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This training manual with optional board certification in Inner Physician Healing was developed to provide professional development and training to those practitioners who work with patients that seek to integrate all the components of inner physician healing to achieve good health and longevity. It was developed only for physicians who see the body’s inner physician as the ultimate healer and who recognize that no “cure” can come about by any product, drug, or food. This comprehensive program is designed to allow practitioners to assess and nourish inner physician status. Board Certification ensures that individuals have been trained and tested in teaching skills and the elements of inner physician integrative medicine via 10 effective lesson plans. Upon completion of the lesson plan, practitioners will have the essential tools needed to further their professional advancement and help patients in a way that taps into nature’s infallible wisdom and recipes for health. And, for the first time ever, practitioners will learn how to clinically assess the inner physician via advanced palpation, range of motion and kinesiological challenge tests, and other functional tests and questionnaires.

Course Outline:

- **Lesson 1** - Introduction to the Healing Potential of the Body’s Inner Physician
- **Lesson 2** – Understanding the Inner Physician and the Quorum Ecosystem Cycle
- **Lesson 3** – Understanding Inner Physician Neuro-anatomy and Physiology
- **Lesson 4** – Understanding the Embryology of the Inner Physician
- **Lesson 5** - Understanding the Adrenal Connection to Inner Physician Physiology
- **Lesson 6** – Understanding Acupuncture Physiology and the Inner Physician
- **Lesson 7** – Alignment and the Inner Physician
- **Lesson 8** – Nourishment and the Inner Physician
- **Lesson 9** – Advances in Understanding the Operational Complexity of the Inner Physician
- **Lesson 10** – Clinical Assessment of the Inner Physician

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INTRODUCTION

"EVERYONE HAS A DOCTOR IN HIM OR HER; WE JUST HAVE TO HELP IT IN ITS WORK. THE NATURAL HEALING FORCE WITHIN EACH ONE OF US IS THE GREATEST FORCE IN GETTING WELL. OUR FOOD SHOULD BE OUR MEDICINE. OUR MEDICINE SHOULD BE OUR FOOD."

HIPPOCRATES, M.D - FATHER OF WESTERN MEDICINE

Despite these words of wisdom from Hippocrates, science and medicine know little about the complex operations of the “natural healing force within each one of us” that I call the inner physician. What’s your inner physician doing right now? What is happening to the inner physician of your patients when they are sick and debilitated or when their inner ecosystem is disrupted?

These questions (and more) are answered in this training manual for practitioners. These writings are a culmination of over four decades of research and contain a treasure trove of scientific and clinical data on the complex and awesome workings of the body’s inner physician.

We, at QuantaFoods Association (QFA) and the AAQM are very grateful for the enthusiastic reception with which the community of integrative medicine practitioners has responded to earlier versions of this manual. This new manual weaves an integrative story that

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extends from microbes to the level of all cells in the body. Moreover, we have updated the material—reflecting new inner physician insights—as well as new ways to assess inner physician status. The result is over 200 pages of new information and the reordering or reorganization of previous manuals with countless improvements to the text and flow of information. Fresh practical insights are provided that will make this manual valuable for physicians and practitioners of integrative medicine.

I have found it necessary in teaching and board certifying doctors to integrate more fully the clinical assessment of the inner physician along with new understandings on adrenal-liver and adrenal-brain functions. This specificity helps one understand more accurately how and why the inner physician malfunctions. The focus, in such a perspective, is on prodding the inner physician to restore normal and natural physiology. A phenomenological perspective always begins with the body as having a doctor within and being tightly interfaced with nature. Thus the focus is on palpation of organs and muscles and assessing muscle strength and range of motion. As Dr. George Goodheart stated, “Body language does not lie, and through this language, the body tries to communicate its problematic state.” The human neuromuscular system reflects acutely and chronically the disharmonies of our inner physician. Learning how to read this language in conjunction with embryological wisdom is the goal of this manual.

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We have the opportunity to discover how the inner physician regulates healing via all levels of integration, from microbes and cells to the whole body. The one quality that is outstanding is the great plasticity of the body’s inner physician. With the tools presented in this manual, we can facilitate the mending not only of the inner physician but also of those gaps in knowledge that have led us dangerously away from understanding the difference between normal and abnormal inner physician neurobiological regulation. And, although there are no external cures, we feel that nourishment may give your patients precious extra time to enjoy the quality of life. Intermediate malfunctions of the inner physician do not stop its function: it just becomes less efficient.

Allopathic medicine has been a lifesaver for many. We recognize the need to continue with the tools of the emergency room and intensive care unit. But, we must recognize that good health is something more than the absence of a life-threatening emergency.

