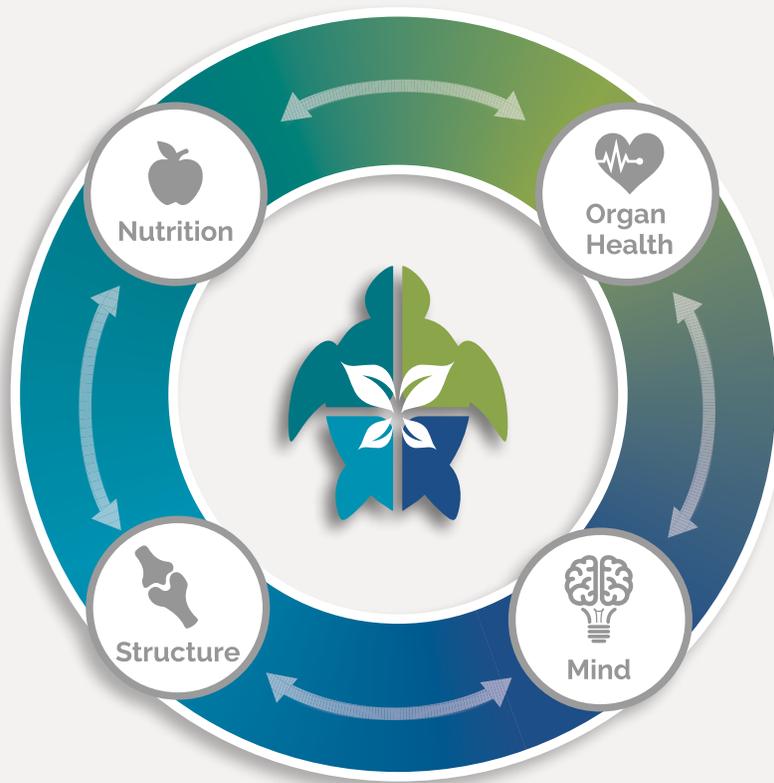


THE THRIVE PROGRAM



AUMAKUA
INTEGRATED WELLNESS CLINIC

PREVIEW BOOKLET

AUMAKUA INTEGRATED WELLNESS CLINIC

209 - 970 BARRARD STREET
VANCOUVER, BC V6Z 2R4

WWW.AIWCLINIC.COM



THRIVE



THE MEANING OF AUMAKUA

The word Aumakua comes from Hawaiian mythology and means "Ancestral Guardian Spirit." The Aumakua are known to be advisors and healers that protect the *ohana* ("family"). We named the clinic **Aumakua Integrated Wellness Clinic** out of respect for the elders of Naturopathic Medicine, as our medicine originates from a long line of ancestral traditional healers. They have passed down their knowledge and wisdom pertaining to healing, with the medicinal properties of nature and the restoration of an individual's vitality.

INTRODUCTION TO THE CORE FOUNDATIONS OF THE THRIVE PROGRAM

Welcome and congratulations on taking the first step towards your optimal health journey. It is a very empowering moment when you make the decision that your food choices, lifestyle and health need to change and that you are ready to START.

Thank you for trusting in us to co-facilitate this change with you. Our promise to you is that you will feel supported, heard and empowered as time goes on with this process. It is a collective effort where we will work together as a team. By signing up for this Health Program, we ask that you make a commitment to these nutrition and lifestyle changes to the best of your ability so that you can get the best results for yourself. Let's look in the

right direction together and begin your journey towards health and wellness.

Core Foundations is the result of needing to have a complete holistic health program to share with our patients. Our Naturopathic Doctors ensure all four Core Foundations in every individual are assessed and corrected; otherwise optimal health and wellness cannot be achieved.



NUTRITION: This is the first foundation of our health. Essentially, what we put into our mouths must be composed of diverse quality micro-nutrient dense foods. We have a Nutritional Prac-

titioner on staff that will sit down and discuss in great detail with you how to incorporate a healthy nutrition into your life. However, this alone is not enough. If you are eating nutrient dense foods and you can't digest and absorb them, then greater care is needed. This brings us to our second foundation.



