



OPTIMAL SLEEP

The KetoFLEX 12/3 diet and lifestyle combine fasting, exercise, and plant-rich, mildly ketogenic diet with optimal sleep to create a foundation that supports cognition.

Never before has the practice of medicine been as polarized by the dichotomy between reductionism and holism as exists today with relation to the treatment of disease.

Reductionism, as it is applied to the practice of medicine, takes the position that in order to best understand a disease process and ultimately formulate and implement as appropriate therapeutic intervention, both the disease and the intervention need to be reduced to the simplest operative parts and mechanisms. In contradistinction to reductionism holism places more value on exploring the forest as opposed to focusing on the simple tree. To be sure, a holistic approach to health and disease absolutely embraces the discoveries of deep scientific pursuits, but the fundamental differences in comparison to reductionism is found when examining how science is utilized as it relates to actually treating a malady. Whereas reductionism looks for the one home-run solution, holism considers any and all options available if there is something positive to offer.

I've used a reductionism approach in deciding to be vaccinated. I will also use it for any new drug. Is it right for me or my loved ones? What are the risks and benefits of this drug? How soon will it be available, and will my insurance pay for it?

The holistic approach uses the three compliments of the lifestyle, diet, fasting and exercise. When these are combined, provide clean sustainable fuel for the brain. Practicing these three strategies currently yield a synergistic effect that promotes more rapid healing than employing any one of them alone. It is the combination of the three that leads to optimizing health and the avoidance of chronic disease rampant throughout modern civilization.

Credits:

The End of Alzheimer's Program, Dale E. Bredesen, MD
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Who is the best Teacher...?

We were discussing Marjia and her progress and we reduced the progress to three specific areas. Blood flow in her upper body, blood flow in her spine, and blood flow down her legs and into her feet.

We were trying to develop some form of exercise or thinking that would make the exercise sessions more meaningful. Baseline would be minutes spent on each activity: 1. mindfulness, 2. square breathing and 3. chair exercise. You can see three activities in the attachments.

Mindfulness, this is the simple practice of being present in the current moment. When we are fully present and consciously aware of ourselves and the world around us we are not looking back and replaying negative self-chatter. We are not worried about the future. We are simply being completely present in a nonjudgmental and observing manner. Research shows that mindfulness lowers cortisol and blood pressure, improves sleep, and chemically reduces stress, depression, and anxiety while improving attention. Most important, mindfulness powerfully protects middle-aged and older adults from the effects of stress on mental health.



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