Certainly no one would deny that keeping the inner physician clean and well nourished are desirable clinical goals. An enriched more natural environment has the potential to improve inner physician function. And, clinical assessment can document an improved range of motion, greater flexibility, better coordination, better immunological resistance, a brisker, more efficient metabolism, and a host of other physiological advantages that indicate stronger and better-adapted organisms. When the inner

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physician has greater operational complexity and is working more efficiently, patients are calmer and less excitable and anxious. They are more vibrant and emotionally balanced patients. On the other hand, inefficiency of the inner physician results in stiff, braced, defensive bodies, anxiety, fatigue, depression, slow metabolism, poor memory, and pain and inflammation.

Imagine resetting your age clock to run younger and growing old without arthritis, back pain, cataracts, osteoporosis, and memory loss and reducing your risks of cancer and all degenerative diseases. Imagine being able to remain active and vigorous, enthusiastic and having a sharp clear mind in your 70’s, 80’s and 90’s. When you nourish and cleanse the inner physician in your patients, you will have one simple strategy to keep your patients strong, healthy and stress resilient.

This manual has a unity provided by consistency in the sequence of presenting inner physician integrative concepts with well-established and powerful empirical frameworks that are validated by the infallible laws of nature.

Understanding the physiology of the inner physician is the most important thing you can do to help your patients in today’s toxic and stressful world. Everyday the inner physician tries to navigate the body through the ordinary and extraordinary challenges of life in a toxic world alienated from nature. Until recently, most of what we know about inner physician function came from incomplete,
reductionalistic research. By studying its components separately, it was very hard for scientists to understand it’s jam-packed functions, connections, and interconnections that often overlap with each other.

Albert Szent-Gyorgyi, Ph.D., who won the Nobel Prize in physiology and medical science stated, “Very few people know what real health is, because most are occupied with killing themselves slowly.” Another famous and well-known physician Albert Schweitzer, M.D. stated, “Every patient carries her or his own doctor inside.” And, Paracelsus, the father of pharmacology stated “All that mankind needs for good health and healing is provided by nature.”

As scientists continue to study all the biological components of inner physician function, new information is unfolding that allows us to put together the pieces of the giant jigsaw puzzle of inner physician function in a more comprehensive and integrative manner.

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Processes thought to be isolated and hardwired are turning out to be reciprocal, adaptable and dependent on one another. Evidence by health experts repeatedly shows that proper diet and exercise provide a powerful and often underappreciated boost to inner physician neurobiological function. On the other hand, studies demonstrate increased cell senescence and sapped inner physician regenerative ability when the inner physician is malnourished.

Wouldn’t it be great if you could learn how to fine-tune and optimize inner physician function to postpone or retard late-life ills? Imagine how many people you could help in clinical practice with the extremes of aging, syndrome-type diseases and trauma!

Since science and medicine have not studied the totality of inner physician functions, they fail to explain why placebos can heal the sick and why there has been a progressive rise in all illnesses today since the birth of modern medicine. And, in natural, complimentary or integrative medicine, only the tiniest portions of the inner physician have been tapped.

If you’re reading this manual, I suspect that you want to know more about the function and dysfunction of the body’s inner physician. You want to know what the role is of the adrenal glands, the brain and nervous system, and the gut inner ecosystem. Plus, you are likely interested in knowing how the emotional brain—the inner brain or limbic system—acts as a gatekeeper between the spinal cord and the higher brain functions. Or, you may want to

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know how the inner physician regulates anti-stress, anti-inflammatory and sex hormones, sleep cycles, hunger, range of motion and flexibility, addictions and the fight-or-fight reactions of the body.

The inner physician has extremely high nutrient and energy demands. That’s probably because it needs to lots of fuel for repair and “housekeeping,” cell maintenance, and a wide spectrum of routines to keep us alive and functioning in a polluted world. As a study in the *Proceedings of the National Academy of Sciences* explained, housekeeping is important for keeping brain tissue alive and well and for the many biological and biochemical processes in the body. What kind of nourishment is needed to foster housekeeping or cleansing of the inner physician? What kind of nutrients can help the brain and nervous restore itself after exposed to chemical stressors that induce varying degrees of hypoxia?

The answers to these questions may surprise you! Using the design and wisdom of nature, I actually could not find this kind of nutrition anywhere other than in fresh-harvested food consumed right after it is picked from the garden. Thus, to make this system of healing practical, I had to invent what I call “inner physician nourishment,” formerly *Quorum Nutrition™* and *Quantum Medicine™*. I had to study and observe the wisdom in nature and do countless experiments on microbiotica fermentation in and out of the gut.