OPTIMAL ORGAN SYSTEM FUNCTION: Your body is always trying to maintain a balanced state where it can seemingly with little effort keep you strong, healthy and vibrant. However,

sometimes stress, nutrient deficiencies, toxins, genetics, overindulgence, overuse of medication, infection, a sedentary lifestyle or over exercising can cause an organ system to become weak or compromised. When an organ system is compromised, it is unable to effectively do its job and at this point the patient will develop SYMPTOMS. This is your body's way of setting off alarm bells alerting you to pay attention. Our Naturopaths will work diligently at uncovering what your weak organ systems are with a technique called Total Body Modification (more discussion to follow). They will

examine the cause of your dysfunction and put a plan together composed of supplements, nutrition and lifestyle changes to re-establish organ strength and vitality. Once your organ systems are strong, supplements should no longer be needed and health can be maintained through nutrition and lifestyle. Organ systems that commonly show up as weak are called the **“usual suspects”**. They are the following systems: Digestion, Endocrine (hormones), Hepatic (liver detoxification), Lymphatic (immune system), and Urinary Tract (kidney and bladder).

STRUCTURE: Structure is function; if you don't have a strong framework to build a house on then the functional state inside the house becomes compromised. Imagine living in a crooked house. If the walls and floors don't align, then the windows and doors won't open. The same happens in the body. When the spine is not properly aligned, nerve roots emanating from that level of the spine can suffer from a slight compression. The nerve roots send signals to their corresponding organ system and these signals can be slowed or incomplete.



Scar tissue and injured muscles, ligaments or tendons can cause decreased lymphatic drainage or impaired circulation. It's important to treat injuries and re-align the spine.

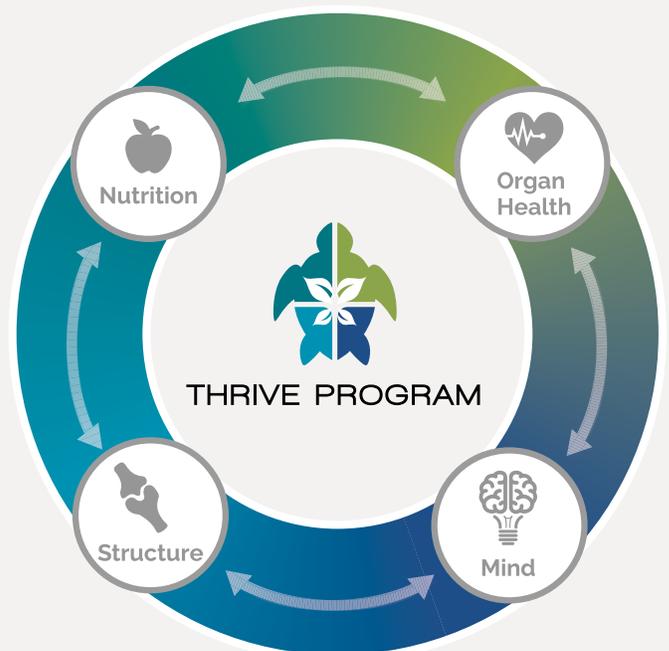
MIND BODY CONNECTION: The power of our mind is paramount in comparison to the other three foundations. It can honestly be said that this is the MOST important foundation that a person could fine tune. Our perception of life is informed by the interactive play between our body's physiology and the outside world. If an individual is always in a state of fear or anxiousness, this will have a significant impact on that individual's health. Be-



ing suspended in a state of “fight or flight” causes your body to remain on guard and in a state of preparedness. The unsustainable state will deplete your energy. Your body's ability to heal, repair and rest is compromised. If an individual takes on life's challenges with a healthy mindset, their body has a more favorable response. If you are feeling out of balance and overwhelmed, you have three options: change your perception; change your environment; or a combination of both. The most effective way for a perception change to take place is through clinical hypnotherapy or another form of counseling.

In short, these are the Core Foundations. By addressing these, there is no limit to how far your health, your well being, and your zest for life can be re-established.

“... ensure **all four Core Foundations** in every individual are assessed and corrected; otherwise optimal health and wellness cannot be achieved.”



WHAT TO EXPECT WITH YOUR TREATMENT

TREATMENT TIMELINE

FIRST VISIT:

IN-HOUSE TESTING

- Blood picture to assess systemic toxicity.
- Max Pulse test to assess stress load and cardiovascular function.
- Blood pressure.
- Random blood glucose.

