

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



Dr Paul J Canali , DC
EH Institute
Miami, Florida

The Theory of Everything

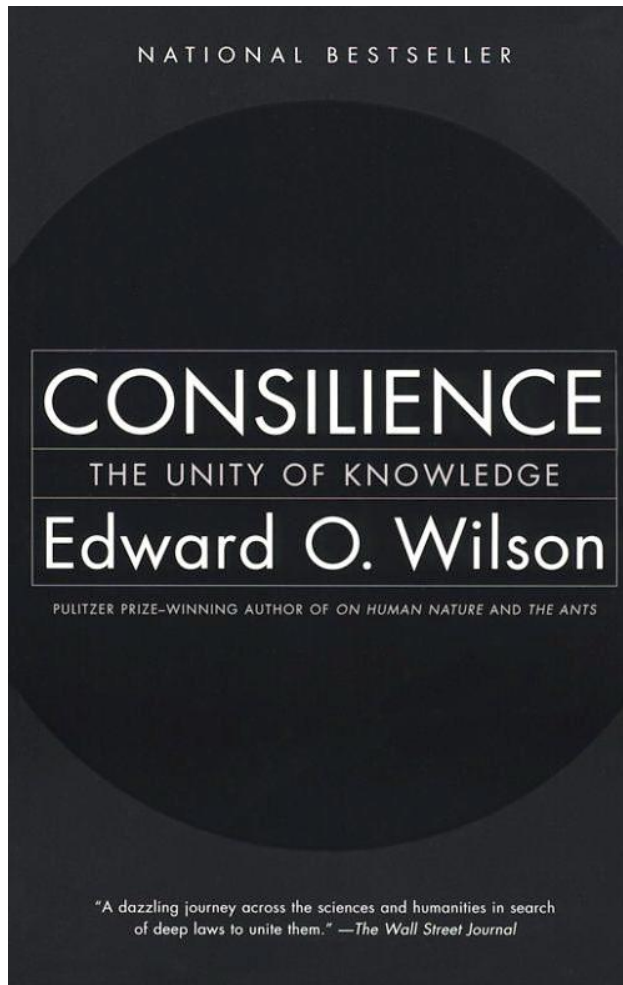
The hypothetical single, all-encompassing, coherent theory of physics that fully explains and links together all **physical** aspects of the universe.

What about our inner universe?



The Theory of Everything Human

Unified Therapy™



“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.**”

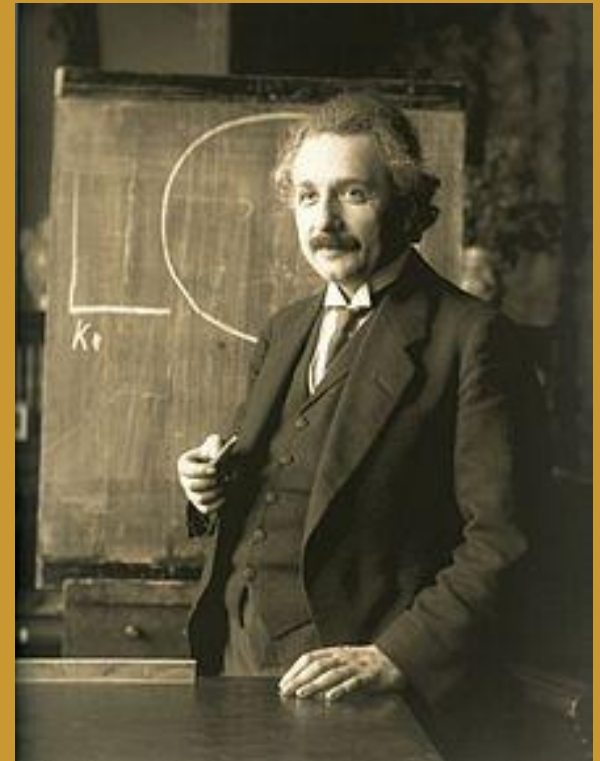


Search for Meaning and Purpose

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



Search for Meaning and Purpose

“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

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.

