

Introduction to Total Body Modification's Autonomic Recovery Program (ARP)

The autonomic nervous system (ANS) is the seat of regulation for all body functions. When working properly, the body is able to heal, detoxify, digest and effectively deal with stress. The Autonomic Recovery Program (ARP) is designed to restore proper function and balance to the ANS in the shortest period of time possible. The ARP results in restoring you to a state of optimal function and creating a foundation for wellness that will last a life time. Used in conjunction with the TBM Basic Exams and follow-up TBM care, the ARP re-establishes healthy blood sugar regulation, proper digestion, balanced hormones and, ultimately, sound autonomic nervous system function and, therefore, a healthy, symptom-free body. The ARP is designed to RETRAIN YOU to support body physiology instead of work against it. The three principal pillars of the ARP are:

1. A NOURISHING, CLEAN DIET
2. DAILY PHYSICAL EXERTION
3. supporting a CIRCADIAN RHYTHM

In other words, a proper diet, exercise and rest regimen. It must be adhered to with precision until the Challenge Meal has been completed successfully (approximately 3 weeks). As your condition improves, various aspects of this program will be relaxed as deemed permissible by your TBM provider. Plan to work with your TBM provider for a period of about 4 to 5 months to complete the ARP. Throughout the ARP your TBM provider will continuously monitor proper functioning of blood sugar regulation, hydration and other functions.

Note: The dietary portion of the ARP is primarily centered on European nourishing traditions, but can easily be adapted to suit any race and ethnicity. Work closely with your TBM provider to customize the diet to your match your inherited dietary needs.

Humankind is suffering unnecessary health problems due to abandoning the practices, adhered to by our forbearers, that enabled them to survive famines, pestilences, wars, plagues, severe personal loss, extreme weather and prolonged periods of physical exertion. It is by a return to the practices of our ancestors that we will be able to create healthy bodies. The core of these practices includes: resolving stress, adhering to a circadian rhythm, drinking only water, avoiding toxic chemicals, daily physical activity, eating a nourishing diet, avoiding un-nourishing foods, reduced caloric intake, structural care and good posture, and "listening to the body."

Resolve Stress

Our bodies crumble under chronic stress. We do just fine with "revolving door stressors," but a continual stressor disrupts the ANS and leads to poor health. Any and all stressful situations require resolution. Calming and relaxing activities such as TBM's Protection visualization, home pelvic blocking, sunshine, hot baths or showers and exercise help to mitigate the ongoing effects of stress, but the cause of the stress must eventually be addressed and the sooner the better! Work with your TBM provider, alone or in a conjunction with a Life Coach or a Counselor, in developing strategies to bring the stressful situation to a peaceful resolution.

Adhere to a Circadian Rhythm

Most of our physiology functions on a daily cycle. Consistent cyclical fluctuations in hormones are essential to proper sleep, digestion and productivity. In support of these it is required each day to retire and arise and eat meals within a 30 minute window of time. Choose a time you can consistently retire, arise and eat your meals EVERY DAY throughout the 7 day week. Eating should trigger a bowel movement (BM) within 30 minutes. 15 – 30 minutes following each meal, retire to the lavatory to relax to permit a BM. Remain there, in a calm state, at least 10 minutes before concluding that a BM is not going to happen.

Drink Only Water

Our body is 70% water because all physiologic processes require it. All beverages, other than water, are diuretic in nature. This means that they cause the kidneys to excrete water that is needed for physiologic function. Only pure water hydrates. Do not alter water in any way other than to purify it. This means no alkalizing, mineral or vitamin enriching, sweetening and so forth. Purified water is recommended, but meeting the daily minimum intake always takes priority. Consume 43.5mL per kilogram each day, unless otherwise directed by your TBM Provider.

Avoid Toxic Chemicals

Toxic chemicals introduced into our food supply and environment can have disastrous effects upon physiology and are contributing significantly to your health complaints. Do all in your power to avoid exposure to toxic chemicals. This includes caffeine, nicotine, alcohol, petrochemicals, plastic containers, chemical food preservatives, artificial flavorings, processed foods, cleaning chemicals, GMO foods, pesticides, herbicides, unnecessary medications, scents, perfumes, sweeteners, monosodium glutamate, suntan lotion. Eat organic food when possible. Aerate new cars, mattresses, carpets and the like, to reduce your exposure to toxic outgassing.

Daily Physical Activity

Our bodies are designed to undergo daily strenuous activity in order to maintain proper muscle tone, both skeletal and smooth muscles, release stressful thoughts and emotions, balance blood sugar and prepare us for a sound nights rest. A minimum of 1 hour a day is needed to meet this requirement. If this is not possible in the beginning, make it your goal and begin with at least 20 minutes per day of condition appropriate physical activity. Daily periods of physical exertion is the first step toward caloric efficiency, followed by reduced caloric intake. Whenever possible, exercise outdoors to increase sunlight exposure and fresh air.