1.5 HOUR ASSESSMENT WITH YOUR NATUROPATHIC DOCTOR

- Comprehensive history review.
- TBM organ assessment of the "usual suspects."
- Discussion of the Doctor's assessment.
- Treatment plan discussion.
- Future Plan: Discussion of what the upcoming months will hold for the patient.
- Possible referral to other practitioners depending on what is indicated.

1 HOUR WITH NUTRITIONAL PRACTITIONER

- Review the principles of The Thrive Program.
- Individualize the program for the patient by discussing the supportive foods needed for your specific organ system weaknesses.
- Review two week Nutrition Guide with recipes and grocery lists.
- Explanation of the importance of seasonal eating for optimal health.
- Answering any questions and discussing concerns.

SECOND VISIT

ONE TO TWO WEEKS LATER

- Head to toe TBM: assessment and correction.
- Check in and start yeast killing protocol.

THIRD VISIT

ONE MONTH LATER

- Assessment and ensure all organ systems have remained strong.

FOURTH VISIT

THREE TO SIX MONTHS LATER

- Assess maintenance and start removing supplementation to allow corrected body to work with lifestyle and nutrition continuation.

FOLLOW-UP

EVERY SIX MONTHS

It is highly recommended that you check in with your Naturopathic Doctor at the first onset of any unfavorable signs or symptoms you may be experiencing. The sooner you return, the quicker we can assess and re-balance your system.

"In the beginning, disease is difficult to recognize but easy to cure. In the end, disease is easy to recognize but difficult to cure."
- Mesmer (1777)

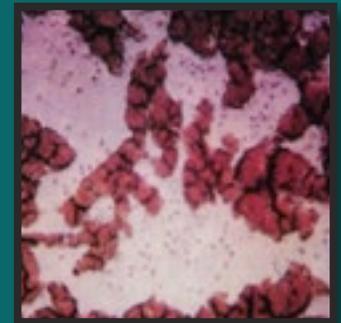
ASSESSMENT TOOLS

1. BLOOD PICTURE: A drop of your blood will be taken and amplified under a microscope. This will help us assess systemic toxicity and determine how well the liver is detoxifying. You can see, as you follow the arrows, that the more compromised the liver detoxification system is, the greater densities of peroxides can be seen. At this more progressed state a more aggressive treatment needs to be adopted to bring your body back into a state of homeostasis. The liver is the main organ system to attribute to most chronic health conditions. The simplest explanation is that it filters and protects the rest of your more delicate organ systems from environmental, dietary and biochemical toxins. If liver detoxification is compromised, your more delicate organ systems come into contact with these toxins and don't have the defenses to protect themselves. This results in stress and trauma that can evolve into disease processes.

2. BLOOD PRESSURE: Blood pressure is essential in ensuring that nutrients, oxygen and blood flow reach all tissues and organ systems in your body. When blood pressure is too high, it puts a lot of stress on the receiving organ systems and can cause end organ tissue damage. Think of a high pressure watering hose watering delicate flowers, if the pressure is too great, then the petals will be damaged. If blood pressure is too low, there can be a lack of blood flow to distal tissues causing fatigue, dizziness, cold hands and feet. Imagine using a watering hose that merely drips water out of the hose head in efforts to clean your house gutters. You can see how important it is for your blood pressure to be optimal for you to function optimally.

BLOOD PICTURE EXAMPLE

SYSTEMIC TOXICITY MEASURED BY PEROXIDE DENSITY



3. BLOOD SUGAR: Blood sugar abnormalities are one of the most significant causes of a multitude of diseases in the body. These abnormalities are the result of a lack of communication between the liver, pancreas and adrenals. Without a functioning sugar metabolism, the body is unable to get back into balance. For this reason, it is essential that this becomes a priority in an individual's treatment plan.