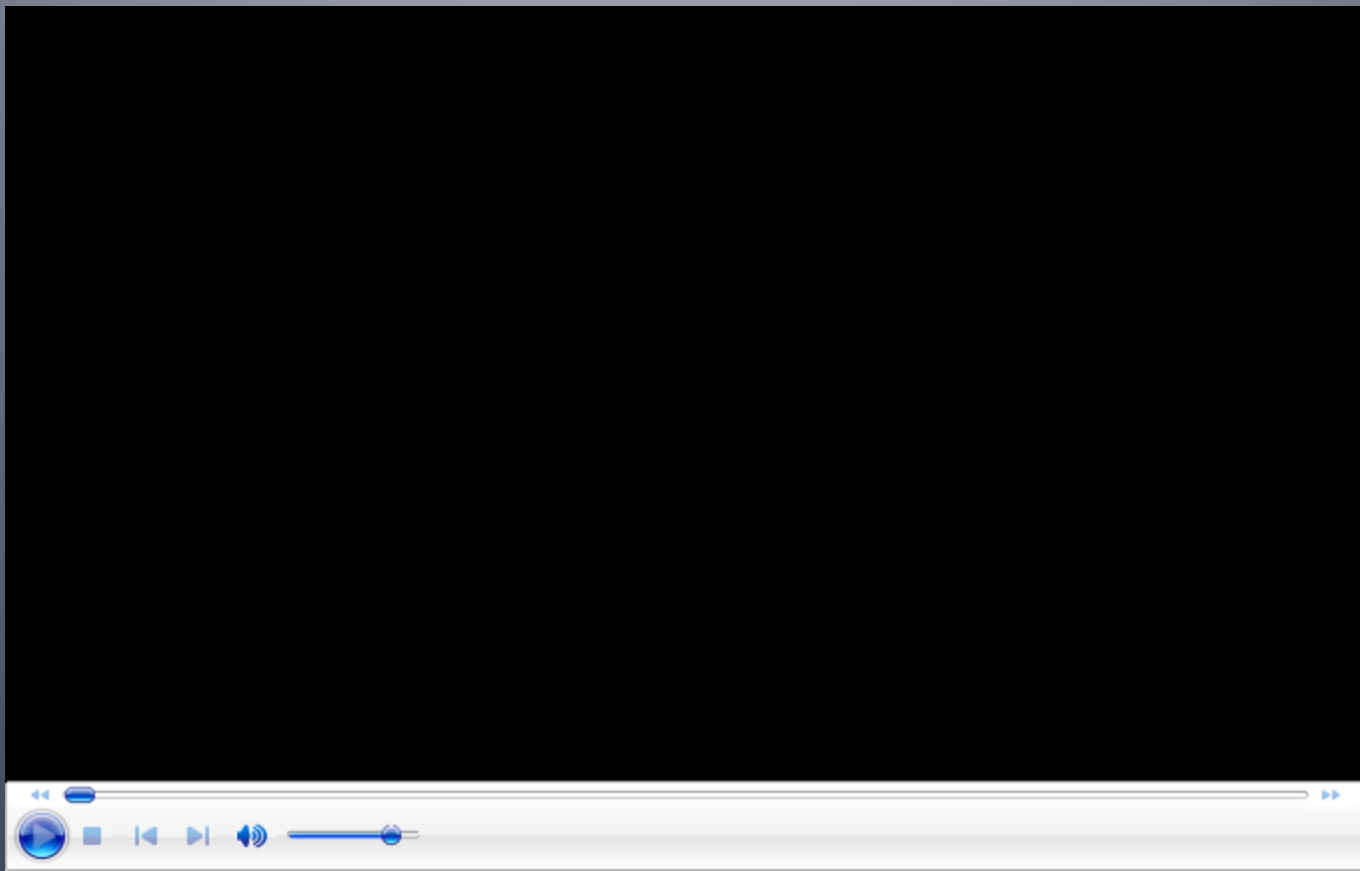
Human Nature & Early Experience
Notre Dame University, IN October 12, 2010

Vincent J Felitti, MD
Robert F Anda, MD



ACE Study

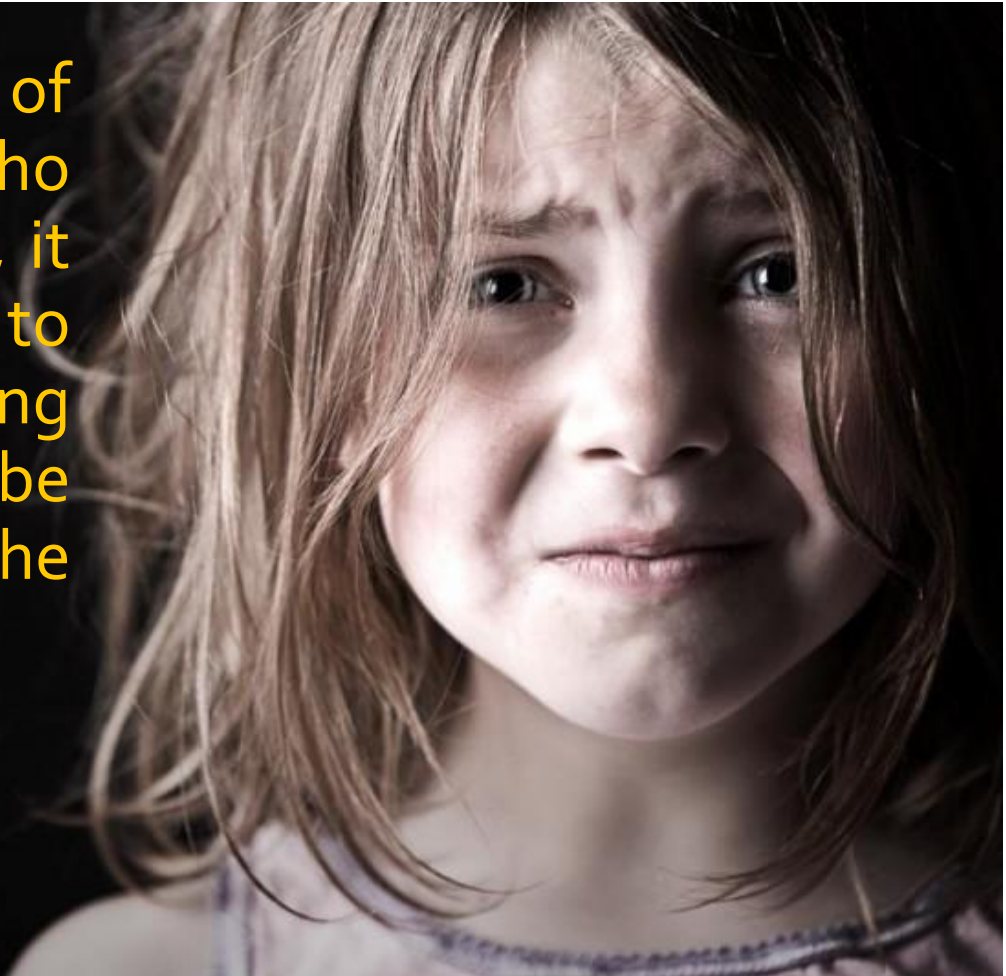
Adverse Childhood Experiences



The ACE Study

"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."

