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Dr. Brimhall's One More Piece of the Puzzle for Wellness

Dr. Brimhall's Health Puzzle Piece | **September 6, 2006**

headline ::: Omaha, NE Residents Dr. John Brimhall is scheduled to be in your town this September 8 - 10, 2006. Make sure to contact NW Central at 800-383-0537 to reserve your seat.

EXTRAS :::

Invitation to all Brimhall Protocol Practitioners

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Send us your **"Marketing Success Stories"** to share with our readers in a future Health Puzzle Piece Publication. Read more...

Pregnancy – What is safe and effective for Nutrition and Treatment?

I have numerous calls and e-mails on what is safe and effective for those that want to get pregnant and during pregnancy. I am going to speak from the prospective of a father of seven children and a clinician of 35 years on what I did, and now do, as a Grandfather of ten.

So this Puzzle Piece is about my experiences and you will have to decide what is safe and effective for your family and patients. Nutrition companies, laser companies and I put disclaimers on all products and services in relationship to pregnancy.

That being said: I have had many couples come to our office throughout the years that the wife could not get pregnant or could not carry to full term. We examined and treated them with the whole protocol (as it was developed at the time). There have been many children born that the patients felt it was our intervention that made it possible. We have even had children named after our family as a token of appreciation.

My wife has been adjusted every month since I graduated in 1971, including and especially when she was with child. We adjusted her, including spinal, visceral and cranial manipulation every month without interruption. We had all but two of our children born in a birthing room and not in a hospital. She received craniosacral adjustments during the birth process and the babies received the same as they presented. An organ lift may be necessary for these ladies to

get pregnant or to carry to full term.

We use the Adjustor for all indicated treatment of the Spine and extremities. We used the percussor for the entire fascial system, staying away from the fetus directly. We used laser for all indications and stayed away from directly shining over the abdomen and pelvis. We do not think the Erchonia Laser, with the 635nm wavelength would do any harm to the infant. We just take extra precaution. So we did and do the techniques taught in the seminars with the exception of staying away from direct contact over the infant. An exception is turning the baby if a breach birth is on the horizon. We percuss the sacrum, symphysis, lumbar's, etc. and then place our hands over the abdomen and use very light craniosacral unwinding techniques and have turned many babies to a normal delivery.

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For nutrition, we tested and gave the mother exactly what they tested for on the total person scan. I have seen an under active thyroid and glandular imbalance to be a major problem for ladies having a hard time getting pregnant or expectant mothers that had trouble going full term. We have used Total Thyroid, Total Female, DSF, etc. or their for-runners. We have used everything that is recommended on the total scan at one time or another without complications. I would be careful to give the Total Homeopathics for heavy metals at this time.

Nutri-West does have tremendous Pre/Post Natal Minerals and Pre/Post Natal Vitamins. We have used these to good success. Total Calcium can be very helpful. It is important to use the B complex and magnesium before pregnancy to help prevent nausea. Sometimes it is too late to add the B and Magnesium needed after one is nauseated.

We do use foot baths and Laser during the entire term. The doctor must watch the patient for any signs of problems and be conservative. We only do two foot baths per week in most cases. Of course the Total Greens and Total Veggie are very important for alkalization and to have adequate organic nutrients. We give two after each footbath and one to two three times per day.

We feel Couples Integration is very helpful for the parents and the infant. The mothers' nutrition and emotions are of utmost importance for the unborn child.

We hope you find this helpful and remember these are not recommendations, just stated experiences. You are the practitioner and must make the decisions best for your family and patients.

In God We Trust,
John W Brimhall, DC and the Wellness Family

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