

CASE STUDY - Data Collection for Root Cause Protocol - Friday Focus Collaborative

I have been incorporating the guidelines given in the book “Cure Your Fatigue” by Morley Robbins. Here is some background information about Morley Robbins. Website: <https://cureyourfatiguebook.com/> and <https://therootcauseprotocol.com/about/morley-robbins/> After reading scores of books and now 10,000+ scientific studies and articles (and counting daily), Morley has come to realize what the scientific, peer-reviewed literature from around the world makes very clear—even though it is not well known in conventional medical circles: All disease is caused by inflammation, better described as “oxidative stress”. And the root cause of this inflammation/ oxidative stress is “cellular metabolic dysfunction” which is caused by an imbalance and dysregulation of three key minerals: copper, magnesium, and iron, which is the basis of his book, “[Cu]re Your Fatigue.”

This imbalance can be repaired—and we can feel much better—following the steps of the Root Cause Protocol. Spreading the news about these mineral truths is now Morley's full-time mission. He views it as his life's work to push back the tides of nutritional insanity, and supplemental iron. He is fully committed to educating as many people as possible about how they can use the RCP to reverse this "root cause" mineral imbalance and end the plague of fatigue that fuels chronic disease throughout the world. Morley also has a facebook group called Magnesium Advocacy Group with 22.9K followers that supports people using RCP.

It is important for you to watch the Friday Focus call on January 24 to get the research and background on what we are trying to measure in the Biofeedback System. It would also be very beneficial to read Morley's book “Cure Your Fatigue” or listen to the audio version.

I have been honored to work with Morley and my QUEX ED Biofeedback System over the last several months to implement the research he has found. As we work in the Biofeedback System several questions have come up. We would love your expertise and collaboration as Biofeedback Practitioners to see if there are other areas in the system where we can optimize the absorption of copper and look at the dysregulation of iron and magnesium in the body, with the hypothesis that in so doing we will decrease inflammation/oxidative stress and fatigue in the body.

I understand that using a protocol is not ideal, however I always do the protocol listed below and then look to see what else needs to be balanced at each session, always in hope that the next session will see an increase of Copper, decrease of iron, and increase of boron in the mineral panel.

Please use this worksheet to collect data on your clients and see if you can recommend other areas in the Biofeedback system. Feel free to add other programs too.

Thank you so much,
Robin Aleksevitch

Questions/Thoughts:

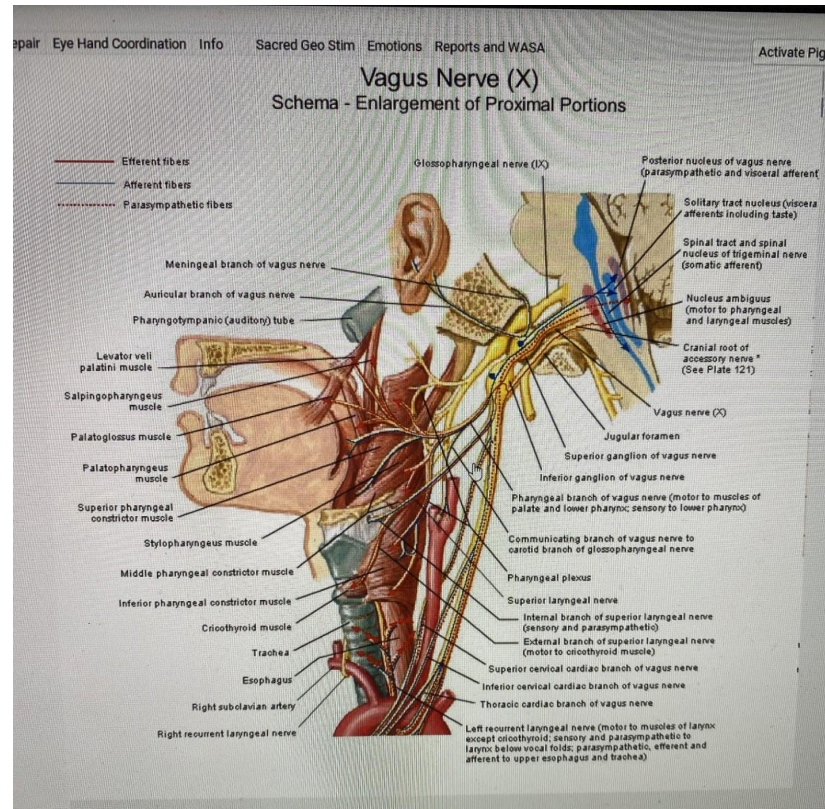
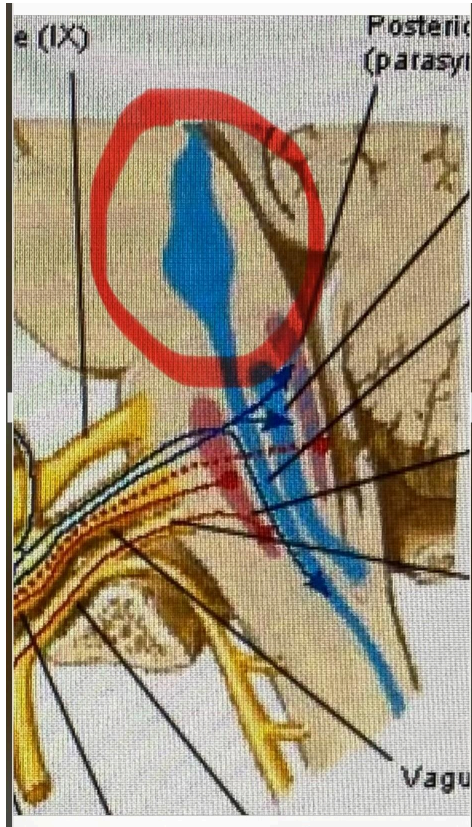
1. Where are other places in the Biofeedback machine to remove iron from the tissues? We have been doing a mineral balance of Iron and Copper under minerals - will it remove excess? Morley's research shows that too much iron prevents the uptake of copper into the cells which lead to fatigue and oxidative stress in the body.

