

Dr. Russell Jaffe: HALF DAY WORKSHOP: Duration 12:00-5:00 pm Sunday 9-22-24

WORKING TITLE: **Practices for Personal Thriving in the 21st Century:**

Objective: **To inspire and motivate the creation of an elegant and effective “healthcare roadmap” for practitioners and their clients, adding years to life and life to years- above all saving each and every one from the harms of high-tech living.**

12-12:15 **Guided meditation and relaxation – lead by Dr Jaffe showing a video of green light meditation**

12:15-12:30

Opening announcements, Welcome

Introduction: Thriving in the 21st century

This workshop will highlight the (4) golden principles of **Thriving in the 21st Century:**

Nature’s pHarmacy®, Nature’s Alkaline Way, Evoking Human Healing Response & Physiology before Pharmacology

- Origin of illness, suffering, and premature demise: Eat, drink, think, and do in harmony
- Cartesian reductionism mechanistic theory
- Cause rather than consequence...
 - epigenetic lifestyle health promotion is *different* from disease treatment.
- Healing the self and larger community

12:30-1:15

Importance of immune tolerance: Inflammation is repair deficit

- Defining repair deficit
- Review of autoimmune conditions and related world scientific literature
- Validated biomarkers of inflammation and autoimmunity
- *Functional* tests for sustainable health
- Using **Lymphocyte Response Assays** to achieve autoimmune remission and repair.
- Case successes including restorative action plans

1:15-2:00

Sugar, Energy, Diabetes and Reversible Consequences

- Impaired conversion of sugar to energy- fat and lean
- Ultra processed foods, beverages, and restaurant ingredients
- Microplastics, pesticides (glyphosate), toxic minerals and xenobiotics- from ingredients to packaging to personal care – diabetogens and obesogens
 - o Tests and protocols that help in effective detox
- Role of meds from metformin to antibiotics, NSAIDs, PPIs or statins
- Biomarkers of glucose utilization and metabolism
- Choose your food wisely: Why Organic or biodynamic and commercial
- Functional nutrients and supplement bioavailability

2:00-2:15: Movement and Stretching break

2:15-3:30 pm

Cardiovascular and kidney lifelong health: Renewing and repairing while reversing risks

- The truth about BP, stroke, CVD, and heart attacks and accurate measurement
- Dyslipidemias and oxidized fats.
- Heart and vascular inflammation – how to induce repair and prevent atherosclerosis
- Following guidance of stalwarts e.g., Linus Pauling, Albert Szent-Gyorgi, and others
- Targeted movement and mental techniques for heart health to move fluids
 - o Highlighting effect of harmful habits and encouraging healthy ones
- Cardio/renal, liver and spleen interactions to clean the blood cells
- Functional biomarkers for kidney and cardiac health: eGFR, prealbumin, ejection fraction, ...
- Platelets, lymphocytes, and dendritic cells to clean endothelial cells and repair blood vessels
- Role of TCM
- Nutrients, antioxidants, minerals, cofactors
- Personal case successes
- Review of global scientific literature

3:30-4:15 pm

Bones, joints, muscles, and connective tissue infrastructure

- Deep dive into Osteogenesis, bone infrastructure and ultrastructure: bones, joints, blood vessels made collagen, elastin, and ground substances (insulating substances)
- Injuries, muscle loss and sarcopenia
- Piezoelectric effect on bone, muscle and joint through collagen fibrils
- Useful tests and assessments
 - o Bone density: DEXA and beyond, ultrasonics
 - o Four Self-assessments, Eight predictive biomarkers
 - o Calcium / Magnesium urine balance studies
- Nutrients helpful without harmful: Periosteum mineral support
- Results of successful bone study
- Review of global scientific literature

Break: 4:15-4:30 Movement and Stretching

4:30-5:00

Bringing it all together to choose life- Interrelations & interdependence: Thriving *is* possible

- How to live more joyfully and in the moment
- Personal journey from skeptic to advocate
- Understanding what you Eat, Drink (hydrate), Think and Do
- Basic Self Assessments and Predictive Biomarkers for total body and mind

- Personal Health promotion along with Community upliftment
- Essential but simple practices that connect the mind and body for health promotion
- Functional age *is* a choice
- Effective application of nature, nurture, and wholeness

Build a thriving practice on the principles of

Nature's pHarmacy

Nature's Alkaline Way

Evoking Healing response

Physiology before pharmacology.

5:00 pm– Closing remarks, certificate, photos, acknowledgements . .