

May 18, 2009



Click here to see a video of how **Zerona** can change your patients' lives.

**In this article...** and in our upcoming seminars we will review the research and application of Nutri-West Nutrition and Laser in general with the Zerona Laser specifically in health and wellness, fat reduction, detoxification, anti-aging, and body contouring.

Research shows that many toxins are stored in the fat. Also bad fat such as hydrogenated fat and the bodies own stored toxic fats has

been shown to stimulate the production of more bad and toxic fat.

The comprehensive programs we have developed at Nutri-West, with the use of the Erchonia lasers and specifically the Zerona Laser have given results unprecedented.

We will list below the most common found nutritional support formulas to use with or without the support of laser for the above mentioned outcomes. The first five are the most indicated and the others may be administered according to patient individual needs.

Nutri-West Nutrition Protocol:

1. **DSF** or De Stress Formula is necessary in almost every case. Chronic stress is a constant companion in today's lifestyle. When we reflect constant stress to the body, we eventually become desensitized to our own insulin. This sets us up for Syndrome X and its' accompanying increased body fat, a spare tire around the abdomen, increased cholesterol, and triglycerides etc, along with the insulin desensitization. Also, doing any increased treatment like the Zerona and even exercise can cause extra stress to the body, which needs

## Upcoming Seminars

( [see Complete 2009 Schedule](#) )

---

<b>May 29-31</b>	Basic, Intern & Advanced
<b>La Jolla, CA</b>	<b>Dr. John Brimhall</b>
	<b>Nutri-West Southern California</b>
	800-541-1588
	or 949-829-9245

---

<b>June 5-7</b>	Advanced
<b>Atlanta Homecoming</b>	<b>Brimhall Team / Dr. John</b>
<b>Atlanta, GA</b>	<b>Brimhall</b>
	<b>Nutri-West Blue Ridge</b>
	800-334-3793
	or 843-342-3688

---

DSF for support. It is formulated to support the entire General Adaptive Syndrome, not just the adrenals. One three times per day is the average dose.

June 19-21

Basic, Intern & Advanced

Nashville, TN

Dr. John Brimhall

Nutri-West South

800-343-0754

or 615-221-0848

2. **Total L-Carnitine** is a nutrient

responsible for the transport of long-chain fatty acids into the energy producing centers of the cells (known as the mitochondria). Therefore this nutrient helps to convert fat to energy. One to two tablets three times per day is recommended.

3. **Total Niacin** is helpful to dilate the blood vessels and is important for the conversion of food to energy. It has been shown to increase HDL. It assists in the functioning of the digestive system, skin, and nerves. One tablet, two to three times per day is recommended. It may cause flushing and a burning sensation to the skin. This is healthy yet uncomfortable. It helps to take with food.

4. **Core Level Lymph** is very helpful to allow the lymphatics to do their job in the mobilization of the toxins as they are released. It also assists the fats to be mobilized once they are released through the transitory pore in the membrane of adipocytes triggered by the Zerona Laser. One tablet, three times per day is usually optimal.

5. **Total Liver Detox** to support liver function and detoxification. This complete liver support nutrition often shows necessary for the complex job the liver has with it's over 450 identified functions in the body. The liver is put under extra work during the concentrated Lipo Laser Therapy Protocol. One tablet, three times per day and up to two tablets, three times per day may be necessary.

6. **Total Trim** is helpful for all aspects of the necessary nutritional support for weight or size loss because it has specific nutrient support for each system of the body. One to two tablets, three times per day is usually optimal.
7. If the thyroid tests weak, **Total Thyroid** should be considered and given if necessary to allow for proper thyroid function and balanced metabolism. The normal dosage is one tablet, three times per day.
8. **Total Greens** can be used to support any nutritional program and dietary regime. It along with Total Veggie or Total Protect also helps to alkalize the body. It is an almost complete nutritional support for meal replacements or in between meal support.
9. **Total Systemic Detox** for the general detoxification process as it is a complex formula for total body support. One to two tablets, three times per day.

These nutrients are given orally as suggested. The nutrition and results can be enhanced by driving them into the body with the EBi Iontophoresis. Therefore we always support the body with oral administration of the nutrition as indicated and use Iontophoresis to deliver it if we have the EBi unit. Some clinics are doing iontophoresis with the Nutri-West nutrients before Zerona treatment and a regular EB foot bath to follow treatment.

Below is an outline that Dr. Maloney will follow to bring you into a new understanding of the combination of Nutrition and Laser Therapy at the Atlanta Advanced Seminar on Friday June 5, 2009.

By: Ryan Maloney PhD

I will walk physicians and clinicians through the biochemical mechanism employed by the Erchonia lasers with special emphasis on the Zerona or LipoLaser. I will discuss how laser energy can manipulate the intra cellular redox state, activate transcription factors, and affect gene expression. We will discuss how laser therapy can induce the formation of a transitory pore within the membrane of adipocytes, and how a subsequent reduction in adipose tissue volume can occur. We will review the results obtained in our placebo-controlled, randomized, double-blind clinical study. Finally, I will end our discussion with the results obtained from our non-randomized, non-controlled pilot study analyzing laser therapy's efficacy of lowering serum cholesterol and triglyceride levels.

