



The **Wellness Practice**™

The Science of Human Wellness

**Eat Well - Move Well - Think Well**™

# **The Innate State of Mind™ & Emotional Hygiene**



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# Innate State of Mind™

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# Introduction

Success in the Wellness Practice™ model is based on eliciting improvement in patient health. Improvement in patient health is defined by movement toward homeostasis. The goal of Wellness Practice™ interventions is to allow the body to return to the natural state of homeostasis and health. Movement toward homeostasis can only be accomplished by creating greater sufficiency or reducing toxicity in terms of lifestyle choices providing the raw materials required by the innate genetic intelligence to express homeostasis. Success in this model is therefore defined by the ability to elicit positive change in patient lifestyle choice – including their choice for lifelong chiropractic care and the other necessary choices pertaining to eating, moving, and thinking well.

It is implicitly understood in the Wellness Practice™ paradigm that scientific evidence clearly indicates that our innate genetic intelligence is programmed to continuously strive for homeostasis. Furthermore, scientific evidence illustrates that physiology is not random but rather based on the phenotypic expression of genes. The expression of genes is not random, it is based on what stimuli the genes receive. The stimuli the genes receive are not random, they are based on lifestyle choices.

Therefore, whether or not our genes express homeostatic physiology or adaptive/stress physiology is dependent upon lifestyle choice. Chronic pure and sufficient lifestyle choices result in the genetic expression of homeostatic physiology and health. Chronic toxic and deficient lifestyle choices result in the genetic expression of adaptive/stress physiology and illness. This is scientific fact not conjecture and there are many studies to support this throughout this book and previous Wellness Practice™ books such as The Innate Diet™ and Innate Physical Fitness™.

What this means is that our state of physiology, our state of health or illness, is dependent upon LIFESTYLE CHOICE. These choices can be categorized by what we eat, what we think, how we move, what professionals we utilize for care and expertise, etc. This has profound implications because it means

that the success of a Wellness Practice™ practitioner is defined not merely by expertise in what choices to make, but in how to empower patients to make healthy choices.

Success as a Wellness Practice™ practitioner then involves three distinct steps. First, the practitioner must learn what lifestyle choices are required for homeostasis and health. These have been summarized in The Wellness Practice™ model as eating well, moving well, and thinking well or eatwellmovewellthinkwell™. Well is defined as congruent with our innate genetic requirements for homeostasis.

What constitutes eating well or nutritional sufficiency and purity is defined in The Innate Diet™ text and Module 2 of The Wellness Practice™ certification program. What constitutes moving well or movement sufficiency and purity is defined in The 14 Foundational Premises™ text and the Innate Physical Fitness™ text and modules 1 and 3 of The Wellness Practice™ certification program. What constitutes thinking well or thought (internal dialogue) sufficiency and purity will be defined in this book, The Innate State of Mind™ and module 4 of The Wellness Practice™ certification program.

The second necessary step for achieving success as a Wellness Practice™ practitioner (eliciting positive lifestyle changes) is communicating the knowledge and truth regarding the lifestyle choice requirements for health and homeostasis to others. The Wellness Practice™ Patient Education talks and literature are specifically designed for this purpose and each module and book is full of information which helps the practitioner to accomplish this.

The third and final necessary step for achieving success as a Wellness Practice™ practitioner (eliciting positive lifestyle changes) is the ability to inspire and empower others to implement lifestyle change. This is the topic of this book, The Innate State of Mind™ and module 4 of The Wellness Practice™ certification program.

This book provides insight into the art and science of successful personal lifestyle change for the creation of lifelong health and happiness. The material in this book is about the science and art of taking the information

about The Innate Diet™, Innate Physical Fitness™, and The Innate State of Mind™ and converting it into positive action. This book is the 'how to' guide for empowering patients to elicit the changes required to eat well, move well, and think well.

This text focuses on how to create belief systems that are congruent with innate values and that produce desired behaviour and desired states of mind. You will learn that the reason people are unsuccessful at personal change is because they attempt to change behaviour rather than the belief systems that are the root cause of all behaviour.

