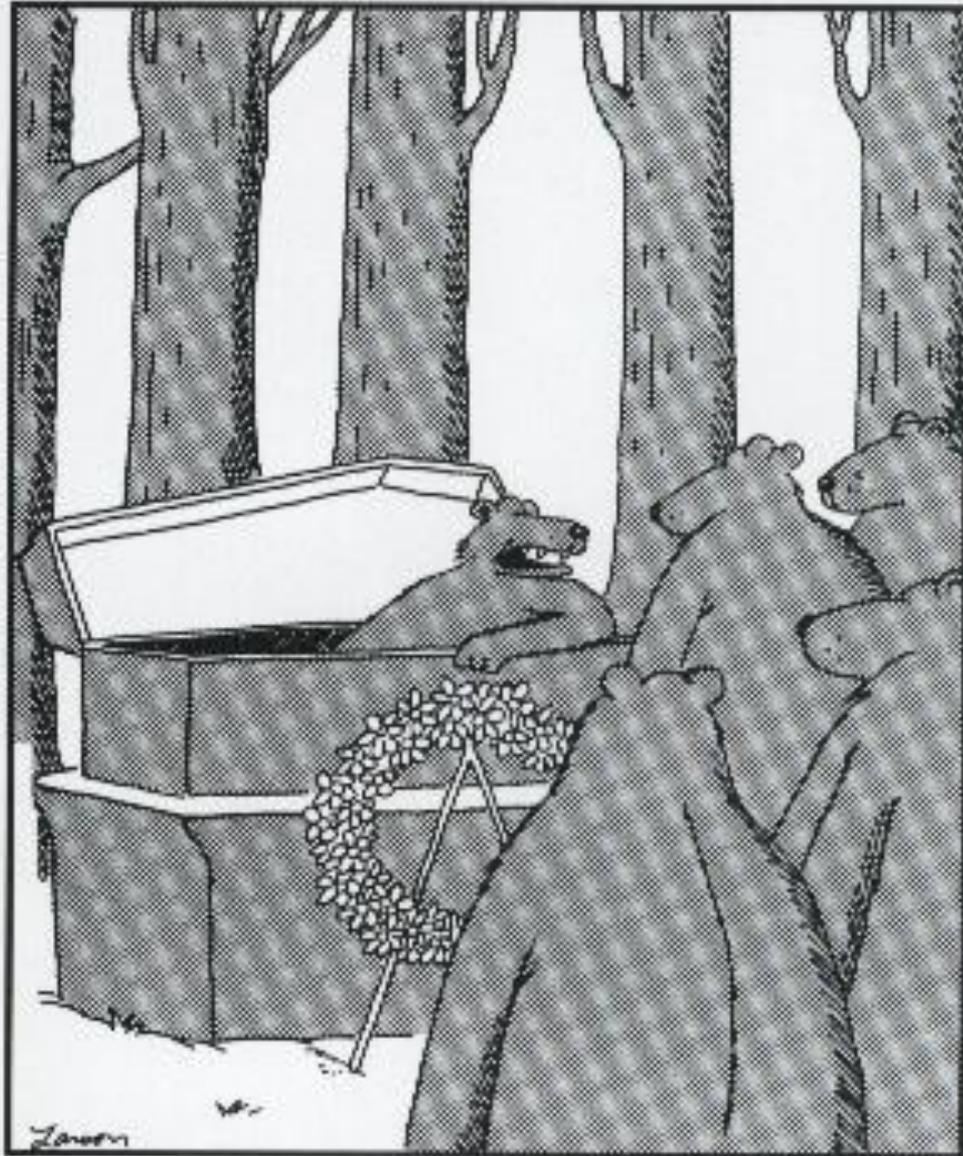
“You’re kidding! I was struck twice by lightning too!”

Assessment

- CBC – complete blood count, CMP – comprehensive metabolic panel, FLP – fasting lipid panel (consider advanced testing like Spectracell LPP), hs CRP – highly sensitive C-Reactive Protein (the “inflammation test”), ferritin (iron storage), homocysteine (the B vitamin test), vitamin D (25-OH D3), both the A1C and fasting insulin looking for elevated glucose and insulin resistance.
- Consider routine stool testing (GI Effects- Metametrix) and food sensitivity testing (ALCAT)
- Consider viral antibody testing: human herpes viruses such as EBV, CMV, HHV 6 and others such as parvo B-19
- Amino Acid profiles, Fatty Acid profiles, organic acids, toxicity testing, really the list is almost endless...

