

Brain/Body FIT® Clinical Performance System

Northwestern Health Sciences University

DATES: Sep 23-25, 2022

HOURS: 20

LOCATION: Lake Oconee, GA

INSTRUCTORS: Jerome Rerucha, DC, BS CSCS, CHPS

Course Description

Join Dr. Jerome Rerucha at Brain/Body FIT® Clinical Performance Institute at Lake Oconee, Georgia. This three-day, 20-hour course is a hands-on intensive weekend taking you through a step-by-step multi-dimensional system of care where you get worked on using the complete Brain/Body FIT® System of examination and correction. You get to use your skills during each section's workshops to take back to your clinic on Monday.

The chiropractic triad of health: structure, nutrition, and mental/emotional integration will be on display. Dr. Jerome's passion for human potential will allow you to understand the importance of excelling at Active Examination™ procedures. You will be taken through it step-by-step as it applies to a practice environment. The Brain/Body FIT® system includes patient intake and x-ray analysis. The system also involves posture, structure, neuro, soft tissue, and identifying symmetry/asymmetry progressing from Ideal Neutral Posture > Movement > Function > Performance patterns.

Nutrition and lab testing is covered to teach you the greatest chemical deficiencies/imbbalances and PubMed research to validate correction and the importance of maintenance through life. Psycho-neuro-immunology exams and correction and the science of Nobel Prize awarded Candace Pert Ph.D., and Bruce Lipton, etc., make this exciting science of the brain tangible. Psychological reversal correction, and brain training techniques will be applied to remove you and your patient's barriers, allowing you to "thrive" and "Realize Their Potential™."

The same system and methods taught have been proven to regain the health of previous non-responding patients who believed they have tried everything, and to attract clients who are healthy and want to improve their health. The Brain/Body FIT® Clinical Performance Solutions methods currently continue to make state champions and world champions from just regular people from small-town Georgia. And this weekend can do the same for you. Our goal is to be a life fulfillment event for your clinical career and personal life.

Learning Objectives

- Apply a system to integrate the chiropractic Triad of Health; structure, nutrition, and mental/emotional.
- Learn to excel in "Active Examination"™ procedures.
- Learn to use specific patient intake and x-ray analysis.
- Understand how nutrition and lab testing teaches you the greatest chemical deficiencies/ imbalances and PubMed research to validate correction and the importance of maintenance through life.
- Learn how to remove you and your patient's barriers with mental/emotional healing - psycho-neuro-immunology exams and correction, identifying psychological reversals, brain training techniques to.
- Learn to apply Brain/Body FIT® on large groups (yoga studio, silver sneakers class, entire football, track gymnastics teams, etc.)
- Learn efficient and effective patient education methods and tools.
- Learn to create a 3D Brain/Body Map® examination for enhanced patient communication and treatment priorities.
- Review and understand how research studies and FDA Clearances make technology tangible and apply the advances available in examination and treatment methods.

(Principles of Practice)

8:30 - 9:00am Health Foundations of **BRAIN/BODY FIT®**

BRAIN/BODY FIT® is a true multidimensional SYSTEM of evaluation, scoring and correction

- Physical - Structure, soft tissue, neurology interaction
- Chemical - nutritional, organ systems, functional lab testing, supplements, food intake
- Emotional - Brain, tissue memory, Psycho-neuro-immunology, Neuropeptide (Nobel prize)
- Normal vs Abnormal / Symmetry vs Asymmetry for “Independence of Activities of Daily Living” and scales up to Elite “Performance.

BRAIN/BODY FIT® applies modern day science and physiology with a scalable, reproducible evaluation to identify and score imbalances of a three-dimensional continuous living system. The ® exam methods teach the clinician to create a Brain/Body Map® that will identify priority of corrections and an enhanced and easy to understand report of findings for the patient.

(Examination Procedures / Diagnosis)

9:00 – 10am Creating a Brain/Body Map® - Keystones of exam priority
Ideal Neutral > Movement > Function > Performance

- Standard intake forms
- Ideal Neutral Posture Analysis
- FIT 4 X-rays
- PubMed Posture validation
- Score - Normal vs Abnormal / Symmetry vs Asymmetry

Body Composition Examination

- Bio-Impedance
- Waist to Hip Ratio
- Waist to Height Ratio
- PubMed body composition validation
- EFA Ration Lab Test and Nutrient Elements Lab Test Results
- Score Risk Factors - Normal vs Abnormal
- PubMed research validation: EFA, Magnesium, Zinc, Selenium, Vit D