Behaviour is a symptom. Behaviour is a natural consequence of beliefs and internal dialogue. Most people try to change behaviour but this does not produce lasting change because you can't force yourself to move toward perceived pain or away from perceived pleasure for any length of time. Most try to give up foods they like or start to do exercise that they don't like. This is not possible to sustain, it is against human nature to seek pain or avoid pleasure!

The key to change, and remember change is key to getting sick people well, is to change the belief system about the behaviour. Belief systems are chosen and can be changed. The behaviours we exhibit are always congruent with our belief systems so the key to change rests in establishing healthy belief systems. Healthy belief system – healthy behaviour; unhealthy belief system – unhealthy behaviour. There is always going to be behaviour, it requires no will power to behave according to our beliefs. The key is to create beliefs that are healthy and congruent with our values. Virtually no program does this, they are all about diets and workouts (behaviour focused) instead of belief system focused. Treating behaviour is allopathic, it is focusing on the symptom rather than the cause and it does not work, the evidence for this is overwhelming.

Trying to change behaviour without changing the belief system that drives it creates stress from either constantly doing something you perceive as painful or depriving or from constantly doing without something you perceive as pleasurable. The only way to change behaviour without stress is to change the belief system about the behaviour. In the following pages you will learn



xactly how to do this and how to teach others to do it.

Manson JE, Skerrett PJ, Greenland P, VanItallie TB. The escalating pandemics of obesity and sedentary lifestyle. A call to action for clinicians. Arch Intern Med. 2004 Feb 9;164(3):249-58. "Obesity and sedentary lifestyle are escalating national and global epidemics that warrant increased attention by physicians and other health care professionals. These intricately linked conditions are responsible for an enormous burden of chronic disease, impaired physical function and quality of life, at least 300,000 premature deaths, and at least \$90 billion in direct health care costs annually in the United States alone."

"Clinicians are on the front line of combat, yet these conditions receive minimal attention during a typical office visit. Clinicians often feel overwhelmed by these challenges and point to an absence of clear guidelines and practice tools, minimal training in behaviour modification strategies, and lack of time as reasons for failing to confront them."

The fact of the matter is that all lifestyle illnesses such as cancer, heart disease, obesity, diabetes, depression, anxiety, fatigue, etc are on the rise. The reality is that no school or program in the world other than The Wellness Practice™ certification program and accompanying texts teaches practitioners what is required or how to implement the required behaviour modifications in terms of the innate genetic requirements for eating, moving, and thinking. Even the term behaviour modification is erroneous. Belief system modification is the only way to successfully elicit permanent change!

The other focus of this book is on the science of the connection, or more accurately, the oneness of mind, body, and spirit. To be an effective wellness doctor it is imperative to understand the influence that intellectual, emotional, and spiritual health have on the physiological state of cells (genetic expression) in the body and vice versa. You will learn how science has provided incontrovertible evidence that state of mind profoundly affects state of body and vice versa. In fact, you will learn that state of mind (and spirit) and state of body are in an indissoluble union. Furthermore you will learn the precise neurological pathways of the mind-body and body-mind relationships.



Psychophysiology and psychoneuroimmunology are now common terms and every month more evidence regarding the connection between mind and body is published. Many examples of this literature as well as precise descriptions of the neurological pathways of psychoneurophysiology and psychoneuroimmunology are provided in this text. It is now incontrovertible that it is more accurate to describe a human being as a mind-body (or as I prefer, a mind-body-spirit) than as a mind and a body. Quite simply Descartes was wrong and the effects of the dualist, reductionist, medical paradigm he spawned have been devastating.

What is not so commonly understood, but what is becoming increasingly more clear, is that the body has as much of or greater effect on the mind as the mind does on the body. I have termed this phenomenon somatoneuroimmunology™ or somatoneurophysiology™ and this was discussed in modules 1 and 3 and in The 14 Premises™ and Innate Physical Fitness™ texts and will be discussed and described in further detail in this book.

As part of the elucidation of somatoneurophysiology™ and somatoneuroimmunology™ you will be introduced to the concept of 'body thoughts'. You will learn that the messages from the body influence global physiology by affecting the exact same brain areas as messages or thoughts from the mind. You will also learn how this explains the global physiological effects of chiropractic care which, via the restoration of homeostatic spinal motion restores homeostatic proprioception and nociception which respectively represent positive and negative body thoughts.

