Unified Theory of Everything Human

The New Biopsychosocial Model of Disease, Suffering and Mankind’s Search for Purpose and Meaning

~ Dr Paul J Canali, DC - EH Institute
Welcome

Unified Theory of Everything Human

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The hypothetical single, all-encompassing, coherent theory of physics that fully explains and links together all physical aspects of the universe.

What about our inner universe?

*The Theory of Everything Human*
“An interdisciplinary view is aimed at finding the convergence (consilience) among independent fields...to enable a unity of knowledge to emerge...

An interdisciplinary approach bridges these separations and enables science to progress.”
The intuitive mind is a sacred gift, and the rational mind is a faithful servant.

We have created a society that honors the servant and has forgotten the gift.

~ Albert Einstein
“If we aren’t aware or don’t believe that Enlightenment is a possibility, then we may miss or ignore the subtle neurological changes that allow our brain to see something that lies outside our limited beliefs.”

~Andrew Newberg, Mark Robert Waldmen, *How Enlightenment Changes Your Brain*
My Story ~ My Purpose
Biopsychosocial Factors
That Affect Systemic Healing
Biopsychosocial Factors

- The Physical
- The Psychological
- The Social
- The Spiritual - Search for Purpose & Meaning

All factors must be addressed and *Unified* for genuine healing to take place.
The ACE Study

A collaborative effort between Kaiser Permanente and the CDC

Many chronic diseases of adults are determined decades earlier, in childhood.

Not by disease, but by life experiences.

Human Nature & Early Experience
Notre Dame University, IN  October 12, 2010

Vincent J Felitti, MD
Robert F Anda, MD
ACE Study
Adverse Childhood Experiences
"If anyone causes one of these little ones--those who believe in me--to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea."

Matthew 18:6
It turns out that emotional trauma has an effect on three major areas:

- our behavior
- our biochemistry
- our beliefs

all of which lead to diseases and health conditions in later life.
Dysregulation from Mother to Baby

Intergenerational transmission of psychopathology & neurological scars

~ Allen N. Schore, PhD. Affect Dysregulation and Disorders of the Self
Implicit Memory

- Short Term Memory
  - Working Memory
- Long Term Memory
  - Implicit (Procedural)
  - Memories Since Birth
  - Unconscious Memories
  - Explicit
    - Memories After 1-2 Years Old
    - Conscious Memories
It is important to recognize why early adverse developmental experiences imprint "neurological scars" (implicit memories), the relationship of dysregulation and the individual capacity to cope (resiliency) to future stressors.

- Implicit Memories
- Dysregulation
- Resiliency
Autonomic Nervous System
And How It Relates to Growth and Healing

The Autonomic Nervous System influences every cell in the body.

...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System.
A balance between the two branches of your ANS is essential for good health.
The Autonomic Nervous System influences every cell in the body.

"...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System."
Somatization and conversion of emotional and repressed feelings, personality disturbances and unconscious psychobiological states are responsible for an incredible amount of misdiagnosis and human suffering.
Disorders Related to Autonomic Dysregulation

- Loss of Purpose & Meaning
- Pain
- Living in Fear
- Anxiety
- Depression
- Addiction

- Digestive Disorders
- Insomnia / Sleep Disorders
- Headaches
- PTSD
- FND
- Anything and Everything
Unified Therapy™ is based on the discovery of an entirely new operating system that allows unprecedented communication into the brain, nervous system and the mysterious higher self.
Discharge of Stress & Trauma - Emptying Allostatic Load

The Autonomic Nervous System, or ANS, will automatically try to discharge frozen energy by trembling, shaking, emotional expression, and temperature changes.

This release in turn will be followed by rest and deep states of peace and healing.
Nine functions of the PFC:

- Body Regulation
- Attuned Communication
- Emotional Balance / Affect Regulation
- Response flexibility
- Empathy (Mind Sight)
- Insight or Self-Knowing Awareness
- Fear Modulation / Fear Extinction
- Intuition
- Morality
Stimulating and Re-Sculpting Areas of the Brain

Critical to healing trauma and affect regulation

- Mindful Focused Attention
- Sensory Stimulation
Mindfulness

~ Jack Kornfield, PhD

Mindfulness works only when we are willing to direct attention to every area of our suffering. This doesn’t mean getting caught in our personal histories, as many people fear, but learning how to address them so that we can actually free ourselves from the big and painful “blocks” of our past. Such healing work is often best done in a therapeutic relationship with another person.
Neuroplasticity / Neurogenesis

The mind is what the brain does
“...we now know from the findings of neuroscience that the mental and emotional changes we can create through cultivation of the skill of mindsight [mindful attention] are transformational at the very physical level of the brain.

By developing the ability to focus our attention on our internal world, we are picking up a “scalpel” we can use to re-sculpt our neural pathways, stimulating the growth of areas of the brain that are crucial to mental health.”
“What is split off, not felt, remains the same. When it is felt, it changes.

Most people don’t know this. They think that by not permitting the feeling of their negative ways they make themselves good.

On the contrary, that keeps these negatives static, the same from year to year.”
“Awareness, as opposed to avoidance, of one’s internal states allows feeling to be known, and to be used as a guide for action.

Such mindfulness is necessary if one is to respond adaptively according to the current requirements for managing one’s life.

By being aware of one’s sensation, one introduces new options to solve problems. This allows people to not react reflexively, but to find better ways to adapt.”
Repetition of habitual thoughts, feelings, body sensations, and movements connected to patterns of symptoms and memory will not change the brain.

Repetition only reinforces established neural networks, and habitual procedural actions.

To change the brain, we must interrupt and inhibit procedural patterns, and experiment with new amounts and kinds of sensory stimulation.
Clinical Uses of Somatic Awareness

Somatic awareness constitutes and innate wisdom that people have about their own psychobiological health. It involves utilizing sensory information that is readily available, and that when utilized can contribute to all aspects of health.

For virtually all symptoms, diseases, and illness conditions, the mind’s awareness of the body’s sensations has a very significant role to play.
Unified Therapy™

- **Accesses regulatory processes** that promote safe, fast and efficient ANS & Limbic re-regulation.

- **Teaches interaction through direct experience** with Sensory Processing & Mindfulness (Middle Prefrontal Cortex).

- **Promotes development of Prefrontal Cortex to gain Conscious control** over affect of Limbic Structures by directly interacting with fears that arise during the process.

- **Treats Comorbid Conditions Concurrently.**

- **Accesses and teaches how to interact with Implicit & Explicit memory** in a safe environment.

- **Re-Creates Conditions** (memories, emotions, traumatic experiences) moment-to-moment and returns from this challenging stimulus to a safe baseline (homeostasis).

- **Decreases acquired Allostatic Load**

- **Supports shift from Dysregulation to Re-Regulation to Self-Regulation.**

- **Highly reproducible and evidence based.**
Questions
Thank You for joining us this evening