

The Doctors of the Future and The Brimhall Method

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

-Thomas A. Edison

This passage of Edison's is the credo of many health care professionals in holistic practices such as: chiropractic, applied kinesiology, acupuncture, and nutrition. The point seems simple enough: embrace a healthy lifestyle to avoid illness, injury, and disease. However, the task of embracing a healthy lifestyle is challenging because of our constant exposure to emotional and physical stress, processed foods, stimulants, and environmental pollutants.

What is the proper way to care for the body? How can we get the nutrients we need? How can we prevent future health problems? In discussing the answers to these questions, it is helpful to understand the interferences to optimal health and well-being.

Dr. John Brimhall, a world-renowned chiropractor from Mesa, Arizona has cited six interferences to health in the human body. These interferences include: structural imbalance, electromagnetic pollution, nutritional deficiencies, allergies and sensitivities, emotional imbalance, and toxicity. When left unchecked, each of these interferences can lead to illness, injury, and disease.

Dr. Brimhall has outlined a Ten-Step Protocol for identifying areas of weakness in the person with appropriate treatments for these weaknesses. Also known as the Brimhall Method, these treatments include many diverse modalities mentioned above, including: acupuncture, chiropractic adjustments of the spine and extremities, applied kinesiology, allergy/sensitivity elimination and reprogramming technique, cold laser therapy (the same laser Lance Armstrong uses), craniosacral therapy, detoxification therapy, myofascial release, nutritional consultation, diet/lifestyle modification, brain balance therapy, light therapy, and sound therapy. Through this protocol, balance in the human body can be gained. Illness and injury can be avoided, and recovery from poor health achieved.

The Six Interferences to Health and The Brimhall Method:

1. **Structural Imbalance.** When the joints and soft tissue do not function harmoniously, abnormal wear patterns can result in inflammation, pain, and injury. Restoring abnormal joint motion can be achieved through chiropractic adjustments, myofascial release techniques and cold laser therapy. As mentioned, Lance Armstrong utilized cold laser therapy throughout the 2004 Tour de France as a part of maintaining structural balance and in maximizing recovery.

2. **Electromagnetic Radiation.** For many of us, computers, cell phones, and PDA's are a daily part of our lives, as is the electromagnetic pollution they all produce. These powerful machines not only produce their own electromagnetic

energy, but they can attract additional electromagnetic pollution being passed through our atmosphere and into our bodies. Overexposure to electromagnetic waves has been shown to increase the incidence of disease. Exposure to this pollution can be reduced by utilizing enzyme therapy and by wearing an inexpensive Brimhall multi-polar magnet.

3. Nutritional Deficiencies. Everyone needs help in attaining proper nutrients on a daily basis. However, even if all of the right foods are in place in one's diet, there still may be specific nutrient deficiencies that inhibit proper organ and musculoskeletal function. A strong dietary plan with whole food nutritional supplementation is the solution.

4. Allergies and Sensitivities. Here in North Carolina, we often can tell when the seasons begin to change by the type of allergy we deal with, whether it's a runny nose, watery eyes, or headache. This, in addition to food and environmental sensitivities, can wreak havoc on a seemingly healthy immune system. Desensitizing the body to these foods and environmental pollutants can alleviate allergic symptoms.

5. Negative Emotional Patterns. Emotional stress interferes with the body's ability to rest and recover from sickness and injury. How many of us ever lay awake at night thinking about how to fit workouts into our daily schedule, or how to prioritize our time wisely? Do you remember how hard it was to get back the bike after a bad fall? We are all emotional beings, whether we like to admit it or not. Reprogramming abnormal emotional patterns through visualization, the five minute phobia cure, and acupuncture is a must for injury and illness recovery.

6. Toxicity. Most importantly is the constant presence of toxicity in the body. When we choke on that truck exhaust or spill some gas on our hands at the fuel pump, we immediately absorb many of the heavy metals and chemicals found in those products. Also, our bodies produce a great number of metabolic wastes that need to be dealt with every time we exercise. The body is equipped with natural detoxifying pathways. However, these pathways are stressed and overloaded due to the extreme environmental pollution in this modern time. Detoxification through ionic cleansing with whole food nutrition supplementation is an essential part of any health protocol.

Over 100 years ago, Thomas Edison predicted what would be necessary to help today's patient. Brimhall's Ten-Step Protocol aids the patient in achieving symptom relief, renewed health, and optimal function. The Brimhall Method embraces Edison's sentiments and provides us with the tools necessary to correct health problems we all face.