

## A 100% science- based measurable approach to build a strong immune system, have more energy and mental clarity without spending a fortune on medicines and treatments.

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### Abstract

Statement of the Problem: People with autoimmune diseases and chronic health problems have a weak immune system. The strength of an immune system is directly depended on oxygenation levels in our blood cell tissues. Our blood cell tissues oxygenation is controlled and regulated by the Respiratory Center (Medulla Oblongata). The Respiratory Centre is influenced directly and indirectly by our lifestyle choices and stressors such as emotions, nutrition, electropollution, physical activity, toxicity and many more. As modern lifestyle, especially in the western world, has been far from optimum, people continue patching their health symptoms without addressing the root cause of their health problems, which is retraining their respiratory centre and improving their lifestyle holistically. The purpose of this presentation is to present you with the science and the methodology that we have been using for over ten years successfully in our clinic, which will be a roadmap on how to rebuild your health!

Theoretical Orientation & Methodology: The medulla oblongata or simply medulla is responsible for autonomic (involuntary) functions, ranging from vomiting to sneezing. It contains the cardiac, respiratory, vomiting and vasomotor centers and therefore deals with the autonomic functions of breathing, heart rate and blood pressure, and the sleep-wake cycle. This presentation methodology is based on practical clinical experience and scientific research from over thirty different health modalities. It is also based on the experience and clinical results that clients have gained on dozens of my courses that focus specifically on retraining the Respiratory Centre (Medulla).

**Conclusion & Significance:** Health problems occur to people with low oxygenation in their blood cell tissues directly linked to their Respiratory Centre and their lifestyle. The recommendation is to retrain their Respiratory Center in conjunction with improving their lifestyle holistically too.

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