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As it turns out, my discovery along with many other scientists proved that the inner physician needed hundreds of thousands of nutrients to function optimally and that it needed a habitat for microbiome biodiversity and sustainability. And, unknown to most nutritionists, over 95% of these nutrients come from the fermentative actions of over 400 strains of microbes in the gut ecosystem (microbiome). Before I discovered this exciting new aspect of human synbiotic nourishment, nothing I used clinically could restore inner physician function optimally in any of my patients.

In meeting the challenge of educating and board-certifying practitioners, I formed the American Academy of Quantum Medicine (AAQM) in 1991 as a professional, accredited research and educational non-profit organization that is linked with the American Naturopathic Medical Certification Board (ANMCB) to board certify doctors in Quantum Medicine™. This manual is approved by the AAQM and ANMCB for use in training and board certification programs. The primary goal of this manual is to teach clinicians the critical importance of using effective ways to restore, cleanse and nourish the body's inner physician.

Accepting "the doctor within" philosophy advocated by Hippocrates over 2400 years ago, means we have to toss aside marketing myths that blur the fine line between truth and the lie regarding nature's wisdom and its interface with the body’s inner

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physician. During this clinical training, you will learn the absolute essentials on cleansing, restoring and nourishing inner physician physiology. Most importantly, you will learn how to avoid the common clinical mistakes that detour and sidetrack inner physician healing.

If we view the inner physician as functioning in an interlocking "gear-like" connection of neurological, microbiotica (ecosystem), and liver-adrenal physiology, we will have the basic framework to understand how to restore and integrate inner physician physiology. We have to understand that each part of the whole—even the lowliest of bacteria in our gut ecosystem— influences on a grand scale how the inner physician works to defend us against stress and to repair and regenerate stress-damaged organs and systems of the body.

Inner physician physiology is the dynamic study of life and “vital” functions of living organisms and their organs, cells, systems and microbes. This view of physiology takes a global view of the human body and an integrated understanding of events at every known level of human functioning. It considers how all the interlocking components of the inner physician work “hand in hand” with each other via interdependent actions, shared physiological functions, and how they work in concert to evoke healing.

We view the inner physician as the grand organizer or the master regulator that controls the cells and the way they interact.

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and communicate with one another. Over 3 decades ago when I founded Quantum Medicine™ and Quorum Nutrition™, I defined the body's inner physician as a confluence of physics, chemistry and living cells with a quanta of energy using quorum communication. As you will learn, we live and die at a cellular level and the quorum teamwork of living cells work in unison to coordinate total body function. The constancy and excitability of neurons and the internal milieu of cells determine the status of homeostatic mechanisms. Homeostasis is the control of vital parameters and operates through sophisticated feedback control mechanisms. Proper nourishment is critical to maintain the tightly controlled and seemingly endless arrays of living physiological processes. The inner physician has hierarchy over all these physiological processes.

The stressors of inner physician function come from an ignorance of its design and from a poor understanding of how it persists despite the ever-changing pressures imposed by a hostile and toxic environment. Providing proper nourishment and maintaining the stability of the lipid bilayer of cells is extraordinarily difficult in sick people who are toxic.

Equilibrium or a steady state control of negative and positive feedback loops are important in the overall function of the entire body. However, each physician must respect the needs of the body as a whole and not run amok with self-serving, greedy interests that sacrifice physiological adaptation and downshift inner physician

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function. The ultimate focus is the inner physician and not symptomatology.

At the cellular level of quorum communication and quantum events, each microbe and neuron communicates with hundreds of thousands of other cells by releasing chemical messengers and hormones. Thus, one of the most important facets of human healing is often misunderstood by modern medicine. I had to sort through a maze of information and interpretations that were put forward in the name of science and medicine. The result: an enlightening approach for inner physician management that brings clinical issues into focus the way new glasses sharpen one’s vision.

Traditionally, science and medicine, in their reductionalistic journey, have isolated and studied sub-systems of the inner physician. In this process, they have ferreted out tons of information on human biochemistry and physiology. However, little if anything is known regarding the integrated functions of most important self-healing functions of the body. Some experts say that medicine has had a hysterical blindness to the compelling evidence that there is an awesome, untapped intelligence in the body that controls digestion, hormone functions, metabolism, and immune functions. One has to ask: Could medicine fear this intangible power or is it just ignorance of how the inner physician malfunctions that holds them back?

