Nervous System Healing & Cell Danger Response

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Overview

- Who needs nervous system retraining & trauma processing help?
  - Key features of those with dysregulated nervous system

- What is the Cell Danger Response theory as explained by Robert Naviaux?
  - Why redefining chronic illness is important to help patients move out of CDR

- Nervous system healing as method of targeting an ongoing Cell Danger Response?
  - Improving cellular health by combining integrative medicine with nervous system rebalancing

- Defining Brain-Body Neural Rebalancing Practices
  - Brain Retraining, Vagus Nerve Toning, Somatic Therapies

- Understanding how proper sequencing of nervous system tools lead to better outcomes in reversing CDR and chronic symptoms.

- How patient and practitioner can work together for best results
  - Combining integrative medicine and neural retraining/trauma healing to shift the body out of Cell Danger Response

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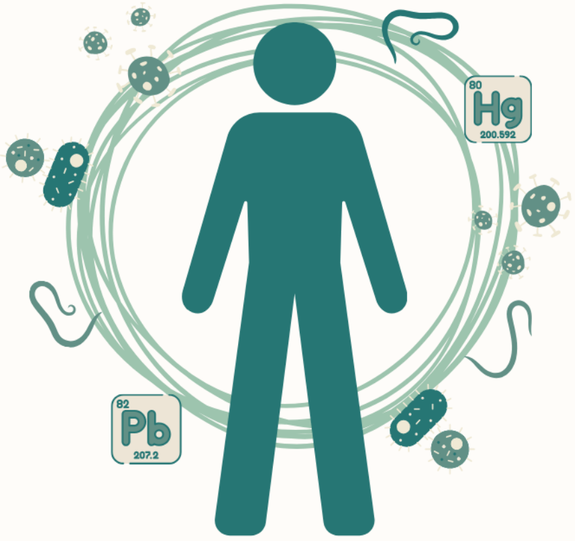
CHRONIC UNRESOLVING ILLNESS =

Chronic Stress State & Nervous System Dysregulation

Person A

Regulated Nervous System

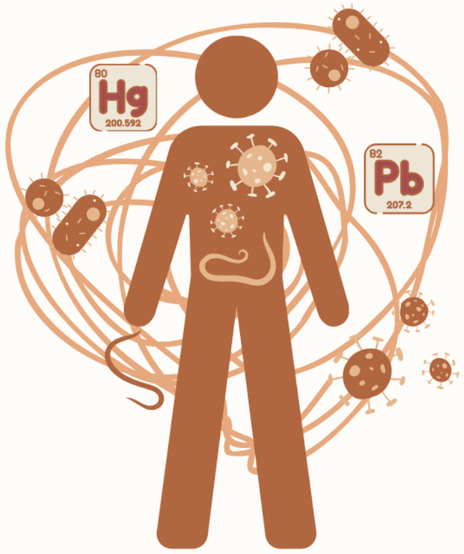


- Healthy Immune Response
- Recovers from Infections
- Detoxification Pathways Open

Healthy

Person B

Dysregulated Nervous System



- Weak Immune Response
- Infections Become Chronic
- Detoxification Pathways Sluggish

Chronic Illness/ Chronic Stress

All infographics created by amazing Primal Trust team member Louise Pigott

Symptoms Related To Nervous System Dysregulation

Inability to effectively fight infection, immune dysregulation

Autoimmune activation

Inflammation, brain fog

Impaired detoxification

Dysautonomia - heart rate, blood pressure, breathing dysregulation

Digestive Issues

Food sensitivities

Increased sensitivity to chemicals, light, smell, sound, EMFs, touch

Difficulty with pain processing

Anxiety, panic, mood swings

Overwhelm, difficulty focusing, memory issues

Difficulty with healing injuries

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ONGOING CHRONIC STRESS RESPONSE & CHRONIC ILLNESS

UNABLE TO DISCHARGE INFLAMMATION – "I AM NOT OKAY"

BRAIN

Over-reactive stress response leads to
LIMBIC SYSTEM IMPAIRMENT

BODY

Brain-Body Stress Loops lead to
AUTONOMIC NERVOUS SYSTEM DYSREGULATION

CELLULAR

Cells stuck in survival response
lead to ongoing
CELL DANGER RESPONSE & CHRONIC ILLNESS RESULTS