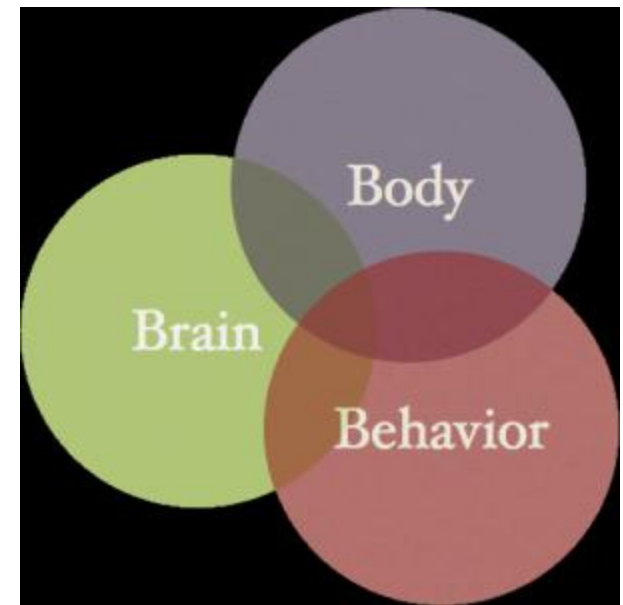
Matthew 18:6



The ACE Study

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

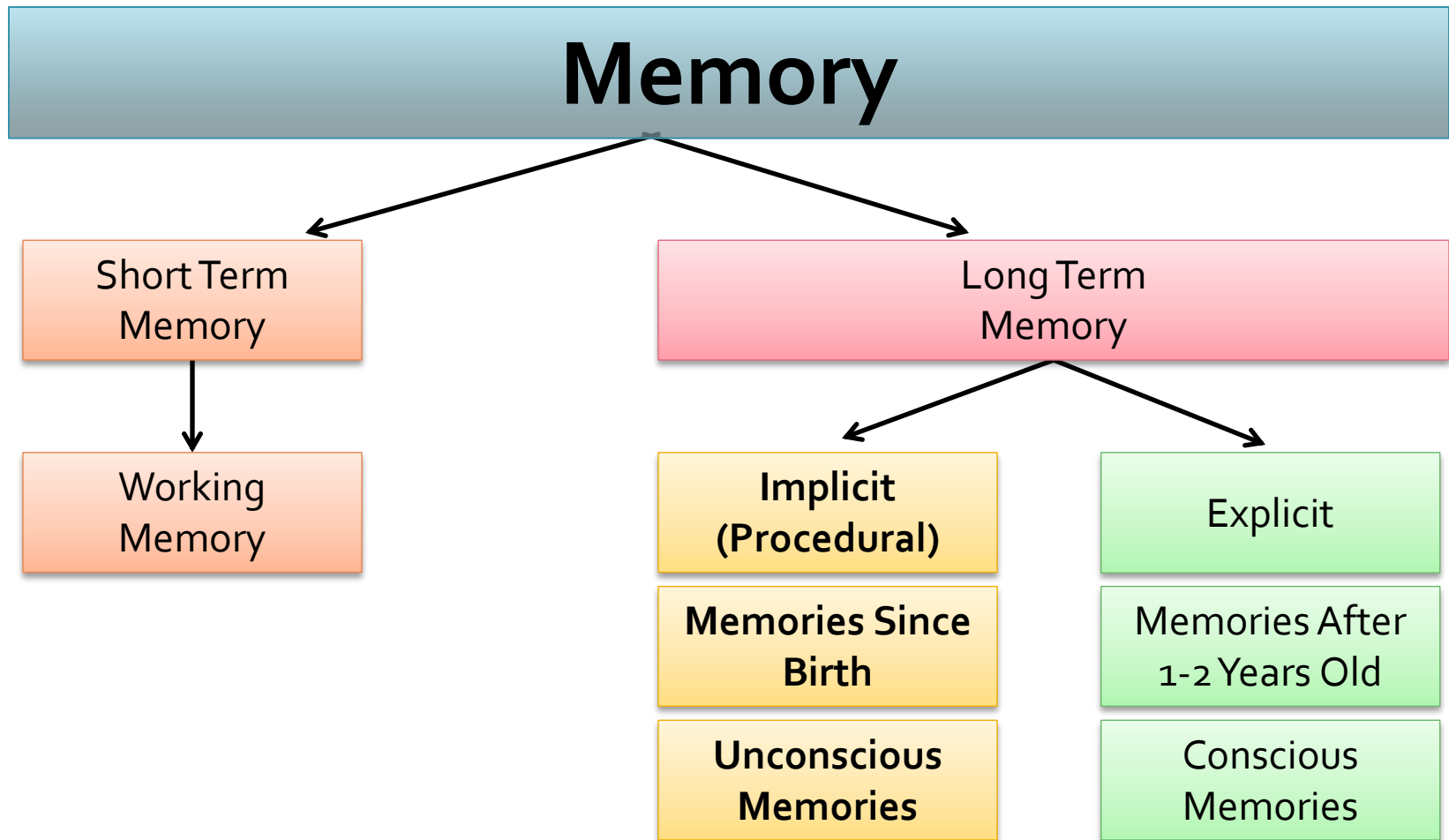