Assessment

- The most important things in life are those things we can not measure, but measure *everything* that you can, when the knowledge of that data can refine your approach to your health, your happiness.
- **Male Hormonal Panel**: Testosterone, Free Test, DHT, Estradiol, prolactin, others
- **Female Hormonal Panel**: Estradiol, estrone, estriol, progesterone, testosterone, free test, prolactin, others
- **Adrenal**: minimum of AM Cortisol with DHEA-S, consider diurnal variation with salivary samples through the day
- **Thyroid**: TSH, free T4, free T3, reverse T3, and appropriate thyroid antibodies as indicated
- **Growth Hormone**: IGF-1 and IGFBP-3



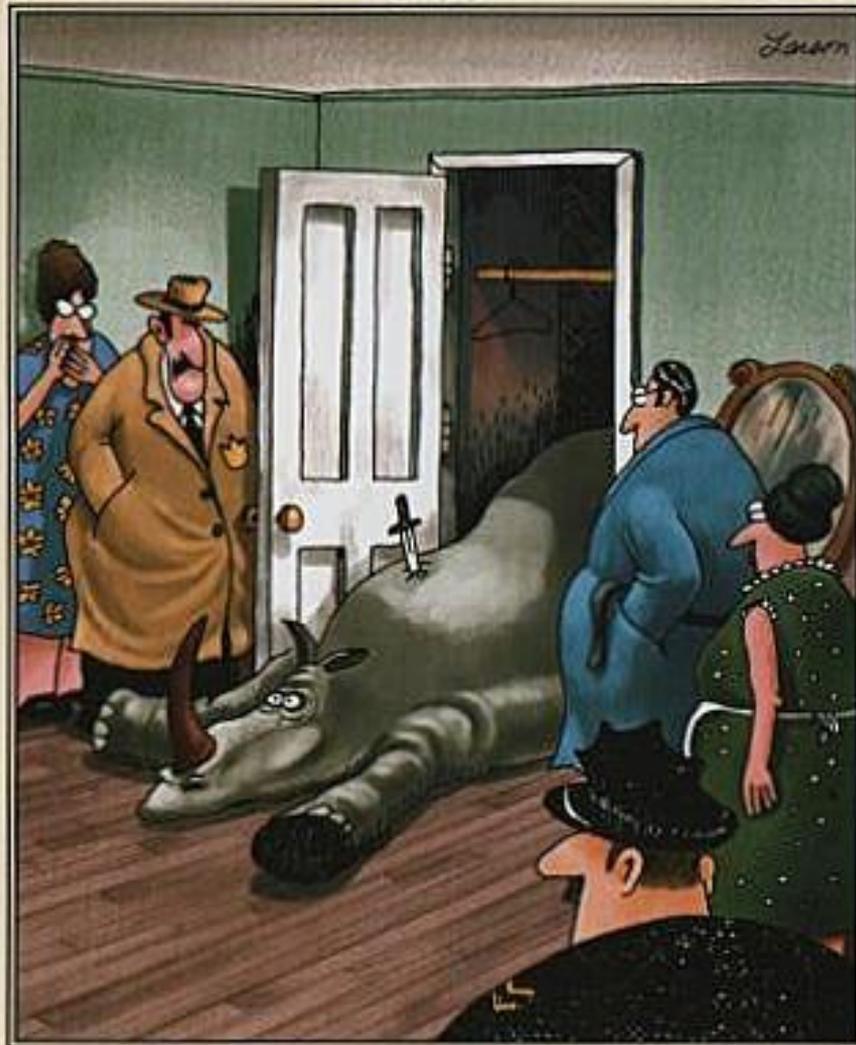
“For crying out loud, I was *hibernating!* ...
Don't you guys ever take a pulse?”