(Examination Procedures / Diagnosis)

10:00 - 11:00am Workshop above **BRAIN/BODY FIT®** Exam Stations

- Record findings on Active Examination™ exam forms
- Record findings on 3D BodyMap® exam form

(Examination Procedures / Diagnosis)

11:15 – 12:30pm Intro - **BRAIN/BODY FIT®** Simple 10™ Examination

- Perform exams
- Record findings on Active Examination™ forms

- Record findings on 3D Brain/Body Map® forms

Intro - Findings of 3D Brain/Body Map® findings and provide priority corrections

- Structure
- Soft tissue
- Neurological
- Laser, Percussor, Adjustments, Clinical Exercise, Nutritional supplement correction

(Principles of Practice)

1:30 - 3:30pm Class workshop *BRAIN/BODY FIT*® success starts with the exam in your own clinic. Fit Simple 6™ on the entire class

- Exam stations (to perform for group)
- Record findings on Active Examination™ forms

(Examination Procedures / Diagnosis)

3:45 – 5:30pm Create the 3D Brain/Body Map®

- Transfer Active Examination™ individual FIT exam results to the comprehensive 3D Brain/Body Map® form
- Preparation of patient report of findings

Saturday = 8 hours

8:30 a.m. – 5:30 p.m.

(Principles of Practice)

8:30 - 9:30am Brain Integrative Examination/Integrative Correction: Physical, nutritional and mental/emotional

- Brain/Body FIT® Clinical Nutrition Solutions
- What you eat effects the brain
- What you eat effects your body
- What you eat effects your outcome in life
- A complete patient management system

(X-ray)

9:30 – 10:30 am FIT 4 X-rays

- What to look for with each X-ray
- What to look for when you integrate all 4 X-rays
 - How does top effect the bottom / bottom effect the top

Applying the 3D Body Map® findings to the Xray

- 2 dimensional x-rays get a massive upgrade using FIT 3D Body Mapping® exam findings

(Examination Procedures / Diagnosis)

10:45 - 12:30pm Creating protocols from the FIT Brain/Body Map® and X-ray findings

- Structure
- Soft tissue
- Neurological
- Laser, Percussor, Adjustments, Clinical Exercise, Nutritional supplement correction

(Adjustive Technique)

1:30 - 2:30pm Integrative pelvic correction - the basics

- Laser
- Percussion - Soft tissue
- Neurological
- Nutritional supplement correction

(Adjustive Technique)

2:30 - 3:30pm PerformancePractor® Ninja Level adjusting pelvic correction

- Adjust - manual
- Adjust Instrument
- Blocking
- Therapeutic dose laser correction
- UnAttended Active laser stations
- Clinical Exercise

3:30 - 3:45pm Break

(Adjustive Technique)

3:45 – 5:30pm PerformancePractor® Ninja Level adjusting shoulder correction

- Adjust - manual
- Adjust Instrument
- Blocking
- Therapeutic dose laser correction
- UnAttended Active laser stations
- Clinical Exercise

Performance Practor® Ninja Level adjusting foot and lower extremity correction

- Feet effect Ideal Neutral > Movement > Function > Performance
- Physical Capacity
- Neural Drive
- Spine, Brain, Organs
- PubMed research validation
- Adjust - manual
- Adjust Instrument
- Therapeutic dose laser correction
- Resetting Gait
- Clinical Exercise

(Principles of Practice)

8:30 - 9:30am The Brain/Body Relationship

- Low Level Laser Therapy stand-alone & Integrative correction
- Brain EEG Evaluation - neurotech
- 3D Brain/Body Map[®] Priority corrections
- Brain Balance Techniques - brain too fast / brain too slow
- Neurofeedback - central integration correction
- Psychological reversals - identify and correct
- Clinical Exercise brain correction
 - PubMed - eyes, ears, feet and hand exams and corrections
 - Active vs Passive

(Examination Procedures / Diagnosis)

9:30 - 10:30am Neuro-Immunology = You can't have Immunology without Neurology

- Brain/Body FIT[®] Foundation lab testing to support the nervous system, immune system
- Score nutritional status - identify and correct imbalances, maintain for life
- PubMed Neural drive facts
- Brain/Body FIT[®] Scoring System - reflection of all participants 3D Brain/Body Map[®]

(Principles of Practice)

10:45 - 12:30pm Creating Protocols from the FIT Brain/Body Map[®] and X-Ray Findings

- Sympathetic/Parasympathetic Balance
- Low Level Laser FDA Clearances
- Encouraging Patient Interest
- Patient education advances