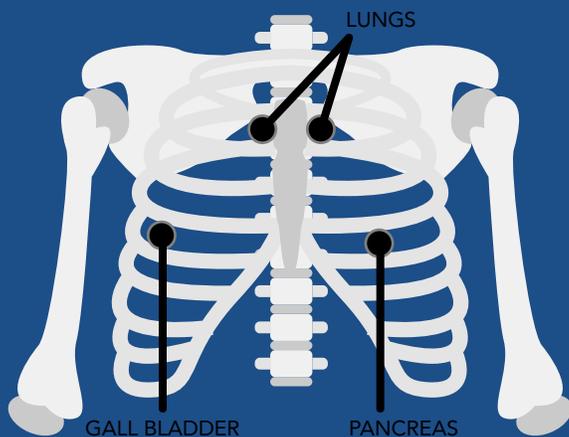
4. TOTAL BODY MODIFICATION (TBM) was founded by chiropractor Dr. Victor Frank. Dr. Frank was a well-known chiropractic health practitioner in the 1960's and his reputation led him to lead an astronaut health program for NASA in the 70's. During that time, Dr. Frank gained access to advanced diagnostic monitoring equipment at the Jet Propulsion Laboratories (JPL) in Pasadena, California. At the laboratory, Dr. Frank uncovered various neurovascular reflex points that were associated with different organ systems. He then uncovered various spinal corrections that helped

re-establish organ functions that were previously discovered as weak through muscle testing. After spinal corrections, these reflex points were then re-tested utilizing muscle testing and then showed up as strong. In time, Dr. Frank created a systematic approach for assessing and correcting many of the body functions through muscle testing and spinal correction that were efficient and effective.

5. MAX PULSE: The Max Pulse is a simple, user-friendly, non-invasive, FDA Class II medical screening device. The device provides measurements using Photoelectric Plethysmography, Accelerated Plethysmography and other technologies to assess overall Cardiovascular and Autonomic Nervous System wellness.

"No practitioner has ever healed anything. They have only removed road blocks to allow the body to do its own healing."

- Dr. Victor Frank



All physicians at Aumakua Integrated Wellness Clinic are trained in Total Body Modification and use this technique with each patient to assess organ functions. Spinal and/or soft tissue corrections are then used to re-establish function and homeostasis in the body.

REMOVE
OBSTACLES



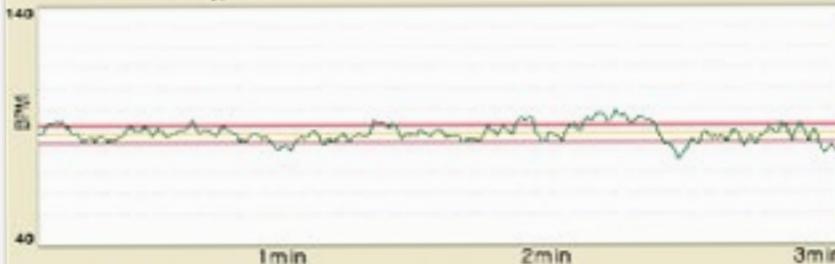
MAX PULSE OVERVIEW

The Cardio Group. N.p., n.d. Web. 29 Nov. 2014.

AUTONOMIC BALANCE & ACCELERATED PHOTOPLETHYSMOGRAPH

Name **John Doe** ID **7** Gender / Age **M / 46** Reg Date **2011-01-07 15:09**

HRV Tachogram



Heart Beat	86
Highest Heart Beat	96
Lowest Heart Beat	75
Artifact	0

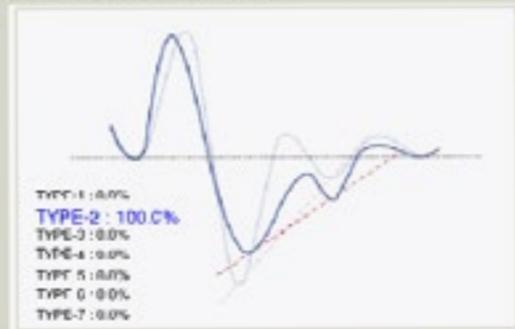
TP VLF LF HF SNS PNS



Power Spectral Density



Aging Vascular Health



ITEM	VALUE	SUB-OPTIMAL (Below 30)	Normal (30-70)	OPTIMAL (Above 70)
DPI	48.03			
EC	67.71			
AE	33.08			
RBV	46.22			

Score of your Stress **60 / 100**

Wave Type **TYPE-2**

Your vessel state and blood circulation are good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.