Assessment

- Coronary Calcium Score: in all men >45 y/o and all women > 55y/o, earlier if suggestive family history
- Breast Cancer screening: Mammogram/
Thermogram/SBE/Physician Exam/ ?MRI
- Prostate Cancer Screening: PSA/ free PSA/
PCA3/Prostate Ultrasound
- Colon Cancer Screening: Colonoscopy
- Bone Density Screening: Women over 50 y/o, men over 65 y/o

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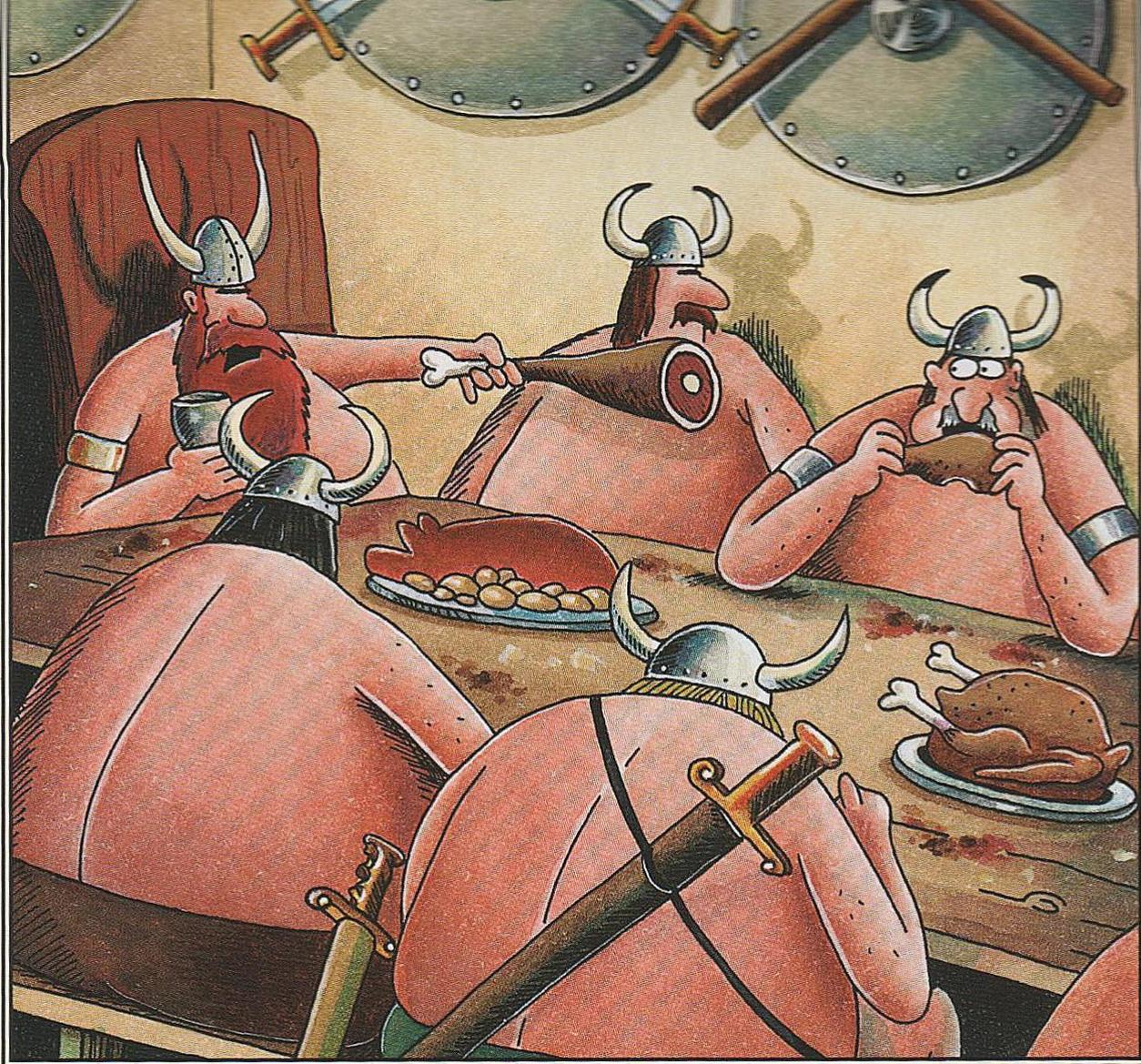
Learn



“Blast! Up to now, the rhino was one of my prime suspects.”

