

## Support for All of Dr. Gant’s Past or Present Clinical Contacts

Any questions contact Laurie at 202-237-7000 x120 at NIHA

All human beings are fallible! We are all 100% incapable of perfection, in devising an on-going program of health and wellness, or in any other dimension of our lives. But this should not prevent us from trying! And furthermore....

*Our greatest fear is not that we are inadequate, but that we are powerful beyond measure [but still imperfect – my insertion]. It is our light, not our darkness, that frightens us.* ~Williamson, Marianne (1996). *A Return to Love: Reflections on the Principles of A Course in Miracles*. New York: HarperCollins. (Quote often misattributed to Nelson Mandela)

Important Recommendations	Rationale
1) If you have been prescribed to take nutritional supplements, please take them as prescribed	If you have been prescribed nutritional supplements, they were determined clinically or by laboratory testing to be the ones required for optimal health. (optimizing your “unique genetic expression”).
2) Vitamin A 10,000 iu once a day (natural vitamin A must be derived from cod liver oil), over age of 12	An inexpensive support for immunity, especially important for chronic infectious agents and virus resistance.
3) Vitamin D3, 5,000 iu once a day, over age of 12	An inexpensive support for bone health, immunity, and mood support.
4) The Health PAK or equivalent <ul style="list-style-type: none"> <li>a. Multivitamin/multimineral (quality assayed and absorbable)</li> <li>b. Distilled, concentrated fish oil</li> <li>c. Borage oil (omega 6s)</li> <li>d. Enzymes</li> <li>e. Probiotics</li> <li>f. Phytonutrients</li> </ul>	These 6 ingredients (a through e) are generally substantially deficient in even an organic, junk-food free, “good” diet, and should be supplemented regularly by everyone whether you are an active patient or not. These may be recommended on the 1st visit before lab testing review.

<p>5) 1 quart of bottled, filtered or otherwise purified water for each 4 years of life up to 1 gallon of water a day (8 oz. water an hour in a 16 hour day is the preferable delivery rate for adults). Try to never drink tap water.</p>	<p>Water detoxifies the body, which is especially important in an age of environmental degradation and toxicities. During your course of treatment you may be taking detoxifying agents, and sufficient water is important.</p>
<p>6) Dietary choices - protein, carbs, fats. Eat organic wherever possible. Limit carbohydrate-laden foods, eat more fiber, good fats and protein. See <a href="http://www.westonaprice.org">http://www.westonaprice.org</a></p>	<p><u>Micronutrients</u> (supplements - minerals, vitamins, amino acids etc.) is a related but different issue from <u>macronutrients</u> (whole uncooked foods, fiber etc.).</p>
<p>7) Exercise preferably 30 minutes a day minimum, 2 times a week minimum, ideally heart rate over 100 (may need to be approved by MD) but anything we enjoy and gets us huffin' and puffin' is probably good for us.</p>	<p>Reduces stress. Assists on oxygen and nutrient delivery and waste product removal (detoxification). Sweating is an important detoxification mechanism.</p>
<p>8) 2 to 5 cups of Epsom salts in a hot bath, letting hot water dribble to maintain heat, for 30-45 minutes, several times a week, is good for us unless a medical contraindication to not do so exists.</p>	<p>The skin is the largest organ in the body, and sweating is an important detoxification route. Many toxins such as heavy metals bind to sulfur (consider sulfurous, volcanic water, spas around the world). Epsom salts are magnesium <u>sulfate</u>.</p>
<p>9) Support webinars every Monday night at 8PM. Exclusively for Dr. Gant's patients, current or old, or anyone who has had a previous consult with him and has seriously applied the interventions he recommended.</p>	<p>A chance to review your objectives as listed here, and check in with Dr. Gant. Support from others is important as it breaks us out of isolation, which can lead to self-pity, despair and "falling off the wagon."</p>
<p>10) Ideally 20-30 minutes per day of direct sunshine on skin (arms, head, minimum).</p>	<p>Many helpful benefits including vitamin D conversion and activation of minerals in the body.</p>
<p>11) If you are in treatment at NIHA, please fill out your sf-12 questionnaire on a timely basis (1 month, 3 months</p>	<p>This questionnaire allows both you and us to track your progress. Data will also later be aggregated to</p>

<p>and every 3 months from that point on). Your personal information is totally protected and confidential.</p>	<p>demonstrate the efficacy of integrative and functional medicine, encouraging others to use these authentic healing methodologies which we provide.</p>
<p>12) Stick to your dietary recommendations, which is usually a higher protein, higher fiber, lower carbohydrate, lower junk-food diet (handouts available – see Laurie). Once in a while, a tasty, sugary treat is OK and good for endorphins, but try to limit the amount and take an extra probiotic.</p>	<p>Processed foods are a significant cause of chronic symptoms and medical and psychiatric disabilities, especially processed carbohydrates (sugars, deserts, bread, pasta, all grains). <u>Micronutrients</u> (supplements - minerals, vitamins, amino acids etc.) are a related but different issue from <u>macronutrients</u> (whole uncooked foods, fiber etc.).</p>
<p>13) Stress reduction exercises, breathing, mindfulness-based, meditation, prayer – on a regular basis. Book and PowerPoint CD available (ADHD Therapy)</p>	<p>Calms the fight/flight, sympathetic, nervous system (degenerative) and helps support the rest/digest, parasympathetic nervous system (regenerative). Therapies are available.</p>
<p>14) Love relationships and gratitude. Are you in a relationship with a person(s) or a pet(s) who you direct your love to, with unconditional positive regard? If not, I recommend taking risks of rejection by expression gratitude to those you love, reaching out to others in service (volunteering) or finding a dear friend at your local animal shelter!</p>	<p>Healthcare is based on the egotistical delusion, self-limiting delusion that healing occurs when patients are supported. Actually, as suggested by all the world’s great religions, personal healing is more likely to occur when we support and love others, not when we crave or hold on to the love and support of others.</p>
<p>15) Dental hygiene – brush and floss daily. If you have mercury fillings, root canals and/or implants, please get a dental consult at NIHA and discuss with a biological/holistic dentist (see <a href="http://www.holisticdental.org">http://www.holisticdental.org</a> ).</p>	<p>Many chronic health problems are linked to dental problems. If you develop dental problems or suspect you may have them, let us know immediately.</p>