NEED TO BREAK THE STRESS LOOP
USING NERVOUS SYSTEM TOOLS AND INTEGRATIVE PROTOCALS TO
IMPROVE TOLERANCE TO PHYSICAL, EMOTIONAL & CHEMICAL STRESSORS

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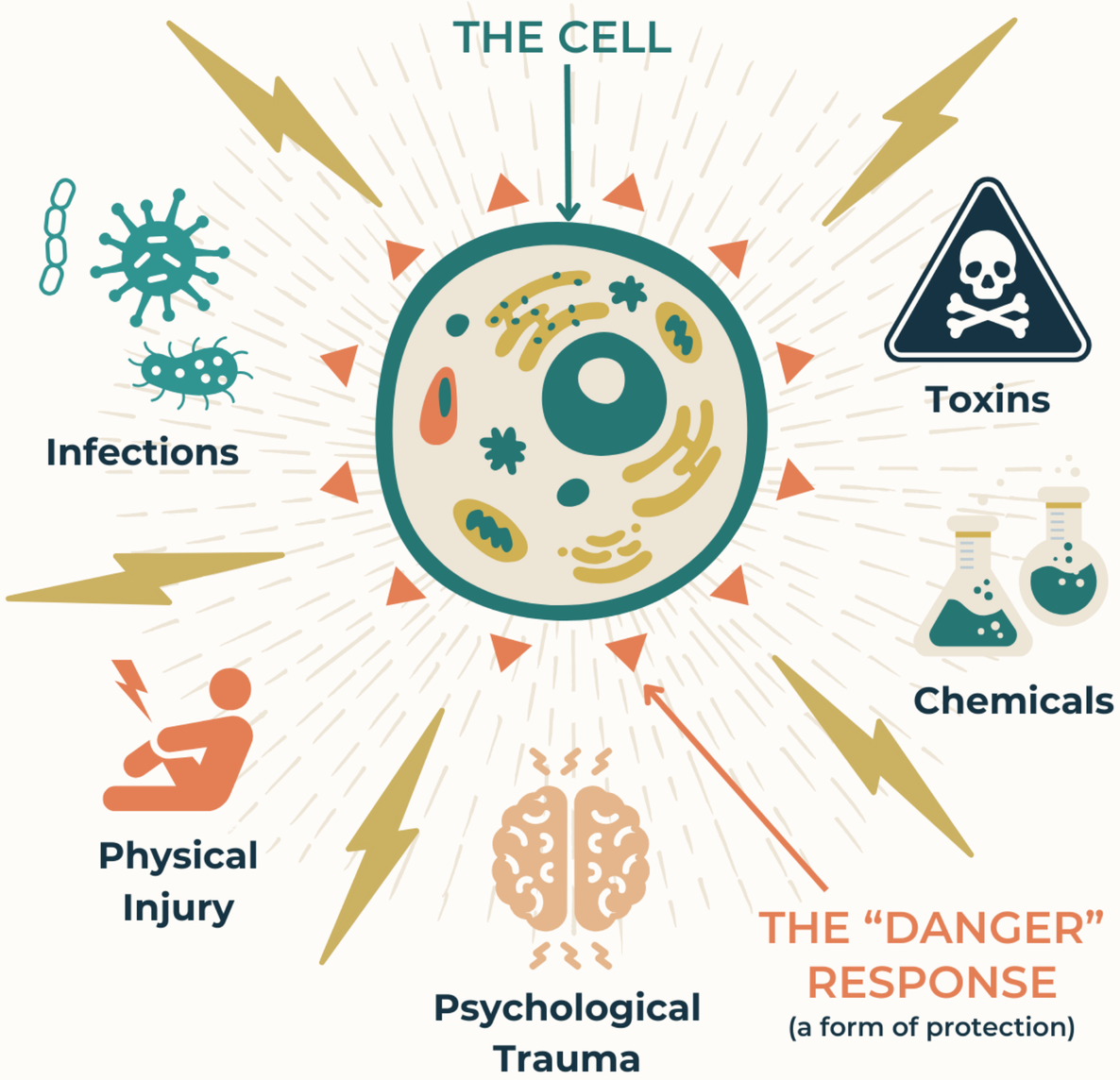
CELL DANGER RESPONSE