Intergenerational transmission of psychopathology & neurological scars

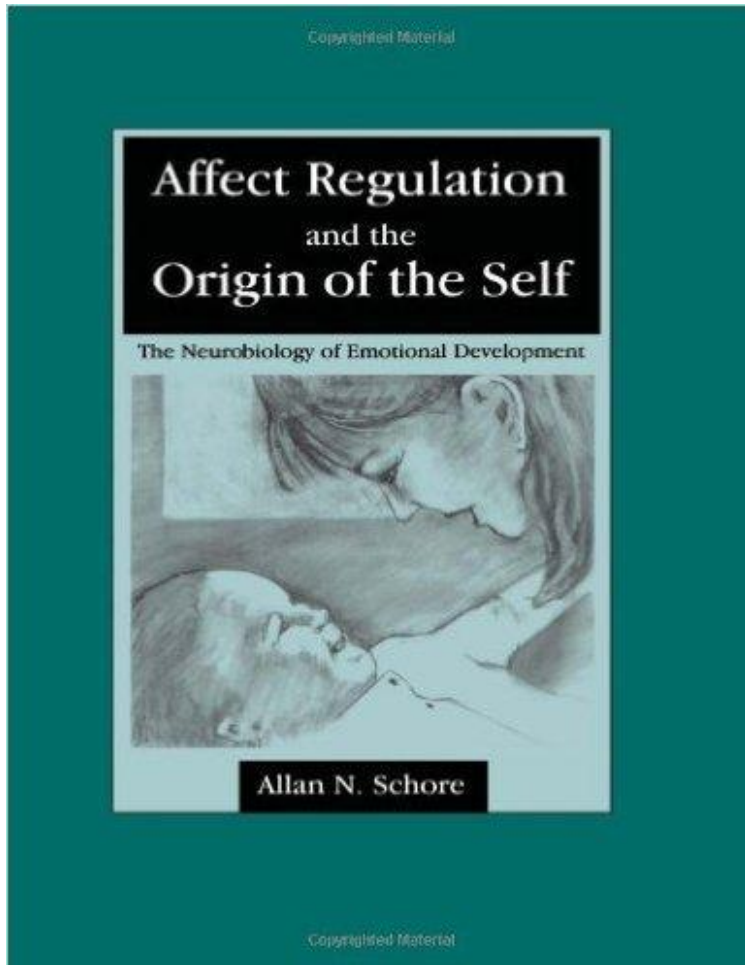
~ Allen N. Schore, PhD. *Affect Dysregulation and Disorders of the Self*