Eat a Nourishing, Clean Diet

Our ancestors were able to endure the hardships that they did without the need of “miracle drugs” by properly feeding their body. Key elements in nutrition is to enable the body to neutralize free radicals, effectively eliminate toxins, construct proteins and produce hormones. A diet consisting predominantly of vegetables and animal products, including organ meats, red meat, eggs and dairy, with occasional fruit, whole grains (not flour) and legumes should be our mainstay. Grains and legumes are best germinated, soaked for a minimum of 24 hours, and then cooked prior to eating to eliminate naturally occurring anti-nutrients. Raw nuts, especially Brazil nuts, walnuts, sunflower seeds, pecans and cashews are encouraged. The following vegetables are particularly encouraged for their contribution to detoxification and/or blood sugar management: steamed cruciferous vegetables (especially broccoli), raw asparagus, and mushrooms (especially white button).

Avoid Un-Nourishing Foods

A diet high in processed carbohydrates, such as flour-based foods and natural sweeteners, is one of the most physiologically destructive dietary changes instituted in the past century. They are to be completely avoided during the initial phase of the ARP and consumed very sparingly throughout life. Other items to be completely avoided throughout life is all non cane-derived sweeteners, soy and soy products (unless you are of Asian descent), defatted dairy products, modified fats (hydrogenated oils and margarines), and toxic oils (canola, safflower oil).

Reduced Caloric Intake

Promoting caloric efficiency and optimizing body mass through overall reduction in the number of calories consumed and by increasing the number of calories burned through physical activity is one of the best tools in restoring healthy physiology. Excessive caloric intake reduces physiologic efficiency and leads to poor health. Wait until you are hungry to eat and stop eating before you feel full. Eat frequent meals, a minimum of three per day, but ideally five. It is important to feel hunger prior to eating and to only eat enough so that you are hungry again prior to your next meal time.

Structural Care and Good Posture

Structural integrity is integral to nervous system wellness, stress reduction, organ function and sound sleep. Practicing good posture and receiving necessary professional structural care (e.g. chiropractic, osteopathy, massage therapy) is essential. Take care to sleep on your side and consult with your TBM Provider for guidance on proper posture.

Listening to the Body

No book or expert can tell you how to feed and take care of your body, but the body itself can and will, if you will make it a priority to listen. Notice how certain foods affect you, certain people, places, activities. Notice how much rest you need and how long and what type of exercise your body prefers. As your body begins to function properly it will provide more and more feedback to guide you in supporting it in health.

Challenge Meal

Following two straight weeks of ARP strict adherence with apparently effective blood sugar regulation, your TBM Provider will instruct you to initiate a Challenge Meal (CM). The CM consists of a 90 minute period in the early evening where you consume a meal high in carbohydrates. This may include items such as pasta, potatoes, cauliflower, alcoholic beverages, cane sugar sweetened desserts and beverages. Following the completion of the CM, return to strict adherence to the ARP dietary guidelines until you are able to meet with your TBM Provider to evaluate your body's response. If your body responded well, then the process of relaxing the dietary restrictions will ensue, if not, then an additional week of strict adherence will be added and the CM repeated.

Suggested Treatment Plan during the ARP

- **Weeks 1&2:** From the day you commence the diet you need to see your TBM practitioner for 3 visits each lasting approximately 10 minutes during this first and second week, for a total of SIX visits. Strict adherence to the ARP is required. If you fail any of the sugar checks during this period, the two week period begins again from Day 1.
- **Challenge Meal:** Successfully passing the Challenge Meal allows you to gradually relax the dietary restrictions under the guidance of your TBM practitioner.
- **Weeks 3&4:** 2 visits per week for 2 weeks, each lasting approximately 10 minutes.
- **Weeks 5&6:** 1 visit per week for two weeks, each lasting approximately 10 minutes.
- **Weeks 7 to 10:** 1 visit per fortnight for one month, each lasting approximately 10 minutes.
- **Weeks 11 to 14:** 1 visit for this month lasting approximately 20 minutes.
- **Weeks 15 to 18:** 1 visit for this month lasting approximately 20 minutes.

If you have any concerns adhering to this Treatment Plan, please speak with your TBM practitioner.

Total Body Modification's Autonomic Recovery Program

The following guidelines were originally developed by the late Dr. Victor Frank, co-founder of Total Body Modification (TBM) and have been expanded upon by Dr. Kevin Millet, current owner and Principal Instructor of TBM.

Note: Prior to beginning this Program, consult with all of your current health care professionals. Although this program is based on recommendations that have been utilized for decades and have been proven to be effective and completely safe, there are certain individuals and medical conditions that can make elements of this program unsuitable.

MANDATORY

Water: Consume 43.5mL per kilogram each day, unless otherwise directed by your TBM Provider. Purified water is recommended, but meeting the daily minimum intake always takes priority.

Red Meat: Eat a minimum of 255g of red meat per week. This includes beef, venison and lamb. If you are of Scandinavian decent, you must include fish; if of Arabian or Mediterranean decent, include lamb or goat. Red meat and fish are best eaten rare/raw. Speak with your TBM Provider about safe consumption of these items.

GreenVegetables: Consume, as desired, any and all green vegetables (e.g. peppers, broccoli, cabbage, cucumbers, zucchini, etc.).