Nutrition

- Most Americans spend too much time on education about nutrition and too little on self-awareness and eating awareness. You are your own personal authority on how to eat for you. Don't acquiesce your personal authority on what to eat to someone else. (Don't ask someone else what to eat...past a few orienting generalizations!)
- Please see our PowerPoint presentations "Is Gluten Free The Way To Be?" and "Is Fat Where It's At?", available on middlepathmedicine.com
- www.marksdailyapple.com Mark Sisson – Primal Blueprint
- If you experience "Digestive Difficulties" review our version of the 4R Program (another PowerPoint on our website)
- The importance of water!



“Uh-uh-uh-uh. ... Question. Can anyone here tell me what Hanson there is doing wrong with his elbows?”

Supplements

- Lifestyle starts with the **Foundations of Health** and then we build a supplement routine around our Multivitamin, Fish Oils (EPA/DHA) and Vitamin D3 as discussed in our **Basic Nutritional Protocol (BNP)**
(http://www.middlepathmedicine.com/ArticlesandPublications/ArticlesA-E/Basic_Nutritional_Protocol.pdf)
- The antioxidant cocktail adds to this for those under significant physical or psychological stress (also found in BNP)
- Allow your Integrative Medicine Practitioner to review every supplement you take as the quality of every supplement can vary so significantly and your goals for your routine can easily change from month to month.

Sleep/Sexual Health

- The importance of the bedroom, the bed is for sleep and sex only!
- Keep it dark at night (for sleep), minimize EMFs, chose the right mattress (like choosing the healthiest shoes)
- Overnight oximetry and sleep studies.
- www.sextherapyslo.com, Ly-Lan Lofgren, LCSW, CST
- www.freddyandeddy.com (adult couples only)

8/24/82



Inevitably, their affair ended: Howard worried excessively about what the pack would think, and Agnes simply ate the flowers.

Calorie Reduction

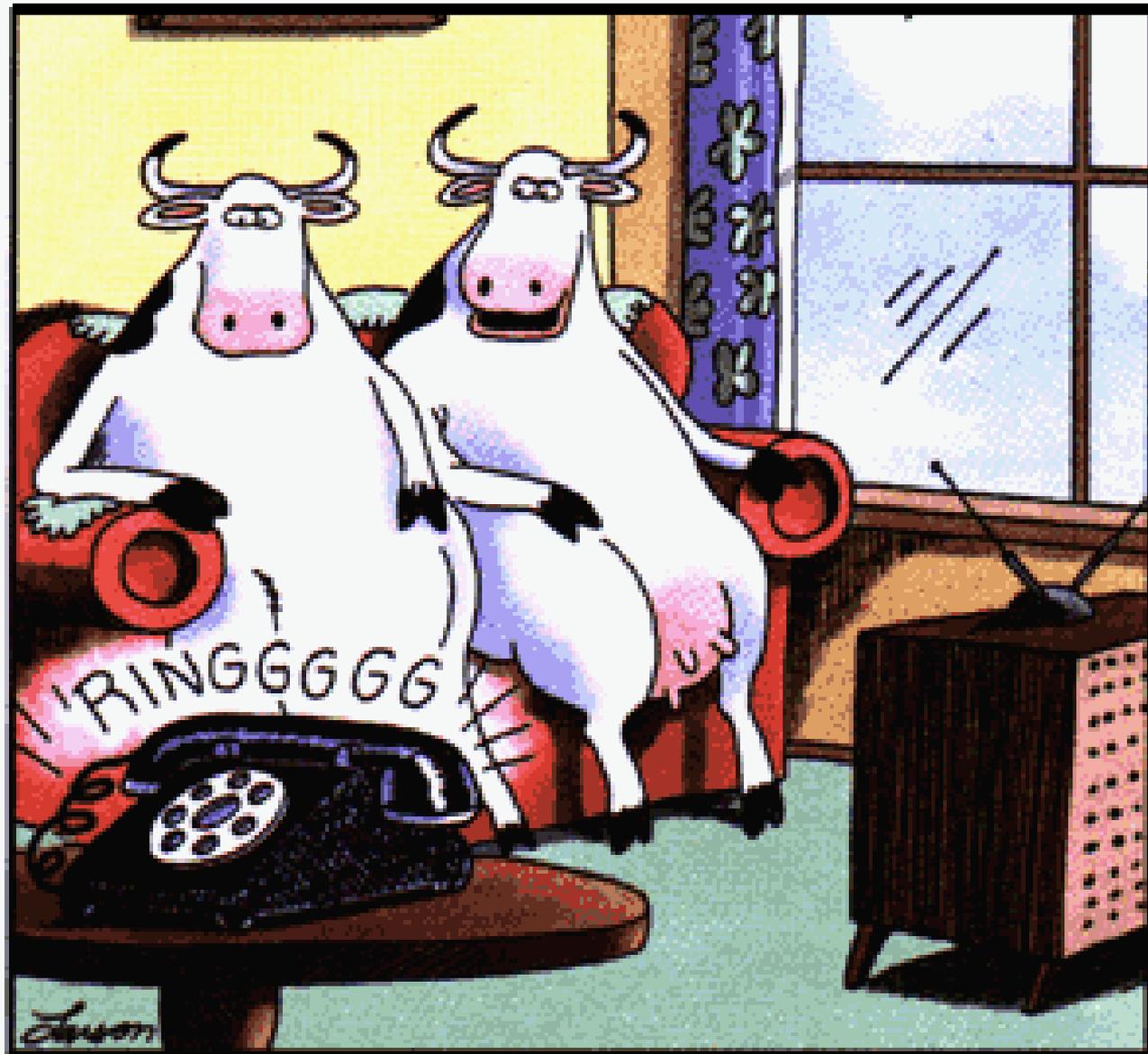
- The most proven strategy for detoxification, regeneration and life extension. Heck it even saves money!
- Developing a comfort with a diet that minimizes carbohydrate sources to fruits and vegetables. Fueling on healthy fats makes restricting calories a natural byproduct of “feeling full”.
- If weight loss is also a goal, I recommend our recent Weight Loss PowerPoint Presentation on our website.