Blood is not tissue, iron is in the tissue. When I do a balance of iron and copper will it then balance both and allow the uptake of copper? Is there a better place in the Biofeedback system to remove iron at a tissue level?

2. How does the system measure the mineral panel? It is through frequency but is it at a cellular level and does that include both blood and tissue?

3. This picture of the vagus nerve comes up in Iridology, under anatomy unconscious search: this picture of the Brain Stem shows the blue dot area which is Locus Coeruleus, which holds 10X more copper than the rest of the brain, 70% or norepinephrine is produced there and peptides - somatostatin (needs to be activated by the pam enzyme) are released there to put out the fire of inflammation, also where the Vagus nerve ends it

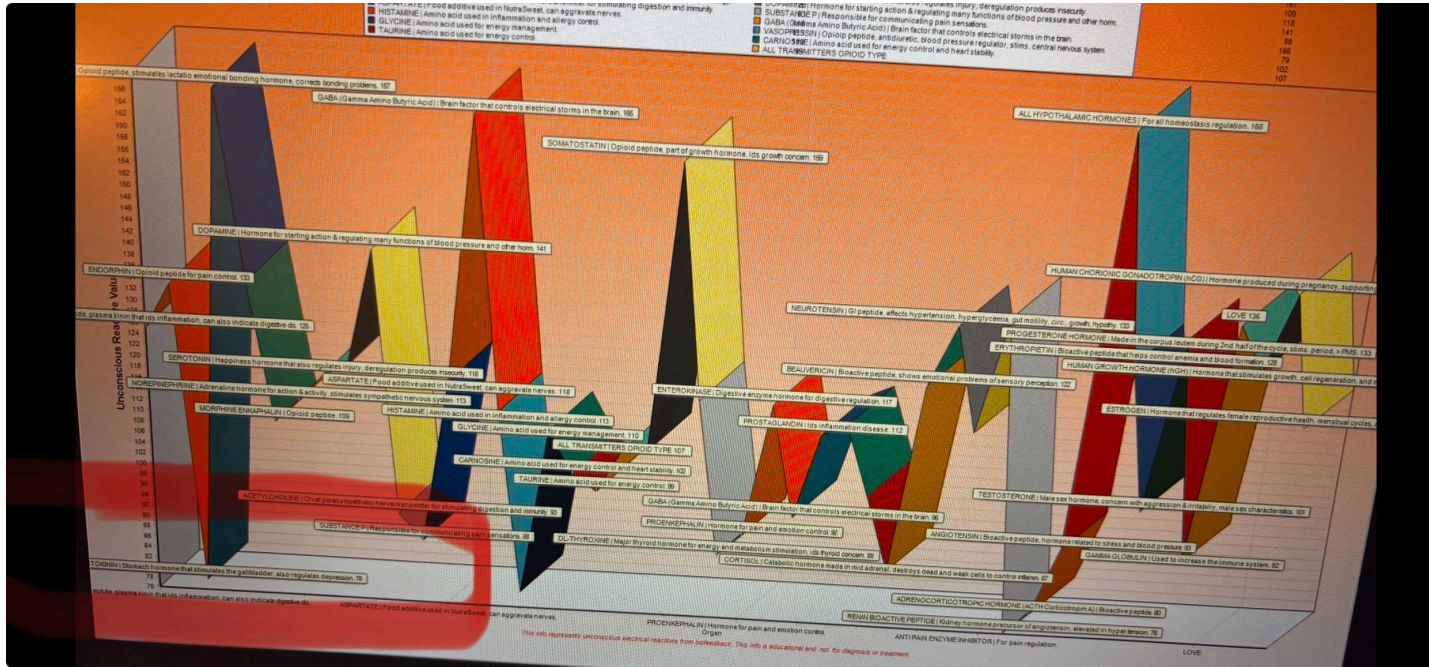
journey/fibers are interwoven there. Vagus nerves important to optimize in every session.



4. We would love to know is there any other places we should be going to optimize copper in the body through our biofeedback systems. I have gone into Dark Field but did not find anything specific to optimize copper.

5. Balancing the neurotransmitters are important - all have a link with copper.

CCK cholecystikinin - shows up as chronic - has the highest expression in the amygdala and linked to memory/dementia



Rationale for optimizing in the Biofeedback System:

1. Metabolic Repair: Copper moves sugar into the cell, and insulin is the back up plan to the cell. When copper is stuck on the outside of the cell it becomes oxidized and causes oxidative stress
2. Balancing Iron/Copper, mitochondria, and Ceruloplasmin, oxidative stress will help the body to absorb copper.

