

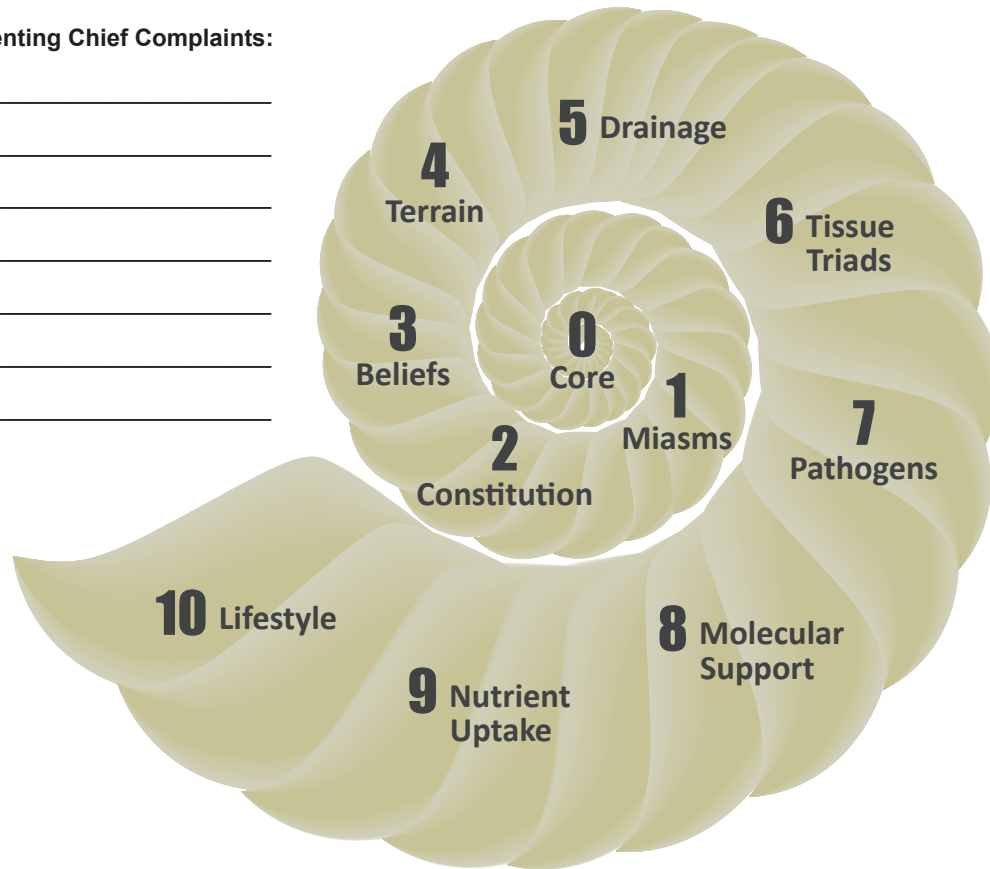
CAUSATIONAL GUIDE TO HEALING THERAPIES

For (Name): _____

Date: _____

Presenting Chief Complaints:

1. _____
2. _____
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6. _____
7. _____



0. Core (Soul Energy, Spiritual Mission)



1. Miasms / Genetics (Inherited predispositions to imbalanced self regulation and susceptibility to disease)



2. Constitution (5-Elements, Doshas, Innate Blueprint, Spirit energy)



3. Beliefs (Body-Mind Connection, Attitudes)



4. Terrain (Bowel Ecology, Xenobiotics, Toxins, pH)



5. Drainage (Liver, Lymphatic, Bowels, Kidneys, Lungs, Gall Bladder)



6. Tissue Triads (Comprehensive Tissue Restoration)

- Healing Triad (Digestion / Elimination / Liver)
- Endocrine Rejuvenation (Adrenals / Thyroid / Hypothalamus / Pituitary / Pineal)



7. Pathogens (Bacteria, Virus, Protozoa, Parasites, Spirochetes, Fungus, Etc.)



8. Molecular support (Lab Tests, Journals, Studies, Nutrient Leverage)



9. Nutrient uptake (Multi-Supplementation, Enzymes, Pancreas, Liver, Small Intestines)



10. Lifestyle (Eating, Drinking, Breathing, Exercise, Thinking, Interferences, Relaxation)

Using the Causational Guide to Design A Therapeutic Program

By Dr. Jack Tips



The Causational Guide To Healing Therapies is simply a “Thought Process Reminder” for practitioners to ensure that a therapeutic program addresses all the factors necessary for the body to cure itself, and thus be relieved from manifesting symptoms and become better able to adapt and survive. It is particularly helpful to kinesiologists because it refreshes the practitioners ‘mental matrix’ to perceive a more comprehensive scope of resonance disturbances. By designing a comprehensive healing program, the body is better able to engage its innate vitality to correct its symptom expressions at the causative level.

