

Biohacking Training Webinar

Lesson 3 – Wednesday 20th September, 2017

TBA (Brisbane time) – Aussie & UK – TBA Wednesday 20st September (TBA Brisbane time) – USA (Tuesday evening)

- 1. Overview Electrolyte Balance (Electrolyte Excess / Deficiency)** - Electrolyte Balance comes in at the top of the hierarchy of all the points of stasis that we are looking to bring into balance. Electrolytes = electricity and one's body can have too much or too little and either situation is a precursor for the manifestation of issues with the tissues that unfold in many directions. Certain issues with digestion may take priority from a point of view of processes that need to be corrected before anything else can get better, but as far as those ideal ranges of things to watch, our electrolyte balance is the most critical. Today I will be presenting you with an overview of this most important metabolic control mechanism and what things to look out for.
- 2. CASE STUDY No.1** – Today we will be starting our first Case Study which will be from Christine Foggo's Assessment. I will be taking you through the whole assessment process from questionnaire, dry bloods, self-testing and protocols. It is through this process of working through case studies that will start to pull things a little more together for you as we progress through the course.
- 3. Powerhouse Topic for the webinar** - Maintaining proper calcium to phosphoric acid ratios in the blood stream is essential if we are to keep things flowing. Low energy flow, bone spurs, calcification, high levels of viral activity and many other flow-on issues are often manifested when this highly important ratio is out of balance. I will be discussing some simple testing and protocols for helping put this balance back where it should be.
- 4. Discussion Q & A**