## Part 1: The science of laser therapy

### 1. The biochemical mechanism of laser therapy

- Studies that have identified the biological benefits of laser therapy (gene expression, protein synthesis, cellular proliferation, stem cell differentiation, growth factor and cytokine release, and suppression of pro-inflammatory cytokines)
- The absorption of light (How can light perform such a unique and phenomenal biological role?)
  - Mitochondria's role in the regulation of gene expression
  - Cytochrome c oxidase (absorption of light)
  - Changes in the mitochondria subsequent to laser irradiation
  - Alteration in superoxide levels
  - Alteration in transcription factor functions
  - Gene expression

### 2. The induction of a transitory pore

- Discuss Dr. Niera's, Solarte's, and Dr. Susan Lim's work identifying the formation

of a transitory pore in the membrane of adipocytes

- Discuss the research revealing the collapse of healthy and whole adipose panicles.
- Discuss the studies supporting laser therapy as an adjunctive tool to assist in liposuction

3. Laser therapy as an independent instrument for non-invasive body contouring

- The results from our placebo-controlled, randomized, double-blind clinical study
- The role laser therapy can play in the reduction of all subcutaneous fat regions
- The role of the lymphatic system and the removal of the evacuated fatty materials

4. The reduction of serum triglyceride and cholesterol levels

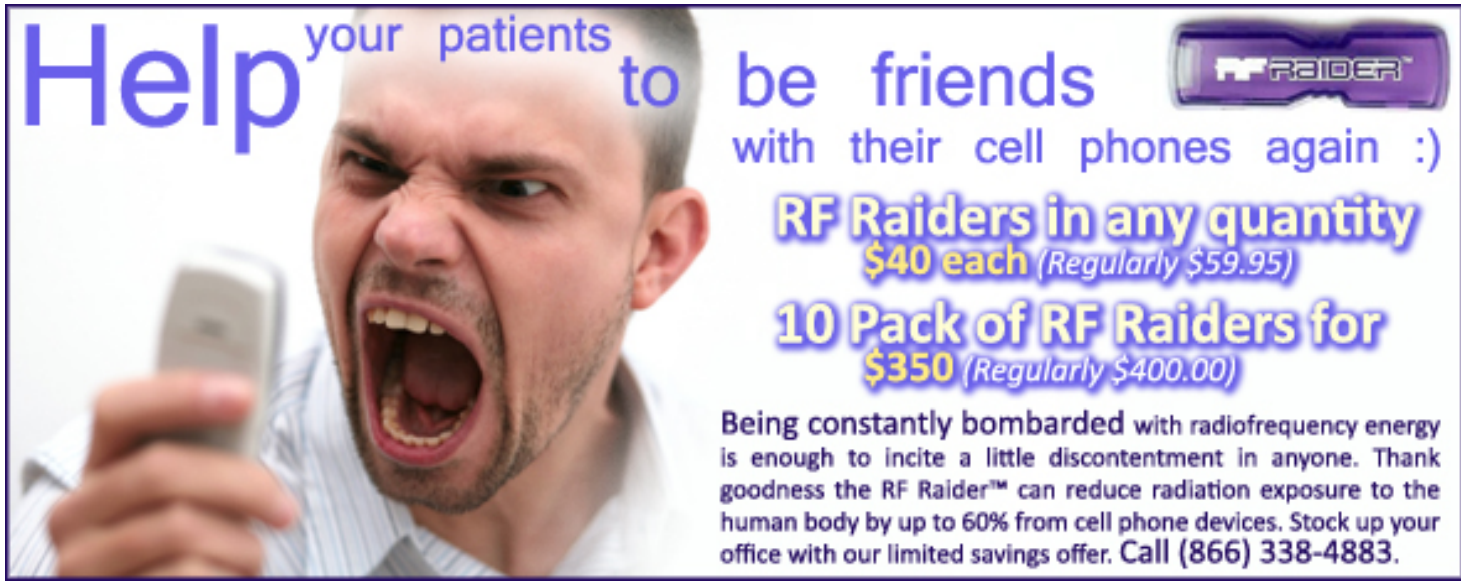
- Discuss the results of a non-randomized, non-controlled study investigating laser therapy's ability to affect serum cholesterol and triglyceride levels
- The potential mechanism employed by laser therapy that results in the reduction of serum triglyceride and cholesterol levels in just two weeks

5. Summary-Laser therapy as the safe and non-invasive alternative for a healthy exterior and interior, and a means for your patients to achieve their cosmetic desires.

We will have the Zerona for demonstration and treatment in both the La Jolly, California on May 29-31 and Atlanta Homecoming June 5-7. Dr Ryan will only assist us in Atlanta.

Yours in Health and Wellness,

John W Brimhall, DC and the Wellness Team



**Help** your patients **to** be friends with their cell phones again :) 

**RF Raiders in any quantity**  
**\$40 each** (Regularly \$59.95)

**10 Pack of RF Raiders for**  
**\$350** (Regularly \$400.00)

Being constantly bombarded with radiofrequency energy is enough to incite a little discontentment in anyone. Thank goodness the RF Raider™ can reduce radiation exposure to the human body by up to 60% from cell phone devices. Stock up your office with our limited savings offer. Call (866) 338-4883.

Brimhall Wellness Seminars  
 (866) 338-4883  
 info@brimhallwellness.com  
 www.brimhall.com

Total Practice Resources  
 (303) 242-8901  
 brandy\_tpr@yahoo.com  
 www.  
 totalpracticeresources.com



Enter The  
**BRIMHALL**  
**STORE**



Reach the World  
**BRIMHALL WELLNESS**  
**WEBSITES**  
 (866) 338-4883



*Opportunities Available  
 at Wellness Clinics  
 Near You...*

**classifieds**



**Brimhall Wellness**  
See Miracles Daily



## BRINGING WELLNESS TO THE WORLD



Dr. Brimhall's Health Puzzle Piece is a weekly email newsletter distribution that has been brought to you by the collaborative efforts of the Brimhall Wellness Team. All newsletters are published and available at [www.BrimhallPuzzlePiece.com](http://www.BrimhallPuzzlePiece.com) a division of Health Path Products, LLC.

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.