Exercise

- There are three levels of fitness and I recommend a minimum of seven hours per week on developing these specific lines of development. Interval Training vs Daily Activity
- **Stretching Fitness:** Whether yoga, or good old American stretching our physical flexibility mirrors our mental flexibility. Our direct body awareness holds so many keys to our long-term health, not just in the prevention of injury. (10-15 minutes per day)
- **Aerobic Fitness:** The best form of exercise: the one you will do! Whether hiking, kayaking, or biking, or a gym membership, commit and be consistent. (20-30 minutes per day, if less time, then increase the intensity!)
- **Resistance Fitness:** Whether yard work or more commonly today, some weight training, there is almost no way to maintain lean body mass without some form of resistance training. (20-30 minutes per day)

New Technologies

- This is where Kurzweil and Grossman excel and provide a fascinating view of the not so distant future.
- You must learn about genomics and how to “play the hand you have been dealt”. I am beginning with www.23andme.com and will also pursue the other genetic result companies as I am able.
- Stay on the “cutting edge” of research with the daily newsletter from www.kurzweilai.net
- “Chance favors the prepared mind” Louis Pasteur



“Well, there it goes again. . . . And here we sit without opposable thumbs.”

Detoxification

- There are as many ways to detox as there are cultures, and I am a strong believer in doing something to enhance our bodies natural detoxification abilities on a routine basis.
- FIR (Far Infrared) Sauna dramatically enhances detoxification through the skin.
- The UltraClear Renew/ Advaclear program through Metagenics stands above many others for enhanced liver and colon cleansing
- Intravenous Nutritional Support with glutathione and nutritional support drips like the Modified Meyers' Cocktail can significantly ease the “pain” of detoxing.
- The HEEL Detox system remains one of my favorite balanced detox supports as it enhances the lymphatic, renal and hepatic pathways.

Dharma

- Are you Expressing your unique talents in service to humanity?, otherwise your body will continue to provide teachers.
- The Seven Spiritual Laws of Success, Deepak Chopra
- The Law of Least Effort... Acceptance, Responsibility, and Defenselessness
- $E=mc^2$

The End