<p>16) If you are actively in treatment at NIHA, please keep follow up visits (can be done by phone) at 3, 9 and 18 months. Laurie is engaged in monitoring the sf-12 questionnaires, your supplement use, your follow-up visits and your attendance in these webinars. Please contact her if you have questions or need to convey information (202-237-7000 X120).</p>	<p>At least of year of biochemical repair is usually needed to fully correct a lifetime of nutritional deficiencies, stress and distress, toxicities, neurotransmitter/ hormonal imbalances, metabolic problems and the genetic expression of all of the above.</p>
<p>17) Fun/recreation/play/joyful expression/delightful activities. How do you enjoy leisure activities, especially when shared with those you love. Can you vicariously experience joy when engaged in fun activities with children or animals?</p>	<p>Joyfulness applies the happy hormones and neurotransmitters in the brain which offset all the causes of stress and distress, and all psychological, immunological, neurological and endocrine imbalances which cause degenerative medical and psychiatric disorders, aging and/or premature death.</p>
<p>18) Sleep. Early to bed, early to rise. Try to follow the sun's patterns. 10 PM to 2 AM sleep may be most important.</p>	<p>Need down time to regenerate and repair all the psychological, immunological, neurological and endocrine imbalances accrued during the waking hours.</p>
<p>19) Sometimes referred to as <u>unhealthy habits</u>, other times referred to as <u>addictions</u>, obsessive and compulsive thoughts and behaviors which in the past were used to offset stress and distress, can be deeply conditioned and hard to handle. Professional, confidential help is available.</p>	<p>These behaviors are usually driven by easy-to-correct neurotransmitter imbalances. Why be ashamed of a behavior which is caused by a biochemical imbalance? Who has <u>not</u> tried unhealthy escapes to offset stress and distress? All human beings are fallible and afraid of their power!</p>
<p>20) GIA Cell Guard™ and other devices which neutralize the harm caused by microwaves and electromagnetic pollution (see Laurie for more information).</p>	<p>Small devices attach to cell phones, computers, and appliances, which protects you from injurious and potentially cancer-causing electromagnetic radiation.</p>

<p><b>21) Blame games, annoyances are an easy-to-justify-and-overlook significant cause of stress. Just because others externalize the cause of their upsets, whine and make excuses for them, does not mean that you should! Therapies are available.</b></p>	<p><b>If we allow events to cause emotional upsets rather than owning our upsets and disempowering events to cause problems, we can set ourselves up for endless misery. This factor is intimately related to #12 and #13 above.</b></p>
<p><b>22) Agreements - All the agreements you ever made, failed to keep, and failed to renegotiate can constitute a major source of stress. Again, everyone has failed to keep a lot of agreements, and we can start here by keeping those agreements which are directly related to our health.</b></p>	<p><b>Unmet and un-renegotiated agreements, especially with those people who really matter, should eventually be dealt with directly, or they tend to fester and clog up your mental space, add to emotional stress. Making commitments in this area will often greatly alleviate stress.</b></p>
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<p><b>Other Potentially Helpful Recommendations</b></p>	<p><b>Rationale</b></p>
<p><b>23) Lugol's solution – 1 drop in a small amount of water (one mouthful), swish for 10 seconds after brushing and flossing teeth, then swallow - Can follow up with mist oral spray, breath mint or mouthwash if iodine after taste is objectionable</b></p>	<p><b>Iodine deficiencies are endemic, and cultures who consume large amounts of iodine have enhanced longevity. Iodine detoxifies heavy metals which occupy iodine receptors, kills chronic infectious agents like Lyme, candida &amp; Nannobacteria, supports thyroid function, and cleanses the mouth</b></p>
<p><b>24) 20 minutes per day of direct contact of body with the ground (could be as gardening, or just going barefooted)</b></p>	<p><b>Electrically grounds you to the earth (believe it or not!), like the ground wire in an electrical circuit.</b></p>
<p><b>25) Thursday night webinars at 8 PM</b></p>	<p><b>Various health topics are discussed – anyone may attend.</b></p>
<p><b>26) Stretching/yoga</b></p>	<p><b>Many health benefits.</b></p>
<p><b>27) Weight management</b></p>	<p><b>Carbs, junk food and exercise is the</b></p>

	<b>bottom line. Supplements and hormones may help some.</b>
<b>28) Other biochemical (e.g., oxygen therapies), structural (e.g., chiropractic/massage), energetic (e.g., acupuncture) and psychological (e.g., neurofeedback, psychotherapy) interventions may be offered.</b>	<b>NIHA and other facilities in the Washington, DC area have a wide array of alternative therapies available. There are so many ways to assist you in getting well that it is difficult to know where to start!</b>
<b>29) Rational thinking. See <a href="http://www.REBT.org">www.REBT.org</a> for books and information.</b>	<b>Demand expectations to be liked, to be treated fairly, to be infallible and to have expectations met, or it is awful and terrible – causes upsets.</b>