

Beyond Better

Notes and Key Points

Preparation for ALIVE Protocol

Release / Implementation

Distributed (Protected) May 2009



Aesculapian Snake (*Elaphe longissima*)



Asclepius



Overview of Intake / 28 Day Procedure

1. 1-Hour Intake
 - a. Outline of Program / Plan
 - b. Schedule of 2 Hour Follow-up
2. Doctor Visit
 - a. Clearance
 - b. Contraindications
 - c. Plan / Desire to Speak To Trainer
 - d. Prescription of Lab Tests per ALIVE
3. Visit to Lab
4. Return of Lab Results / Patient Secures Copy
5. 2-Hour Assessment
 - a. Standard Assessment
 - b. Aerobic Assessment
 - c. Multi-Movement Strength Assessment
 - d. Program prep
6. Coaching / Instructing Session #1 (first week)
7. Coaching / Instructing Session #2 (second week)
8. Coaching / Instructing Session #3 (third week)
9. Coaching / Instructing Session #4 (fourth week)
10. Concluding Assessment and “Next Step” (Spillover)

Three parts of Successful 28-Day Intervention:

Assessment & Reassessment

Assessment is not limited to recording

Listening, understanding, identifying cues

Identifying areas to note and document improvement

Identifying false beliefs and misinformation

Protocol

Same

Educate in practice and movement

Improve cardiorespiratory condition

Improve muscle and function

Improve health, vitality, and energy

Improve lymphatic / immune health

Reduce oxidative damage

Coaching

Unique – goal – introduce Hygeia to Panacea

Determinants of being able to show “results:”

1. Baseline of diagnosed conditions and symptoms
2. Baseline of physical ability
3. Baseline of physical passive measurement
4. Baseline of attitude
5. Baseline of stressors
6. Baseline of beliefs and related actions
7. Baseline of challenge threshold

With “clues” we can test:

1. Insulin response
2. amino acid usage / wasting
3. adrenal output
4. vitamin shortages
5. Essential Fat adequacy / need
6. stress reaction / inflammation
7. endocrine condition

Challenge Threshold

Anxiety, Uncertainty, Risk, Clear Articulation of Reward

Darren / Age 53

Day 1 Prescriptive Challenges:

- Cannot comfortably Sit on the ball (tightness in low back, instability)
- Nowhere to attach band to at home (expensive hardware / apartment setting)

Solutions:

- Equipment: 2 lb., 4 lb., 8 lb., 10 lb., 15 lb. medicine ball and rack
- Rotational shift in center of gravity
- Push / Pull adjustments

	March 1	April 15
Weight	224	208
%BF	28	21
LBM	161	164
Nitrogen Balance	(-)	(+)
CPK	408	120
Fasting Blood Sugar	124	106
Insulin	12	9
BP	148 / 108	120 / 76
CRP	3.0	.4
Adrenal Risk Score	48	14
Testosterone (Total)	45	280
Readiness Profile	11	23

Discounted Cholesterol Tests: Statin Controlled 240 total

Next Phase: switch to policosanol