

Primer on Flow Systems Auditing™

If you don't want problems with your health, then choose to be healthy!

Because if you're healthy, you can't be sick!

INTRODUCTION

Homeostasis The ability of cells and organisms to maintain balance by adjusting physiological processes.

Your body's internal homeostatic controls are like teeter-totters that can move when needed between healthy physiological bounds—in Chinese medicine this is the yin and yang of healthy expression.

When a core homeostatic control gets stuck or is allowed to move beyond its norms without a corresponding ability to return where it should, **adaptive capacity** can be lost and health begins to fail.

Research in physiology tells us where balance points should be for different measures of health, and those measures of health taken in the context of how to manage them, is **applied physiology**.

When measurement shows that homeostatic controls are moving away from balance, it is a sign that adaptive capacity for vibrant health is being affected. If affected enough along the right pathway, *ALL* manner of issues and even events classified as disease can set in.

There is no disease process that does not effect in some manner a change in homeostatic control.

Monitoring the body's homeostatic controls and taking safe corrective action as needed is the most effective way to maintain health - and to help regain health if it has been lost.

Proper measurement of your physiology is key because,
you cannot manage what you do not measure.

Your body is a unique biological "flow" system. From the blood, to the tissue, to the innards of every cell in your body, the flow of life is moving with the flow of electrons.

We are all made up of the dirt of the earth, lifted from the periodic table of the elements. You are an electric wonder. From the neurons in your brain to the twitch in your muscle to the pulse of an electrocardiogram, there is a lot going on, and what is going on can be observed, measured, and managed, for your optimal wellness.

The measurement and auditing of this life flow is appropriately called **Flow Systems Auditing**.

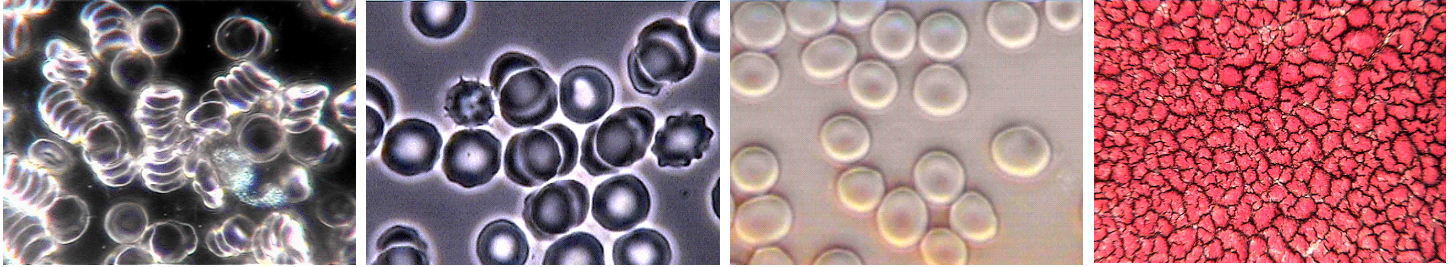
Flow Systems Auditing is not diagnostic in nature nor is it a laboratory medical process for any analytical purpose, it is simply taking a look at physiology through your body's natural feedback mechanisms using tools of science. In the hands of a skilled practitioner, insights can be gained and shared so you can make more intelligent decisions about how you might gain more adaptive capacity and dynamic health in your life at all levels.

What follows is a simple rundown of Flow Systems Auditing.

Flow Systems Auditing - The Visual Perspective.

Observing a Qualitative Reflection of Health as Expressed in Your Blood

A world of understanding awaits when you take a fantastic voyage into the microscopic world of your own blood. Using one of the most sensational forms of health education available, Flow Systems Auditing will intimately show you your own real time, right now, "situational physiology" as observed in your blood using high powered biological video microscopes. Through guided observation with an experienced "tour guide", you will begin to gain deeper understanding of what health is and how you can go about asserting your newly gained knowledge for transforming your physiology for maximum gains in health & life performance.



Flow Systems Auditing - The Quantitative Perspective.

Mechanical and Electrical Measures of Health

The quantitative aspect of Flow Systems Auditing takes specific measures of urine, saliva, blood pressure, pulse and more and audits for specific response. If a measure under or over performs beyond the physiological bounds where the best health is known to exist, then appropriate corrective action can be taken. This action does not entail "treatment" for symptoms, conditions or disease, but instead applies scientific realities and known safe pathways to reestablish and strengthen adaptive capacity, which in turn supports the body's natural ability to self-heal and provides the framework for maximum performance.