Implicit Memory



Implicit Memory



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

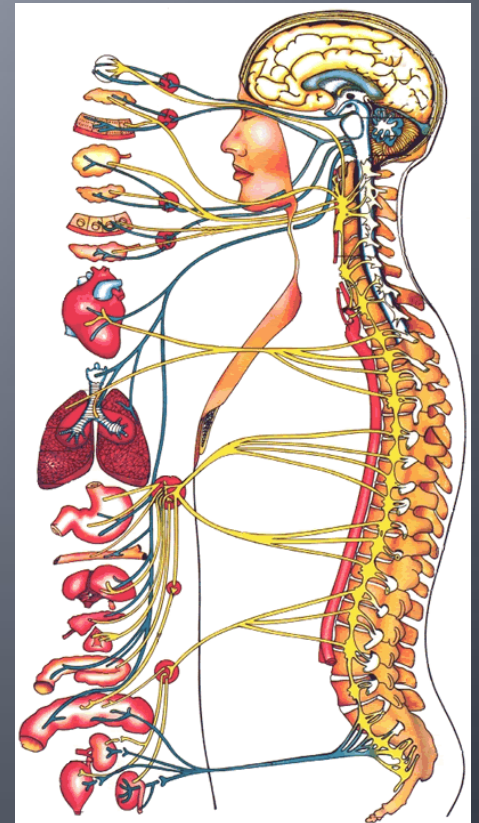


Autonomic Nervous System

And How It Relates to Growth and Healing

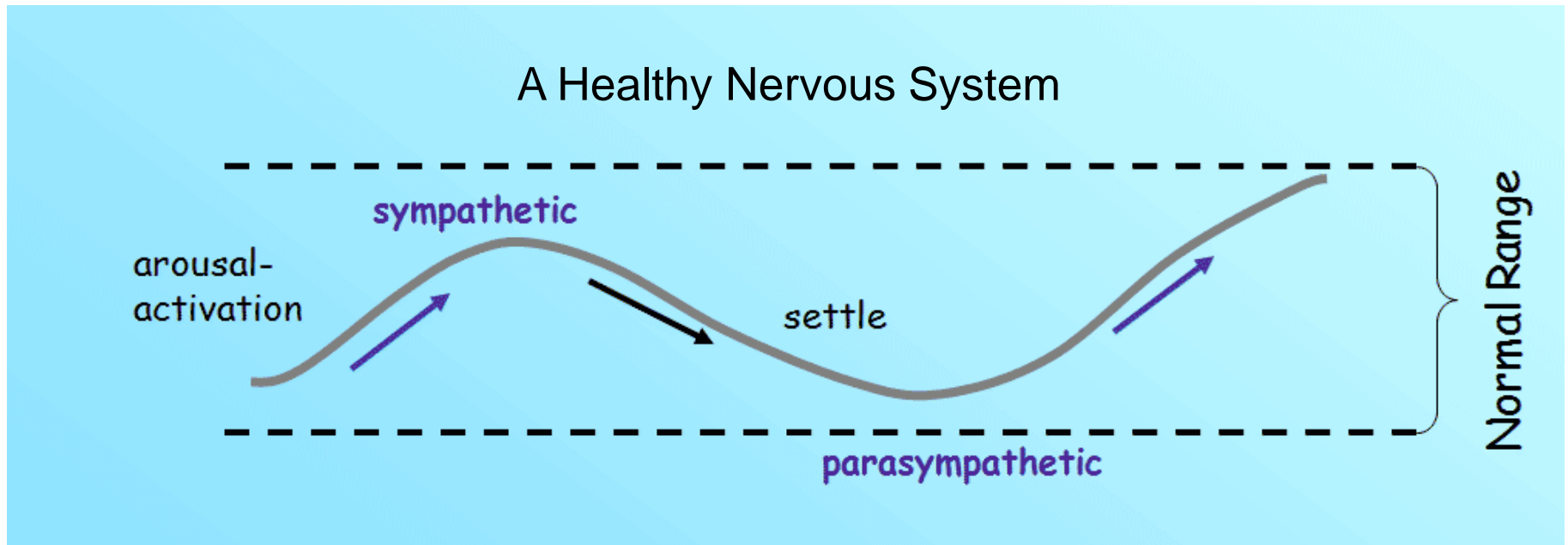
The Autonomic Nervous System influences every cell in the body.

...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System.



The Autonomic Nervous System

And How it Relates to Growth & Healing...

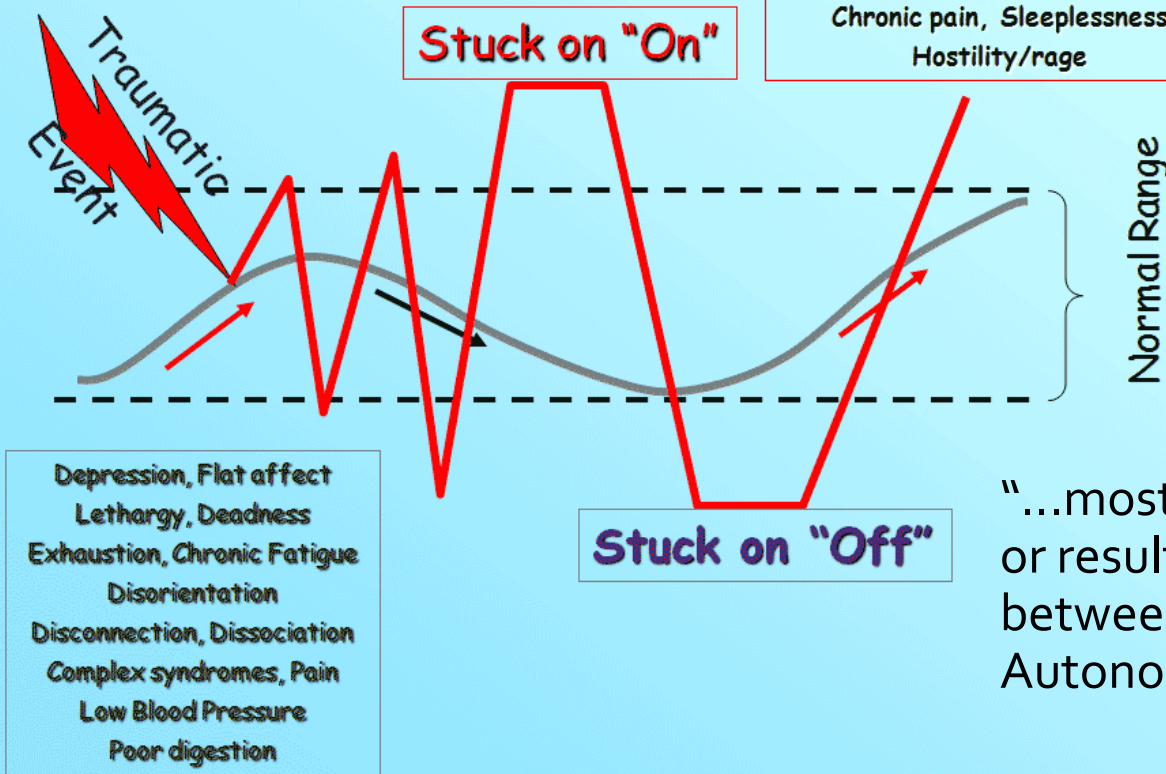


A balance between the two branches of your ANS is essential for good health.



Signs of ANS Dysregulation

Symptoms of Un-Discharged Traumatic Stress



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."



Treating Toxic Stress & Trauma

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™

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.



Homeostatic Reflex

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.