WHAT DOES IT ALL MEAN?

HEART RATE VARIABILITY (HRV): This rate determines one's overall health status and autonomic nerve system. Meta-analyses of published data demonstrate that reduced cardiovascular autonomic function, as measured by heart rate variability, is strongly associated with an increased risk of silent myocardial ischemia (lack of oxygen to the heart without symptoms) and mortality.

DIFFERENTIAL PULSE WAVE INDEX (DPI): Overall cardiovascular health.

ECCENTRIC CONSTRICTION (EC): Constriction power of vessels from the left ventricle.

ARTERIAL ELASTICITY (AE): Overall elasticity of large, small and peripheral arteries (arterial stiffness).

REMAINING BLOOD VOLUME (RBV): Remaining blood in the vessels after systolic contraction of the heart.

WAVE TYPE: Aging vascular health indicator.

MEAN HEART RATE: Average beats per minute or heart rate.

ARTERIOSCLEROSIS PROGRESS: Seven pictorial wave types showing typical artery status.

STRESS SCORE: Overall stress health compared to resistance levels.

STRESS LEVELS: Mental stress, physical stress, and resistance to stress. Changes in pressure, velocity, blood volume, and other indices.

LEARNING HOW TO

LISTEN TO YOUR BODY

Symptoms are an exceptionally important way for your body to communicate with you. Symptoms are like smoke signals signifying that under your hood there is something awry needing immediate attention. A common example that most individuals have experienced at some point in their life would be a headache. The common modern remedy for this would focus on taking the pain away with an aspirin or Tylenol, thus bringing relief of an unpleasant symptom. However, that headache is your body's way of communicating with you and essentially you are ignoring the smoke signals by putting water on them and then closing your hood again, without taking notice as to why it was smoking in the first place. That headache could have been your body telling you that it is dehydrated, sensitive to a food you have eaten, having trouble detoxifying, or that there is some hormone dysfunction present.

Our hope is to teach you how to start paying attention and listening to your body. The beauty of treating the underlying cause is that you have the long lasting effect of removing the trigger, thus eliminating the symptom. You no longer have to rely on any form of pain medication for a headache because you have heeded and understood what your body is telling you. We encourage you to start listening to your body and take notes on recurring patterns or indications of symptoms you are feeling and potential causative agents.

THANK YOU FOR READING OUR INTRODUCTORY BOOKLET TO THE THRIVE PROGRAM.

ALL INITIAL PATIENTS OF THE AUMAKUA INTEGRATED WELLNESS CLINIC RECEIVE **THE FULL 60 PAGE THRIVE PROGRAM BOOKLET**, UNCOVERING ALL THE TOOLS TO REGAINING OPTIMAL HEALTH.

SEE WHAT ELSE IS INCLUDED BELOW:

THE THRIVE PROGRAM: CORE FOUNDATIONS

CORE FOUNDATION #1 - NUTRITION

- Blood Sugar Regulation P. 11
 - Protein Calculations & Protein Combining P. 12
 - Protein Sources P. 13
- Seasonal Eating P. 14
 - Seasonal Nutrition Options P. 15
- Hydration P. 16
- Eating Hygiene P. 17
- Balanced Whole Food Nutrition P. 18 - 21
- Removing Food Sensitivities P. 22 - 23
- Gluten Free Does Not Always Mean Healthy P. 24 - 25
- If Digestion Is Aggressively Compromised P. 26
 - Food Combinations & Choices P. 27
- Sleep Hygiene P. 28 - 29
- LOCAL & HEALTHY: Eating in Vancouver P. 30 - 31
- LOCAL & HEALTHY: Restaurants in Vancouver P. 31
- THRIVE PROGRAM: Seasonal Recipe Mealplans P. 32 - 35

CORE FOUNDATION #2 - OPTIMAL ORGAN SYSTEM FUNCTION

THE USUAL SUSPECTS

P. 37
P. 38 - 42

CORE FOUNDATION #3 - STRUCTURE

MODALITIES USED AT AUMAKUA

P. 44
P. 44 - 47

CORE FOUNDATION #4 - MIND

HYPNOTHERAPY

COUNSELING

P. 48
P. 49
P. 50

CONTACT THE CLINIC TODAY TO LEARN MORE.