Flow Systems Auditing
Homeostatic Control Issue #1

The Electrical Dynamic

You are an electrical being. Every activity in your body happens because of the movement of electrons. It is the minerals that you get from the food that you eat that gives you the foundation that you need to support your electrical life processes. Minerals=electricity and it is electricity that runs your body.

In the electrical repair business, if you had a radio that was not functioning, the first thing that the repair man would investigate is the POWER that runs the radio. There has to be electricity put to the circuits—and not too much or too little. The same reasoning can be practically applied to the human condition.

Electricity—by way of electrolytes—can be too much or too little for optimal physiological function. If so, it can alter all forms of measurement from simple pH readings to blood pressures and pulse. Flow Systems Auditing looks at specific mechanical measures of blood pressure, pulse, and specific electrical measures of urine and saliva to gain insights into your body's "power" system. This is critical to know because just like the electrical repairman, if he were to fix something down the line without first investigating the power situation up front, he could blow up a circuit or completely fail to fix the problem at the source.

For clinical physiology, if your power system is out of whack, it could mean...

Too Much Electricity—Electrolyte Stress

*High blood pressure
Blood flocculation
Hard beating heart
Heart stress
Kidney stress*

*Myelin deterioration
Excess nerve stimulation
Hyperactive disorders
High cholesterol
Atherosclerosis*

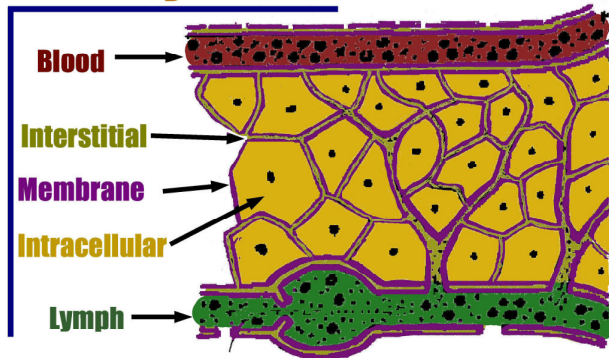


Too Little Electricity—Electrolyte Deficiency

*Chronic fatigue
Muscular weakness
Anemia
Dizziness
Decreased libido*

*Poor circulation
Low self assurance
Osteoporosis
Accelerated aging*

A Flow System



Your body is a unique flow system. The diagram on the left could be called the ground matrix of this flow system—it represents the activity at the cellular level of your body where all things happen and can exist either in a state of optimal function, or not. From the blood stream that carries inbound oxygen and nutrients to every cell to outbound carbon dioxide and wastes, electrons traverse from the blood to the interstitial (in-between) spaces around the cell to the inside of the cell and back out again. It is a constant ebb and flow. This ebb and flow establishes the circadian rhythm of your life. The most important regulator of this circadian rhythm is the dynamic makeup of the membrane of the cell itself.

Circadian Rhythm

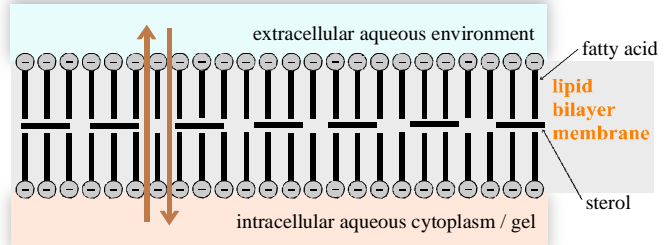


Flow Systems Auditing
Homeostatic Control Issue #2

The Membrane Dynamic

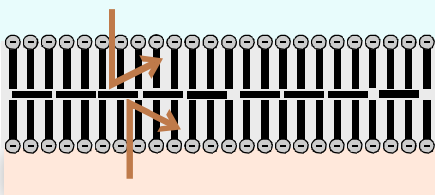
Cell membranes are composed of lipids (fats). These are further broken down into fatty acids and sterols and due to their specific electrical charge nature, these fats arrange themselves a bit differently in the membrane structure. When properly balanced, communication and physiological events happen in balance.