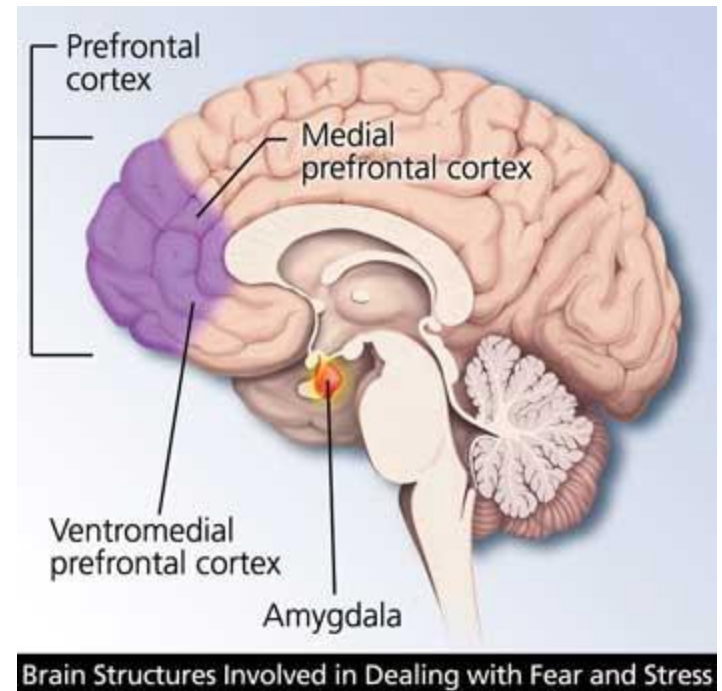
This release in turn will be followed by rest and deep states of peace and healing.



The Pre-Frontal Cortex

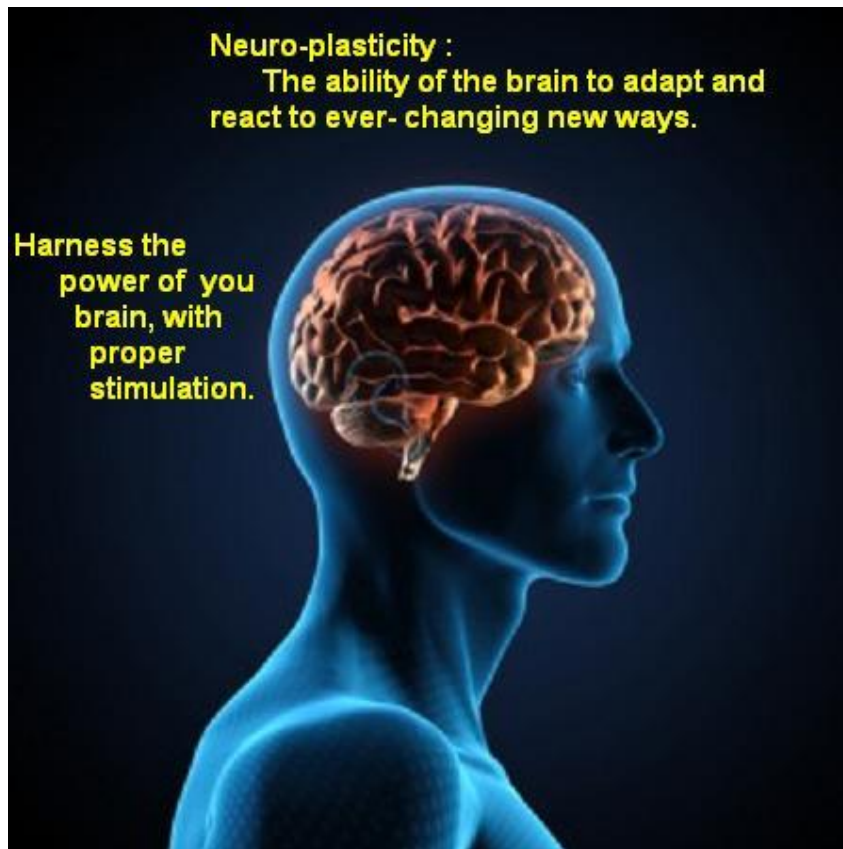
Nine functions of the PFC:

- 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*



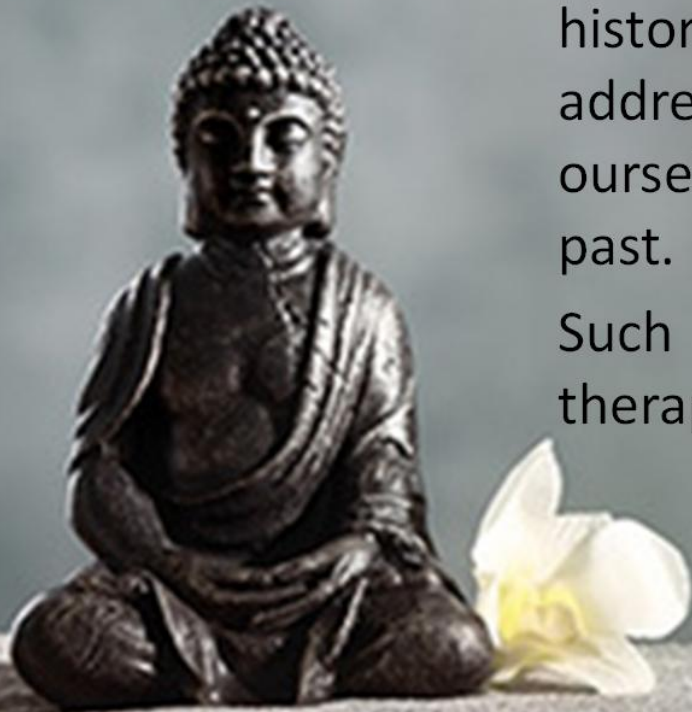
Mindfulness

~ Jack Kornfield, PhD

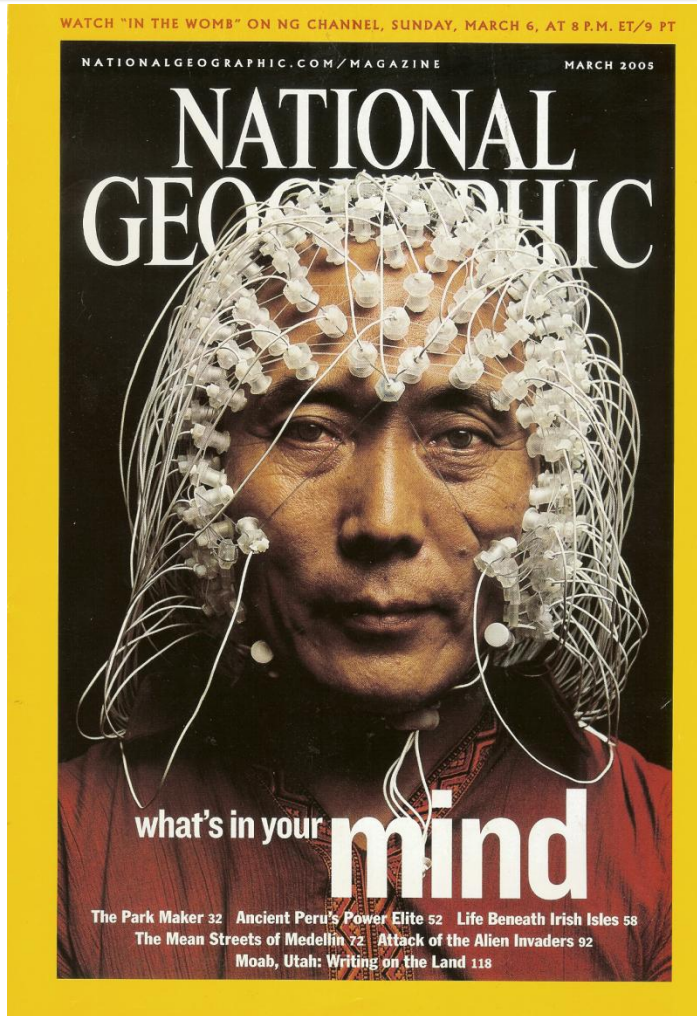
Mindfulness works only when we are willing to direct attention to every area of our suffering.

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**



Neuroplasticity / Neurogenesis



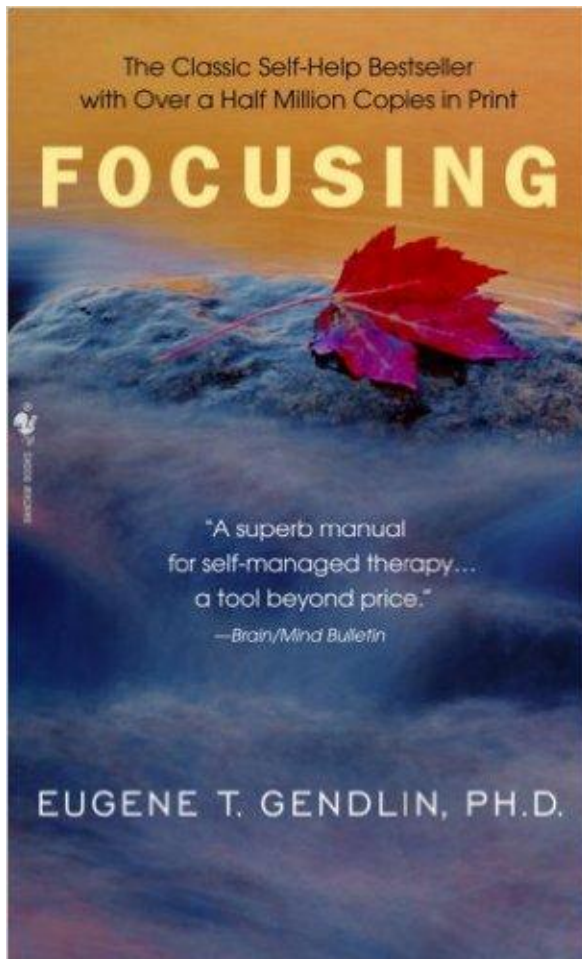
Daniel J. Siegel, MD

“...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.”