Neuroscientist, Dr. Henry Markram of the Brain-Mind Institute
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states, “There’s not a single neurological disease today in which anybody knows what is malfunctioning. This is shocking….we are living in such a primitive time of medicine.” According Dr. Markram science is woefully ignorant of how the brain, as part and parcel of the inner physician, malfunctions (J Computational Neuroscience 2008:24; Neuron 2007:53: Frontiers in Neuroscience 2007:1; Frontiers in Neuro-Engineering 2009:2). Take for example, nature’s wisdom in the highly efficient process of photosynthesis, the process by which plants convert sunlight into stored energy that each plant cell used to repair itself when damaged. The inner physician has energy cycles too that are used to repair stress-damaged and toxin-damaged organs.

Each lesson reveals a unique set of elements that need to be taken into consideration when you are attempting to restore, nourish, and cleanse the body’s inner physician and its inner ecosystem. In addition to bring these elements of inner physician functioning into sharp focus, I explain how they work together into something greater than a sum of parts.

Most of the health messages that bombard us everyday are carefully selected to present just one of a kaleidoscope of perspectives on natural health care. Oversimplified black-and-white perspectives and symptomatic treatment may come from those who have a vested interest in selling a product or a service over and over again. Thus, the innate intelligence of the body’s inner
physician is bypassed by appealing to the quick-fix mindset of most people and doctors.

Patients are trapped into beliefs concerning the inevitable outcome of genetics and into the exclusive reliance upon surgical and pharmacological crisis-interventions and relying on “experts” in different specialties of medicine. I ask: where is the expert today in inner physician medicine that existed in the days of Hippocrates? We need to educate our patients regarding how the inner physician can give them a sense of control over their health that goes far beyond a genetic blueprint. Instilling right kind of hope and understanding in your patients is necessary if you want them to comply and have the right attitude about inner physician healing.

In a society in which science and technology drive the economy and infiltrate every aspect of daily life, the inner physician is pushed aside as profits take precedence over the intelligibility of nature and inner physician function. This manual unravels the complexity of such issues to help practitioners identify hogwash and bad science and make well-reasoned, intelligent decisions in everyday clinical practice.

There can be no doubt about the effectiveness of modern medicine in handling trauma and in doing surgery to save lives. I have no desire to underestimate the heroics of medical practice. However, it is becoming more common to see how the majority of doctors and scientists in the face of intense competing interests are

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failing to ethically advance knowledge about the inner physician for the good of mankind. Few apply and understand embryologic wisdom and nature’s infinite wisdom in their clinical practice. Why? Could it be that it is far more profitable to treat the symptoms that to RESTORE lost inner physician functions? Viera Scheibner, Ph.D. in the Aug-Sept 2011 - Nexus magazine stated, “Unscientific & harmful mass medication….that has no valid philosophy and knowledge of health, sickness and healing and works against rather than with nature…encouraged by greed & ignorance.”

In society, the elite have the power to make decisions about health care determine how money will be spent and what research will be funded. Therefore, they have the power to and money to get their voices heard. This is not so with frontier research on the inner physician. If you are set back with the costs of this training manual and related DVD’s required for board certification, you have to understand that none of this AAQM research was funded in the past 20 years.

In the early 1970’s and 1980’s, I was employed in university and hospital medical centers under grants (funding) and the results of these research studies were published in many traditional medical journals. My breakthrough findings revealed reductions on the functionality of internal organs, neural unresponsiveness and decreased range of motion in many sick patients. This research was motivated in the best spirit of scientific inquiry and was motivated

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by the grimmest necessity. There was no way out of my death sentence but to enlarge my sense of reality and to get in better harmony with the laws of nature.

Consequently, what you will learn in the following 10 lessons, took over two decades of research designed to identify misleading research that was disconnected from nature and the inner physician. The embryological forces work against an individual who is unwilling to struggle toward a first-hand understanding of the relationship between the inner physician and nature. As I learned, passiveness is itself the seed of our destruction when it comes the degenerative diseases. Strength and health cannot be pumped into any organism that clings to passivity. My actions to understand my inner physician and its inextricable link with nature saved my life. The invaluable tools presented can facilitate the minding not only of our own bodies, but all the patients who consult with us in our clinical practice.

The one quality that is outstanding in all our organs and tissues is their great plasticity. Very intelligent embryological forces form us all. Plasticity functions only within the narrow parameters of these intelligent forces. By respecting this intelligence, I saved my own life twice from fatal kidney and adrenal disease and cancer. It was not an easy journey, as I had to spend many long hours of carefully weighing the pros and cons—tradeoffs—of inner physician stressors and enhancers.