Balanced State



Anabolic Imbalance

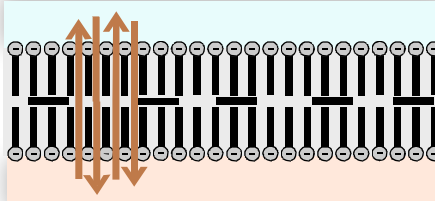
Excess Sterols vs. Fatty Acids



When a quantitative issue arises of excess sterol activity vs. fatty acid activity at the membrane level, or a qualitative issue of fat dynamics (good fats vs. bad fats) arises (either due to diet or other mitigating circumstances), cell membranes can become locked up and physiological events go askew. This locked up state predisposes one to see an overly anabolic and more anaerobic (without oxygen) cell process occurring.

Catabolic Imbalance

Excess Fatty Acids vs. Sterols



Just the opposite can occur when a quantitative issue arises of excess fatty acid activity vs. sterol activity at the membrane level, or a qualitative issue arises. Cell membranes can become too porous and physiological events go askew. This open state predisposes one to see an overly catabolic and dysaerobic (oxygen out of control) issue occurring with cellular processes.

Specific Flow System measures of urine and saliva - like pH, surface tension, electrical conductivity - and blood pressure, pulse, temperature and more, can begin to define the state of your cells membranes which begin to define your circadian rhythm, which begin to define the operation of your cells, which begin to define any issues with your tissues—which ultimately drive symptoms, conditions & diseases into being.

Too many sterols
ANABOLIC
(anaerobic)

Inducing - sustaining for:
Viruses, bacteria, chronic
fatigue, sleep, constipation,
polyuria, tachycardia,
hypertension, osteoarthritis,
lactic acid, seizures, solid
tumor cancers...

Too many fatty acids
CATABOLIC
(dysaerobic)

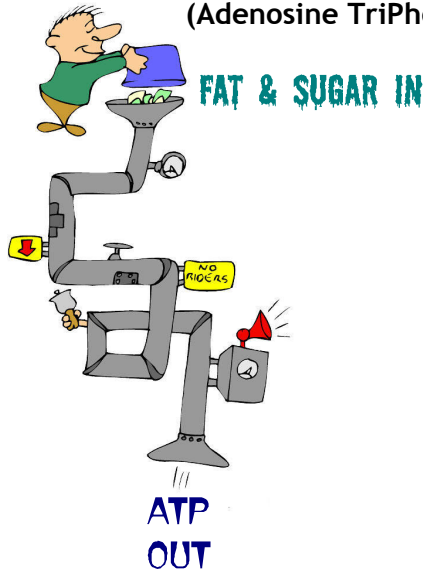
Inducing - sustaining for:
Insomnia, diarrhea, oliguria,
bradycardia, hypotension,
rheumatoid arthritis, rapid aging,
MS, gall bladder colic, colitis,
crohn's, psoriasis, CVD, non-
solid tumor cancers...



The Energy Dynamic

Positively and negatively charged mineral components establish the "power" (homeostatic control #1) to do work. In the process of working they traverse membranes between fluid compartments (homeostatic control #2) and establish proper equilibrium to create an internal environment inside the cell that supports mitochondrial function which directly delivers energy that drives your very being (homeostatic control #3).

Mitochondria is an intracellular bacteria which possesses a mechanism (the krebs cycle) whose end-product is ATP (Adenosine TriPhosphate).



ATP = The Energy that Runs Your Body

FAT & SUGAR is the fuel that mitochondria uses to generate ATP.

The beta-oxidation metabolic pathway uses fat.

The tricarboxylic acid metabolic pathway uses carbohydrates.

If the internal cellular environment goes askew in energy production and the mitochondria falls short in being able to utilize fat or sugar in your diet, then the energy which runs every cell in your body suffers. This can first and foremost, effect brain function at many levels. Next it can effect energy for everyday tasks. It can compromise immune function. It can shift cholesterol, triglycerides, blood sugar, body temperature and more.

Beta-Oxidizer (Burns fats over carbs)

Inducing for:
Fatigue
Depression/anxiety
Low body temp
High serum pH
High blood sugar
High triglycerides
Bilirubin in urine - liver overload
Ketones in urine most anytime

ENERGY



Tri-Carb (Burns carbs over fat)

Inducing for:
Fatigue
Depression/anxiety
Low body temp
Low serum pH
Low blood sugar
High cholesterol
Bilirubin in urine - gall stones
Ketones in urine after not eating



The ANS Dynamic

The Autonomic Nervous System encompasses your sympathetic and parasympathetic response mechanisms. Sympathetic has been called the fight or flight response and parasympathetic the rest and digest. When imbalances occur here, it can lead to all sorts of issues, not the least of which are physical responses related to disturbances in body temperature, pupil size, salivary output, vascular constriction, digestion, asthma and allergies to name a few.