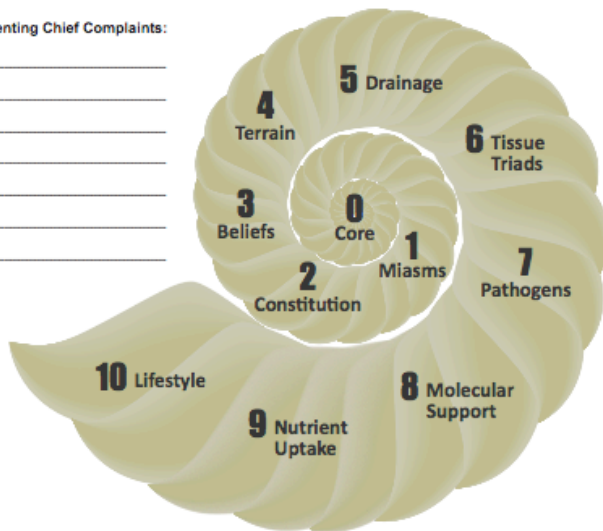
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10. **Lifestyle** (Eating, Drinking, Breathing, Exercise, Thinking, Interferences, Relaxation)

10. Lifestyle. This category addresses the foundational aspect of physical life - food choices, use of alcohol, tobacco, recreational drugs, sleep, exercise, electromagnetic radiation exposures, stress in daily life, etc. Ask, “*Is there a lifestyle factor causing or contributing to the symptom expressions?*”

9. Nutrient Uptake. It’s not what people eat, it’s what they absorb that sets the standard of nutrition. Does this person need a multi-vitamin/mineral? Enzymes? Digestive Support? Bowel Cleansing? Are tinctures better than capsules? Ask, “*Does this person need to improve nutrient absorption?*”

8. Molecular Support. Are there particular nutrients that can help this case, such as Vitamin B-6 for carpal tunnel syndrome, or cranberry extract for bladder issues, Omega 3 fatty acids? Is a lab test needed

to determine if a particular nutritive molecule is out of the optimal range? Ask, *“Is there a particular nutrient shown to be effective in supporting this person?”*

7. Pathogens. Once pathogens are accepted by the body (often due to anti-biotic use, weakened immune systems due to toxic overload), they become ‘obstacles to cure,’ and often need to be addressed to help the body overcome their presence and the terrain they create. Ask, *“Are bacteria, virus, protozoa, fungus, or parasites an obstacle to cure?”*

6. Tissue Triads. Support ailing tissue plus the tissue before and after its place in the Toxic Stress Cycle¹; or support three tissues in the same system. Ex: A Thyroid program might include Pituitary and Adrenal support; A blood sugar program might include the Pancreas, Liver, and Adrenals. Ask, *“What are the top three tissues involved in this body’s symptom expression?”*

5. Drainage. When the body cleanses itself, it puts additional stress on the avenues of detoxification (liver, kidneys, skin, lungs, gall bladder, lymphatics, etc. Support of the detox pathways means a more effective program and fewer side effects. Ask, *“How do I support the detoxification pathways necessary to the body curing itself?”*

4. Terrain. The underlying reason that the body fails to function metabolically or allows pathogens to proliferate. The condition of the terrain establishes what pathogens can or cannot live there and depends upon the toxins and metabolic wastes in the extra-cellular matrix. Ex: Is leaky gut syndrome contribution to an auto-immune disease? Ask, *“Why is this terrain hospitable to malfunctions and pathogens?”*

3. Beliefs. Does the person believe their body can cure its symptom expressions? If not, is it any wonder that the program is undermined? Is the person ready for cure? Is an errant belief an obstacle to cure? The body-mind connection is a powerful ally or hindrance. Ask, *“May I instill a positive belief to assist in the healing process?”*

2. Constitution. Refers to the deep, innate ability of the body to adapt and survive. Are the tissues firm or is there collagen breakdown? Is the body chronically over- or under-expressive in its constitutional functions, ex: over-expression of fire, under-expression of water, too much Pita, etc.? Are there inherent weaknesses in how the body performs? Ask, *“Does the constitutional balance need an adjustment?”*

1. Miasms / Genetics. Refers to inherited predispositions toward certain imbalances and susceptibility to certain diseases that don’t have to manifest, but may play a vital role in why a person has certain symptoms. A person with diabetic parents should modify their lifestyle to exercise and avoid eating sweets. Ultimate cure might depend upon the body reconciling a miasmatic weakness. Miasms are acquired by one’s ancestors and often involve a pathogen such as scabies, gonorrhea, syphilis, tuberculosis, rabies, cancer, etc. Ask, *“Is there a miasm, an inherited weakness, involved in this case?”*

0. Core. The fundamental covenant with Life, lessons to learn, spiritual mission. How can there be health if a person is estranged from the Source of Life? Core beliefs are often learned from parents. Is the world exciting or threatening? Is there peace or restlessness? Is there a fundamental misalignment of life energies? A purpose to live? Ascertain, *“Does the person have the spirit (ability) to heal?”*

¹ **Toxic Stress Cycle** – from the book, *“The Healing Triad: Your Liver—Your Lifeline”* at www.apple-a-day-press.com. The domino effect of how a disturbance in one tissue affects another.