Focusing



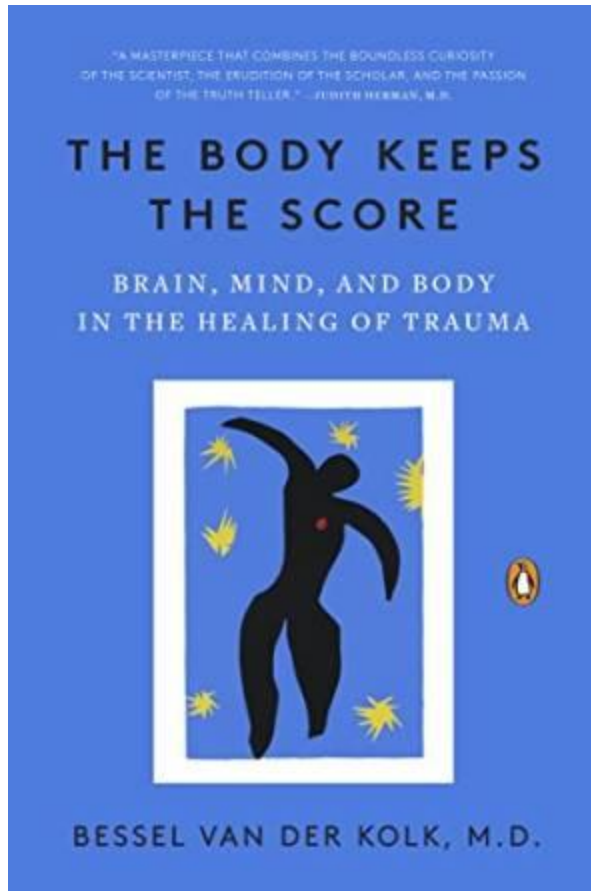
“What is split off, not felt, remains the same. When it is felt, it changes.

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.”



Sensory Processing / Direct Experience

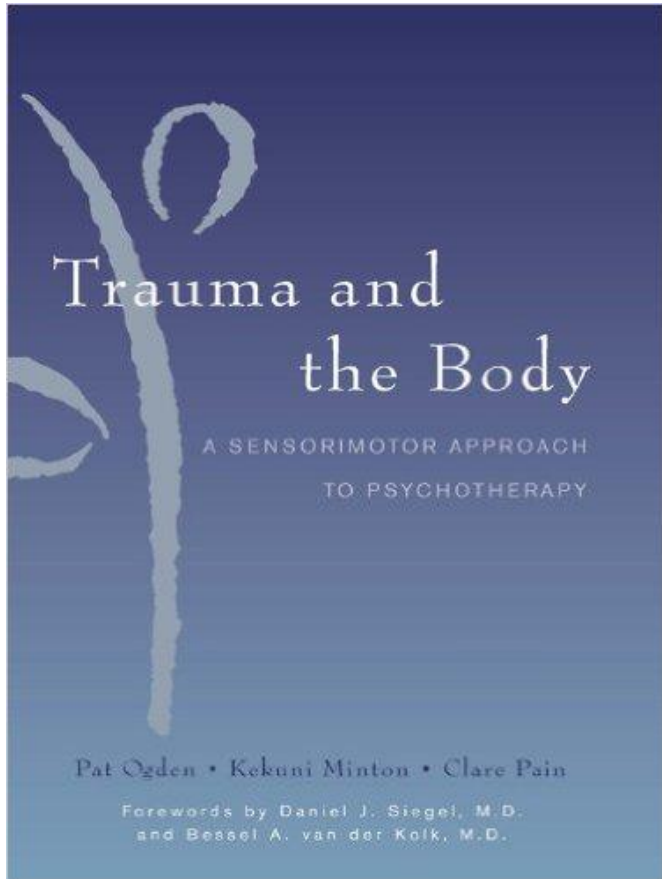


“Awareness, as opposed to avoidance, of one’s internal states allows feeling to be known, and to be used as a guide for action.

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.”

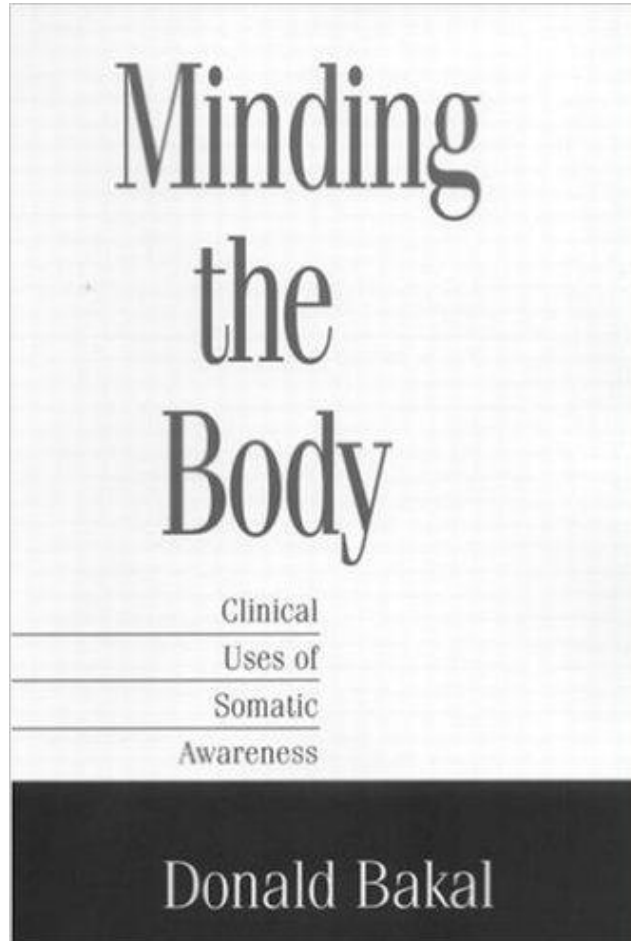
Changing Procedural Tendencies & Rewiring the Brain



- 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 innates 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