The pH Dynamic

Hydrogen. The most plentiful element. 91% of everything in your body combines with it in some way. It is measured on a pH scale and when hydrogen goes in one direction its measure is called acid and if it goes in another, alkaline. pH is like the tail of a big biochemical dog. Homeostatic controls 1 thru 4 are what move that tail to and fro and Flow Systems Auditing uncovers those connections helping you to master your body's acid and alkaline balance.

Flow Systems Auditing - The Mind/Body Perspective.

While you can engage your mind in understanding more about your health through taking that fantastic voyage into your living blood, and dynamically assist your homeostatic controls for balance, the power of your innate intelligence at known and unknown levels to assist your quest for health cannot be denied. It is here where practitioners of Flow Systems Auditing may bring special tools to help you integrate hemispheric brain function, help establish brain/body communication at new levels, and assist in letting you experience all that "flow" really means.

Side Bar Web Notes

Recognition of adaptive capacity has its grounding in textbook physiology and biochemistry. In medical school, the jump to practical applications of these sciences for wellness is short circuited as training is diverted to a more pharmaceutical approach to treating symptoms, conditions, and diseases.

While this approach is well supported by government and an insurance driven marketplace, it comes at a loss of the practical interventions science would suggest if drugs were not the answer. Flow Systems Auditing reconnects the everyday wellness issues people have back to science and logic. The result? Less costly intervention and healthier people.

Epigenetics—*There is something more important than just genes to determining health realities.*

In the 19th century French physiologist Claude Bernard stressed how the "terrain is everything". From that time up through the genome project and to the 21st century work of folks like cell biologist Bruce Lipton (The Biology of Belief), new ways of understanding health and healing is unfolding before us.

While a child might have to wait for the BioBus (www.biobus.org) to visit their school for a wild and exciting excursion into cell biology, adults can tap into that same level of excitement right now with a microscopic journey into their own inner world. Flow Systems Auditing allows people to take a quantum leap in understanding biology and their own health.

Vortex—Flow of Life

The fluid compartment of the blood is a dynamo of activity of 19 suspended major and minor minerals and more. It's a colloidal suspension of dynamic proportion under the control of zeta potential.

The applied knowledge of biophysics inherent in Flow Auditing brings new understanding to anions, cations, and the vortex flow of the blood's fluid movement for the utmost in cardiovascular wellness.

Textbooks for more understanding:

The Control of Colloid Stability through Zeta Potential, by Thomas Riddick.

Disease Reprieve, by T.C. McDaniel, D.O.

The above texts overlaid upon basic medical and nursing skill books on fluid and electrolyte control.

Membrane or Membrain

Yes we have a brain in our heads. There are also 50 trillion cells in our biology that have a unique lipid structure that is also enmeshed with receptor proteins. Yep, it's 50 trillion cells that make up who we are and also determine how we experience our environment. You might call it the mem-brain collective.

Textbooks for more understanding:

Research in Physiopathology as Basis of Guided Chemotherapy, with Special Application to Cancer. Emanuel Revici, M.D.

The Doctor Who Cures Cancer, by William Kelley Eidem (on the life of Emanuel Revici)

Cells, Gels, and the Engines of Life, by Gerald Pollack

Cellular Currency

Mitochondria produces the cellular currency that makes "life" happen at the cell level which ultimately is all about the 50 trillion cells of what is you.

While problems with homeostatic control #1 can kill you in a heartbeat, and homeostatic control #2 is all about issues with your tissues, it's homeostatic control #3 that can make your life a joy with abundant energy or a miserable road to hoe with all manner of problems that arise when cell energy goes low.

Textbooks for more understanding:

Nutrition and Your Mind, the Psychochemical Response, by George Watson, Ph.D.

Body, Mind, and Sugar, by E.M. Abrahamson, M.D.

Body Chemistry in Health and Disease, by Melvin Page, DDS

Prioritization in Practice

While homeostatic controls 4 & 5 are lower in number, they are no less important than controls 1 thru 3. However, balancing what is above often corrects that which is below. Call it a Flow System maxim and one which knowing practitioners take heed.

The pivotal textbooks previously mentioned along with others supply the right information. Assimilated within the right context, it provides a guide to measure and manage what is, versus what can be. This is Flow Systems Auditing, a wellness paradigm for the 21st century.