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This information will allow you to become educated regarding so-called “natural” treatments for ailments and make you immune to the clever-talking marketing experts who claim that symptomatic treatment is the way to practice medicine or nutrition. This manual will empower you to think critically about science- and health-related issues and make well-balanced clinical decisions that leave the “cure” exclusively in the domain of inner physician healing and nature. Your strongest line of defense against these marketing tactics is to trust in nature’s wisdom and to use the set of tools you will learn in this manual to restore powerful feats of neuro-regeneration and neurogenesis at the inner physician level of human functioning.

Much of nature's wisdom is beyond our current understanding. While science has a very prestigious label as a method of studying nature and how things work in the natural world around us, it is often sidetracked because of wanting power over matter and people. The main reason for the great prestige in science is technological advances and most of these advances are unnatural (atomic bomb, man-made toxic chemicals and drugs, pollution from inventions, nuclear radiation, etc). This mismatch between science and nature is becoming more and more prevalent in our society.

The body's inner physician is an internal guidance and regulatory system that must be properly interfaced with the infallible laws and wisdom in nature. Its complex, interrelated

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functions cannot be reduced or isolated. This fact impels us to modify our conception of inner physician healing and to focus intently on the habitat and status of the inner ecosystem. Hence, what follows in this manual is empirical and evidence-based medicine or observations on how the priceless insights of nature’s ecosystem cycles can restore, nourish and cleanse the body's inner physician. For example, you will learn:

• Why detoxing your patient can make them more toxic and more inflamed,

• How and why inflammation caused by an inner physician-adrenal or bile deficit locks 200 times more toxins in your organs and tissues than your blood stream and why inflammation must be diminished via hepatocyte production of ample bile to cleanse the inner physician of toxic carcinogens that cause cancer.

• The new powerful substance and resonant polarities from nature that activate the genius of your inner physician by nourishing and fortifying stress defense mechanisms like never before!

• The primary nutrient deficiencies behind a decline of inner physician health and how to easily correct this (and find out what happens if you don't!).

If there is any hope of tapping into the latent powers of the inner physician and for exploring its true potential, there must be a clear
understanding about what is known about it, how it operates at the cellular level, what is myth and what is useful clinical application. Thus, the purpose of this manual is to help doctors and natural health practitioners gain a solid grasp on ways to nourish, restore and cleanse the body’s inner physician. The Level I manual focuses more on evidence-based clinical applications and the physiology and the science behind reviving and restoring the functional unity of inner physician function. Every lesson will take you one step closer to being a true and knowledgeable inner physician practitioner. The Level II manual will present the science and research behind these principles to give you a deeper understanding of why and how the inner physician accomplishes super feats of healing.

As a Quantafoods Association (QFA) member, each practitioner learns a new way of thinking about wellness and unwellness that focuses on detecting and dealing with inner physician deficits and core physiological issues instead of symptomatology. In a nutshell, QFA members teach that there is no external “cure” for any illness via any food, herb, nutraceutical or pharmaceutical. Without going through the decades of hard core research done by AAQM researchers, you will understand that inner physician science is about a complete set of steps, akin to following a recipe.

This perspective may give you legitimate reasons to come to different conclusions about the way you currently practice medicine. By understanding how science and nature work, it becomes easier
for you to approach suffering and pain in your loved ones and patients with the inner physician in mind. As you learn to trust in the infallible wisdom of God’s creation or nature and in the design and innate intelligence of the body’s inner physician, you will undoubtedly come to agree with the conclusions of our association members at QFA.

As you see the whole picture of inner physician anatomy and physiology and its interface with nature, you will undoubtedly make better clinical decisions. Otherwise, using what is currently available in the name of health care is essentially about making random decisions that are similar to drawing choices from a hat.

Many ideas and models of health care can be misleading when they are taken out of the big picture context of nature’s interface with the inner physician. Amidst the plethora of claims in health care one has to ask: what is the compelling proof that the inner physician-microbiome interface can boost the immune system, restore digestion and inner cleansing routines, and restore innate healing? Delving into the inner physician methodologies presented in this manual will give you the ultimate proof in your toughest cases that failed to respond to everything else you tried before. You know it’s not a placebo effect because you treated them before with many hopeful modalities but they failed to stop depending on you for one remedy after another.

By learning to identify the common pitfalls and confounding facts

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as well as the lack of significance and meaningless jargon that diminish inner physician function, you will not be blinded by misleading advertisements. Ethical and moral questions will come into play each and every time you feel constrained to delve into symptomatic treatment versus nourishing the inner physician.