Exercise: A minimum of 20 minutes of physical activity 3 times per week, increasing it to 1 hour per day.

Sleep Hygiene: Extinguish all light sources in sleeping quarters. Dim lights to mimic outside light cycle and avoid stimulating activities and foods for a minimum of 1 hour prior to retiring. Retire and awaken at the same time each day. See handout "How to Get a Good Nights Sleep" for additional pointers. Minimize your use of somnoleptics (sleeping pills) as much as you can (coordinate with relevant health professionals as needed). Complete the TBM Protection visualization upon arising and retiring each day. See handout "TBM Protection" for information.

Bowel Habits: Visit the toilet 15 – 30 minutes following each meal to enable re-establishment of a bowel evacuation following each meal. Eliminate the use of laxatives.

Salt: Salt food to taste. Note: Salt avoidance when drinking large amounts of water is unsafe. To minimize aluminum exposure and to provide other trace minerals, we recommend using unrefined salts (e.g. Real Salt®, Celtic Sea Salt®).

Eat Breakfast: A substantial, protein-rich breakfast is crucial for the stability of blood sugar throughout the day.

Eat Frequently: You must go no longer than two hours without eating. An hourly snack is recommended with 3 – 5 meals throughout the day. Suggested snacks: cheese, fruit, plain yogurt w/fruit, hard boiled eggs, permitted raw nuts, toasted sprouted bread w/butter, Sucanat® and cinnamon, raw broccoli, raw asparagus, cooled piece of bacon, shrimp. DO NOT PARTICIPATE IN RELIGIOUS OR OTHER TYPES OF FASTS DURING THE ARP!

ALLOWED

Sweeteners: Modest amounts of unrefined cane sugars may be used (e.g. Sucanat®, Rapadura®, Steen's) may be used as a sweetener.

Animal Products: Except for milk, you may eat any and all animal products you desire (e.g. eggs, meats, cheeses, butter, yogurt, poultry, shellfish).

Rice: Consume, as desired, whole grain rice which has been "browned" in a dry skillet to a golden brown (approx. 5 min.) prior to cooking. It is normal for some of the kernels to pop. Once cooled, prepare it as you would prepare rice normally. Note: large amounts may be "browned" in advance, cooled then stored for later use.

Bread: Consume no more than two slices per day of one hundred percent sprouted grain bread or rice bread.

Red Vegetables: Consume, as desired, any and all red vegetables (e.g. peppers, tomatoes, cabbage).

Yellow & Orange Vegetables: Consume up to and no more than 3 servings per week of yellow and orange vegetables (e.g. corn, carrots, yellow squash, etc.).

Alliums: Consume, as desired, any and all edible alliums (onion, garlic, leeks).

Nuts: Consume ONLY raw cashews, walnuts, pecans and Brazil nuts.

Fruits: Consume any and all raw, whole fruits as desired. Canned fruit may be consumed only if it is canned in water or its own juice. Juices may be consumed in moderation if they are juiced fresh. Where possible, consume fruit at the same time as some form of protein (dairy, nuts etc).

Coffee & Tea: Avoid all beverages that contain caffeine (coffee, tea, including green tea). Herbal teas are permitted.

Listen to your Body: Ask your brain, not your mouth, if a particular food is right for you at this time. If it simply “tastes good,” it is probably a poor choice.

FORBIDDEN

Grain Products: Avoid all grains (e.g. wheat, oats, barley, rice) and grain products (cereals, pastas, breads), except those outlined above.

Legumes: Avoid all legumes (e.g. soy, peanuts, chick peas, peas, kidney beans, pinto beans, refried beans, lentils).

Nuts: Avoid all nuts, except those outlined above.

Sweeteners: Avoid all sweeteners, except those previously allowed. This includes not only the use of the items listed below, but any foods with them as an added ingredient. A PARTIAL LIST of ingredients to avoid:

Natural – stevia, sugar, invert sugar, brown sugar, “Sugar in the Raw,” sucrose, glucose, maltose, fructose, stevia, malt sugar, honey, syrups (maple, rice, corn, high-fructose corn), concentrated fruit juice, agave nectar, and sugar alcohols (xylitol, mannitol, sorbitol, maltitol).

Artificial – polyols/sugar alcohols (xylitol, erythritol, mannitol), sucralose (Splenda®), aspartame (Nutrasweet®, Equal®) saccharin (Sweet’N Low®), acesulfame potassium (ACK, Sweet One®, Sunnett®), neotame, and cyclamate.

Miscellaneous: Avoid dried fruit, alcoholic beverages, canola oil, margarine, shortening, cauliflower and other white vegetables, frozen foods, beets, yams, potatoes, tofu, milk of all kinds (cow, goat, almond, soy, rice, etc...).

IF IN DOUBT, LEAVE IT OUT!

Note: Although this is not specifically designed to be a weight loss diet, it is very common for an overweight individual to lose from 4.5 to 9 kg during the four week intensive period.

We highly recommend “The Sugar Control Bible and Cookbook,” by Jacqueline Paltis, D.C., N.D. as a resource to better understand the principles and application of the Sugar Control Program as well as general diet information. Available on Amazon.com.

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