

Brain/Body FIT® Clinical Performance System

20 CE - Course Outline

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 doctors through a step-by-step multi-dimensional system of care where the attendees get worked on using the complete Brain/Body FIT® System of examination and correction. Doctors will then get to train their skills during each section's workshops to take back to their 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 teach each clinician the importance of excelling at Active Examination™ procedures. The attendees will be taken through step-by-step as it applies in 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 will be covered to teach the practitioner 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 the doctor and patient's barriers, allowing the client 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.

About Jerome Rerucha, DC, BS, CSCS, CHPS

Jerome Rerucha D.C., B.S., C.S.C.S. C.H.P.S.® is a practicing clinician and a speaker teaching integration of advanced clinical treatment applications and competitive strength and conditioning principles. Prior to clinical practice, he was a full-time strength coach, competed in powerlifting for 14 years, and won a Lifetime Drug Free World Title and The Best Lifter Award in 1999. Dr. Rerucha has been involved with numerous Division 1 strength programs and has trained a wide variety of elite athletes and the general public to thrive, succeed in health and life. Having the personal competitive lifting experience, coaching numerous types of athletes and elite strength athletes provides additional benefits when teaching his dynamic clinical applications.

For more information on Dr. Rerucha, please go to www.PerformancePractic.com and www.Erchonia.com/seminars.

Learning Objectives

- Apply a system to integrate the chiropractic Triad of Health; structure, nutrition, and mental/emotional.

- Each clinician will learn to excel in "Active Examination"™ procedures.
- Specific patient intake, and x-ray analysis.
- Nutrition and lab testing will be covered to teach the practitioner the greatest chemical deficiencies/imbances and PubMed research to validate correction and the importance of maintenance through life.
- Mental/Emotional healing - Psycho-neuro-immunology exams and correction, identifying psychological reversals, brain training techniques will be applied to remove the doctor and patient's barriers.
- The progressions of Brain/Body FIT® Clinical Performance System is equally beneficial when applying it to either an ordinary individual or a world-class athlete. Brain/Body FIT® can also be performed on large groups (yoga studio, silver sneakers class, entire football, track gymnastics teams, etc.)
- We live in the "Information Age." Efficient and effective patient education methods and tools are applied at every step to enhance the chiropractic experience for the patient.
- The attendees will learn to create a 3D Brain/Body Map® examination for enhanced patient communication and treatment priorities.
- Brain/Body FIT® is a complete, scoring, and educational (ROF) physiological system. Doctors and patients know where they are, and what needs to be achieved.
- Research studies and FDA Clearances presented to make technology tangible and apply the advances available in examination and treatment methods.

Friday = 8 hours

8:00 - 8:30am Registration

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

(Principles of Practice)

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 - 9:30am 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

9:30 - 10:00am 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

11:00 - 11:15am Break

(Examination Procedures / Diagnosis)

11:15 - 11:45am Intro - **BRAIN/BODY FIT®** Simple 10™ Examination

- Perform exams

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

(Examination Procedures / Diagnosis)

11:45 - 12:30pm Intro - Findings of 3D Brain/Body Map® findings and provide priority corrections

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

12:30 - 1:30pm Lunch

(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

3:30 - 3:45pm Break

(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

(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

(Examination Procedures / Diagnosis/Change to X-ray where applicable)

9:30 - 10:00am 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

(Examination Procedures / Diagnosis/Change to X-ray where applicable)

10:00 – 10:30am Applying the 3D BodyMap® findings to the Xray

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

10:30 - 10:45am Break

(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

12:30 - 1:30pm Lunch

(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 - 4:45pm PerformancePractor® Ninja Level adjusting shoulder correction

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

(Adjustive Technique)

4:45 – 5:30pm PerformancePractor® 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

Sunday = 4 hours

(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®

10:30 - 10:45am Break

(Principles of Practice)

10:45 - 12:30pm

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