As you take stock in the information presented in this manual, keep in mind that the complex workings of the body’s inner physician are akin to peeling an onion. Successive layers of understanding reveal themselves as you dig deeper for information. And, with clinical practice and experience, you will build on the tools presented, learning to tailor them in individual cases by focusing attention on where it is needed the most.

The distinguished physician and Nobel laureate Albert Von Szent Gyorgyi, MD supported this trust in nature and the innate intelligence of the inner physician when he stated, “The deeper we go into facets of life, the more mysteries we encounter. Analyzing living systems, we often have to pull them into pieces, decompose complex biological happenings into simple reactions. The smaller and simpler the system we study, the more it will satisfy the rules of physics and chemistry, the more we will understand it, but also the less ‘alive’ it will be. So when we have broken down living systems into molecules and analyzed their behavior, we may kid ourselves into believing that we know what life is, forgetting that molecules have no life at all.”

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You won’t fully grasp this new vision until you hear the positive health reports from your patients and personally experience the results for yourself. Without the probing thoroughness of Quantum Medicine, you will find yourself helpless to heal the profound disorders now plaguing the human family. That’s why this manual is meant to be read and re-read while applying its practical and well-proven techniques to help people. When you take these bold steps forward, you will penetrate the strongholds of human limitation and be in a position to help hundreds and thousands of sick people.

To harness the power of the inner physician, you have to do two things. First, you have to apply it to your own life and continually cultivate your awareness of this new paradigm. Secondly, you have to learn to use this system in your clinical practice. This manual gives you the tools to foster awareness and reorganize your patient’s innate healing potential. To make the most advancement in the least amount of time, you are encouraged to become board-certified. During your certification process, as your mentor, I will be able to better educate you regarding how to apply these tools effectively in your practice. Most importantly, I will teach you how palpable inner physician pathways need to be freed up, strengthened, or brought into harmony with all facets of inner physician physiology.

As you observe the physiological reorganization that brings your patients more in synchrony with the flow and flux of healing
energies, you will undoubtedly (as I did) develop a deep respect for nature. This fundamental shift in your focus will help people who have been condemned to a circle of pain or who suffer from a chronic disorder with no escape. And, since these healing modalities are simple to administer, easy to comply with and less expensive and less risky than conventional medical and surgical techniques, you can expect more and more patients to find their way to your door. By familiarizing yourself with these concepts, you will be better able to:

• Nourish the trillions of bacteria that live inside your bowels that outnumber your own cells 10 to 1.
• See nature as an ally rather than an adversary to be overcome and conquered with fragmented and mechanistic approaches
• Put aside mechanistic or cell resonant philosophies that reduce the body to functional parts or put undue emphasis on pH or meridian stress levels
• Develop a deep respect for the wisdom found in the inner physician that is coupled by quorum sensing among microbial cells, human cells and the extracellular matrix (ECM) resonant polarities
• See nourishment as being far more that a few dozen of vitamins or minerals and the critical need to nourish microbes so they enter fermentation patterns that generate huge

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amounts of nutrients for proper inner physician function.

When we focus on restoring the inner physician, healing and reorganization accelerate and deepen. Rapid health transformations become possible. These insights represent the newest, most exciting, and potentially farthest-reaching discoveries ever to emerge from health sciences. Nourishing the inner physician helps us tap into the hidden secrets of how the body heals itself, with incredible intelligence guiding its efforts. When the inner physician is fine-tuned, it becomes an omnivorous harvester of healing energy, which, in turn, interfaces and interlocks with every conceivable dimension of human functioning.

The techniques and insight in this manual provide a very simple and effective compass on the road to better physical and mental health and a curious mixture of challenging complexity and startling simplicity. At the very least, I hope this manual will start you thinking and approaching patients differently. By the time you’ve finished reading it, you should understand why this approach is genuinely unique and realize its life-changing potential.

As you tap into the body’s primal energetic forces and restore inner physician dynamics, you will literally see the body’s innate intelligence unfolding. In embryonic life, these primal energy pathways direct the formation and organization of life. The degree to which we can tap into this inborn intelligence that made the

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body, will determine exactly how effective we will be at helping the body heal itself.

Despite popular opinion, we cannot measure these healing forces with the use of electrodermal biofeedback and computerized scanning equipment or kinesiology. In fact, decisions made at the energetic level are loaded with errors. Why? Only 15% of the inner physician operates at the energetic level. Most clinical tests used in natural healing cannot quantify and measure inner physician function.