For a preview, brain thoughts influence global physiological states via the prefrontal cortex-amygdala-locus ceruleus-hypothalamic-pituitary-adrenal axis. Brain thoughts can be positive and promote homeostatic physiology and inhibit stress/adaptive physiology or brain thoughts can be negative and promote stress and adaptive physiology and inhibit homeostatic physiology. These are the neuroanatomical substrates or pathways of psychoneurophysiology and psychoneuroimmunology.

Positive and negative body thoughts, proprioception and nociception, respectively, influence global physiological states via the same brain pathways.

Positive body thoughts (proprioception elicited from movement) influence global physiological states (promote homeostatic physiology and inhibit stress/adaptive physiology) via the spino-cerebellar (mostly vermis) pathways and the subsequent cerebellar (mostly vermis) influence on the hippocampus (learning and concentration), the amygdala (stress and anxiety), and the hypothalamus (initiation of stress response) and the sympathetic cell bodies in the teromediolateral (IML) tract in the spinal cord.

To simplify, movement, especially of the spinal tissues where most proprioceptors are located, fires the spinocerebellar pathways which fire the pathways between the cerebellum and the parts of the brain that control learning and concentration (hippocampus) – movement learning pathways; the parts of the brain that control emotion (amygdala) – movement pleasure pathways and movement relaxation pathways; and the parts of the brain that control stress physiology (hypothalamus) – movement relaxation pathways. Chiropractic adjustments fire these pathways and allow the restoration of the stimulation of these pathways from exercise! Chiropractic adjustments fire and restore positive body thought pathways which drive physiology toward homeostasis and health and away from adaptation regardless of illness!

Negative body thoughts or tissue stress body thoughts (nociception) influence global physiological states (promote stress/adaptive physiology and inhibit homeostatic physiology) via the spinothalamic pathways which in turn communicate with the amygdala (stress and anxiety) and hypothalamus (stress physiology).

To simplify, anything that results in increased firing of the spinothalamic nociceptive pathways (tissue stress/damage, inflammation, reduced proprioception) results in firing of the parts of the brain that stimulate stress and anxiety (amygdala) and the stress response (hypothalamus). Subluxation results in increased firing of these negative 'body thought' pathways, reduced firing of positive body thought pathways, and drives physiology away from homeostasis and health and toward adaptation and illness!

One of the most significant aspects of the data regarding both psychoneurophysiology and somatoneurophysiology™ is that the evidence

shows that positive or homeostatic input (pure and sufficient movement and internal dialogue – innate movement and thought patterns) are effective at improving the lives of people with any illness. They are, in a sense, panaceas. You will read that both exercise and movement (positive body thoughts) and positive internal dialogue (positive mind thoughts) have been shown to improve health and quality of life in people regardless of illness or symptomatology.

This is very significant because it shows how valid, accurate, and effective the Wellness Practice™ paradigm of creating purity and sufficiency is compared to the allopathic paradigm of treating symptoms and illness. Any intervention that results in greater sufficiency of a required nutrient or less toxicity of a toxic stimulus will result in greater health and less illness (illness is a lack of health). The reality is that the Wellness Practice™ concept of determining what is required for homeostasis, what is required for the innate genetic intelligence to produce homeostatic cell function, is not only correct but universally beneficial regardless of illness or symptoms.

The fact is that positive body thoughts (proprioception) and positive mind thoughts (positive internal dialogue) are required for homeostasis. Anyone who is deficient in these nutrients will be in a state of adaptive physiology and will benefit from any intervention that drives them toward sufficiency.

It is also a fact that negative body thoughts (nociception) and negative mind thoughts (negative internal dialogue) are toxic and result in stress or adaptive physiology and illness. Any intervention that reduces this toxicity will result in benefit for the patient regardless of what illness or symptom they present with or if they present asymptotically.

Now that we have had some foreshadowing of what is to come, let's begin the process of gaining expertise in the science of the interdependence of mind, body, and spirit and the art of eliciting personal change and creating The Innate State of Mind™.

I sincerely hope that reading this book brings you the same joy and increase in knowledge that it has brought me. May the following pages enrich your life and empower you to enrich the lives of others.