Prolonged inflammation is always a lack of inner physician bioregulation. Not only does chronic inflammation underlie disorders such as fibromyalgia, arthritis, and autoimmune disorders, it has also been implemented in the pathogenesis of cancer, chronic heart failure and neurological disorders such as Parkinson’s and Alzheimer’s diseases. The implications of these inflammation-driven disorders are daunting. Millions are affected—so the search for a way to stop inflammation has spurred tons of pharmaceutical and nutraceutical—all of which deliver a crushing blow to inner physician function. Sadly, many scientists have missed a crucial clue of diminished adrenal function by focusing on the wrong root cause of prolonged inflammation.

Since the inner physician uses inflammation as an important physiological response that jump-starts tissue repair and more carefully fine-tunes immune function, we do not want to attack it

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like we attack microbes that are part and parcel of inner physician anatomy. Without inflammation that is properly bioregulated, the inner physician cannot fight off infection or heal the body. Thus, we have to stop labeling inflammation as a foe and turn it into a powerful ally in the healing process.

Once you restore inner physician function, inflammatory factors that cause persistent pain and inflammation can be cleared from the body. Inner physician housekeeping functions will be maximized and the body will be able to ameliorate the pain that accompanies chronic, prolonged inflammation to reduce morbidity and morality.

Taking a plunge into this new way of thinking may be hard for you. Breaking new ground can be uncomfortable and unsettling initially. Before my research in Quantum Medicine, there was virtually nothing in our educational process that taught us to understand deficits in microbiotica colonization, bile output of the hepatocytes, steroid hormone production, cell-ECM polarity or the lipid bilayer of the efferent-afferent vagus. And, there was no information on how a loss of bile output, adrenal function or efferent-afferent reciprocity pursues its treacherous attacks on the health of the body by inducing and promoting non-stop inflammation.

Let’s face it: we were never taught about the critical need for anti-stress and anti-inflammatory hormones nor the afferent-efferent-generated deficient digestive functions that decrease bile

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output causing dysbiosis (yeast and fungal infections) and a multitude of serious health consequences. We were never taught how to fix the habitat so the inner ecosystem could expand itself into far more strains than the few dozen probiotics we use in clinical practice. We were never taught the truth about the adrenal-liver links to stress defense nor the damaging clinical effects of functional deficits in Phase I, II and III liver detoxification on the formation of steroid hormones. Clearly, there was nothing in our education that taught us how to properly nourish, restore polarity and protect the body’s afferent-efferent neurons or microbial commensal cell populations (microbiome) as part and parcel of the body’s inner physician.

Since the anxieties and suffering of millions of people are imbedded in varying levels inner physician disharmony, we have to find effective ways of addressing them. Our studies show that this disharmony starts at the liver and kidney-adrenal level due to the toxicity and malnourishment caused by afferent-efferent deficits, which, in turn, causes deficient bile syndrome or DBS. After studying thousands of cases, it became clear that this loss in reciprocity was behind maldigestion and immunological unresponsiveness. New research published in the 2012 and 2013 issue of the medical journal Gut, now confirm what I have been teaching about the importance of bile for over 3 decades.

The fact that 75% of immune function is in the gut is nothing
new, but a simple and easy-to-follow system that restores digestive competence and fully repopulates the microbial cells by restoring a niche and habitat for colonization of 400 strains is unique to Quantum Medicine™.

Many have jumped on the bandwagon and claim to be doing “Quantum Medicine” but none of these approaches have anything in common with my approach and the early discoveries of Quantum Medicine and Quantum Nutrition. Thus, from this day forth will my teaching and method will be known as the “YANICK INNER PHYSICIAN NOURISHMENT METHOD.” I encourage you to go beyond what this manual offers and even deeper into the topics presented by publications posted at the American Academy of Quantum Medicine website and attend monthly webinars for practitioners. And, most importantly, register for the live “hands on” seminar planned in 2013.

Careful and concerned practitioners, working from the inner physician perspective, will carefully palpate and observe the body language or patterns of disharmony of a patient instead of applying symptomatic treatment of neatly demarcated, learned theories to every symptom they complain of. Thus, I encourage you to commit to continuous learning, as I did, and treat the deeper inner physician imbalances instead of the symptoms. By tracing and prodding inner physician pathways you will also discover how the integrity of the inner physician is challenged by armoring and stress

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defenses that are woefully dysfunctional and deregulated.

I personally see myself not as a healer, but an educator in the strict sense, guiding practitioners, to a new understanding of the body’s inner physician. As you assimilate the fresh currents of innovation presented in this manual and see their application with patients, you will develop a greater appreciation for the wisdom in nature and the awesome innate intelligence of the body. As such, this manual teaches doctors how to preserve life and practice health care in accord with nature and with reverence for the body’s inner physician. It presents a refreshing new perspective on how nature’s recipes for getting the body healthy are vastly different than the man-made creations of nutritional and pharmaceutical science or aggressive therapies that tend to suppress inner physician healing.

Hippocrates felt “The natural healing force within each of us is the greatest force in getting well” and this is the primary foundational principle underlying what is taught in this manual. While this conclusion does float informally around professional health care circles, there is a strong tendency to cling to the axiom that every aspect of health needs to be controlled and regulated by practitioners. And, one example of this concerns medicine’s declared warfare on microbes. Since 1928 mainstream medicine has championed the use of antibiotics. This “nuke the microbe mindset” has become the standard of care in both mainstream and

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alternative or natural medicine despite the fact that over 90 percent of the cells in the body are microbes and with each treatment we slaughter 90 percent of the cells functioning as part and parcel of the body’s inner physician. Once the interlocking gears of the body’s inner physician are jammed with ecosystem disruption, the body loses control over inflammation and lethal superbugs skyrocket! Moreover, stress becomes distress and toxins are stored rather than excreted out of the body.

While this manual shatters widespread health myths and unveils evidence-based truths, it is my hope that you will choose to work in harmony with the inner physician and microbiome in your clinical practice and focus on practice building that is based on exceptional clinical results. The changing consciousness of professionals about healing, along with growing evidence for the effectiveness of nourishing the body’s inner physician is gaining more and more recognition in recent years. The emergence of methodologies that restore cell polarity, microbial commensal cell colonization, steroidogenesis, and reciprocal balance to the inner physician’s awesome efferent-afferent brain networks is a heartening sign of improved understanding of health and illness.

Living in today’s polluted world with its disrupted ecosystem is hazardous to one’s health. Once stressors invade the anatomical and physiological components of inner physician function, the inner physician struggles to maintain them in their proper place and

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motion. However, the physical hazards to health and life need not be so punishing and lethal. Despite the endless stream of toxicants that disrupt cell polarity and the bioelectric power of the inner physician, new solutions are now available to stop the widespread affliction of neuro-toxicity and malnourishment.

This manual provided foundational training to give your patients a new quality of life, hope, and give you the tools to maximize their inner physician physiology. At QFA and the AAQM, we don’t advertise or actively look for publicity. When a physician uses the tools provided herein, he or she quickly notes how patients break through the barriers of inflammation and pain and get stronger, healthier and feeling better faster than anything else they tried before in the health care field. Their patients simply don’t stop talking about the amazing miraculous clinical results. The result: a successful “waiting list” practice.

As you learn how to leverage inner physician intelligence in your patients, you will learn how to tap potentials humanity has dreamed of helping people live comfortable lives without nagging inflammation and pain. You will be in a position to ease chronic emotional and physical pain, enhance cognitive clarity, and extend or enhance all afferent sensory and regenerative functions.

Life in this now emerging toxic and polluted world can be improved as the body’s inner physician is cleansed and in better control over detoxification and the excretion of pollutants. Profound

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questions will arise all along the way as these transformations challenge deeply held beliefs about sickness and health. Change inspires fears and the challenges ahead of us as the world gets more toxic and alienated from nature are tremendous.

I’ve spent the last 4 decades positioned in full view God’s creation (nature) and have studied the research of some of the world’s most brilliant scientists. But thanks to the curiosity and drive of some physicians, we will be able to build a bridge between mainstream and alternative medicine in the field of integrative medicine.

But, as you learn why and how the body’s inner physician malfunctions or gets short-circuited (these core physiological issues underlie the vast majority of today’s sickness and disease are commonly neglected by practitioners), you will be in a better position to augment the body’s innate healing powers by rebuilding and maintaining the functional fabric of nature’s polarities within the body and by restoring functional unity of the body’s inner physician. Let us grasp the forces that form us and identify the elements of clinical practice that have been missing so we can provide our patients with a renewed sense of strength and well-being and finally blunt the negative effects of stress and aging.

With the inner physician mindset provided in the pages of this manual, everything is crystal clear, easy to understand and easy to implement in clinical practice. After all, you know you can trust the...
body’s inner physician to tell the truth in its body language. You know that only the inner physician has the potential to safeguard the health of your patients. And, you know that its innate intelligence is waiting to expand its myriad resources to help you and your patients live longer, stronger, and healthier.

Dr. Paul Yanick, Jr. – June 2013 - QuantaFoods Association