A theory that explains getting stuck in chronic sympom pathology



*"The cell danger response (CDR) is the evolutionarily conserved metabolic response that **protects cells and hosts from harm**. It is triggered by encounters with chemical, physical, or biological threats that exceed the cellular capacity for homeostasis (Naviaux, 2014).*

https://pubmed.ncbi.nlm.nih.gov/23981537/

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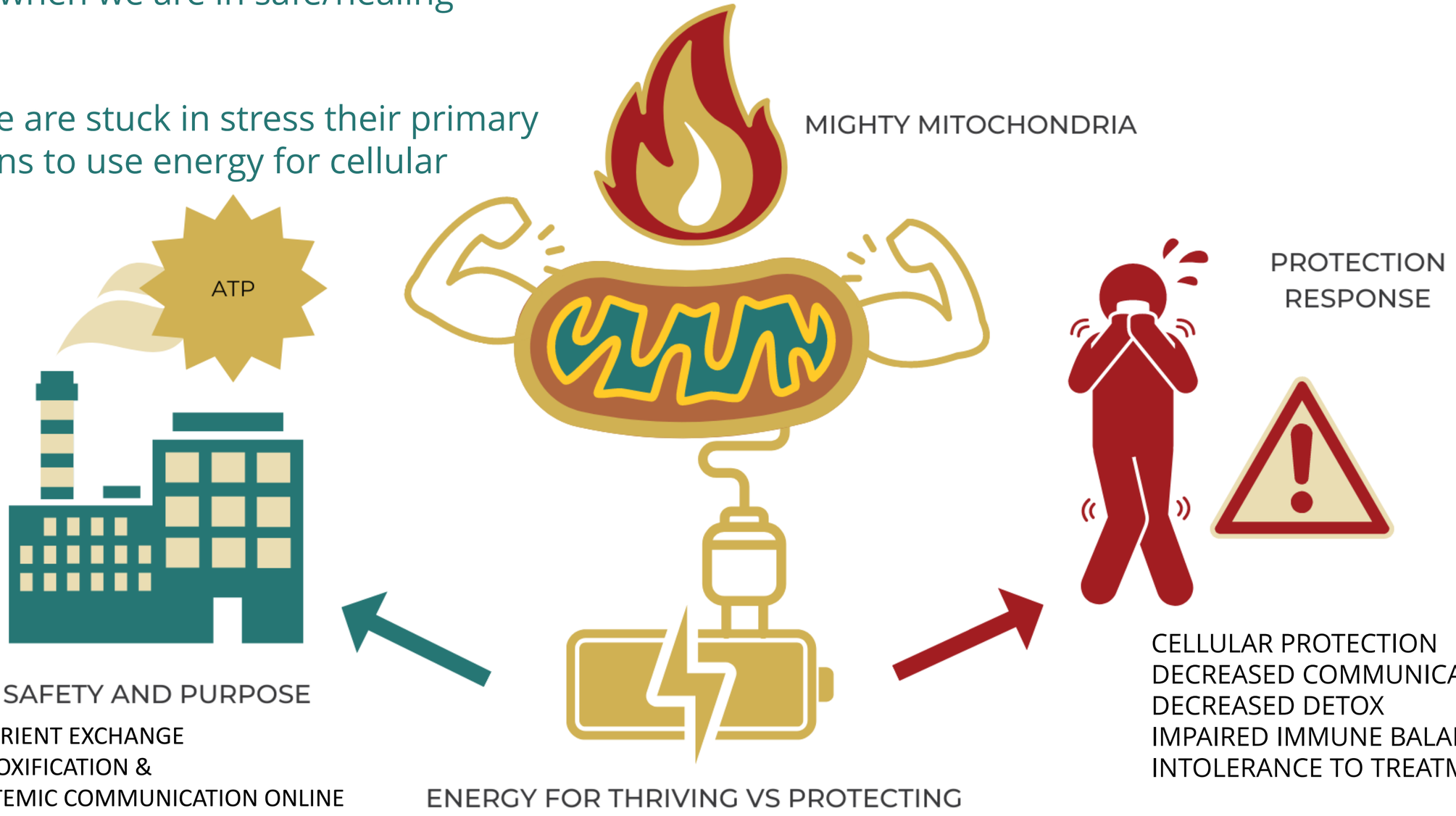
Cell Danger Response: It's all about our mighty mitochondria!

- Mitochondria are the powerhouse factories of the body when we are in safe/healing mode.
- But when we are stuck in stress their primary function turns to use energy for cellular protection.



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3 Stages Of Cell Danger Response (CDR) Through The Nervous System Lens and Why Nervous System Sequencing Matters

- **CDR1- massive threat/shut down. Often highly sensitive to everything. Even limbic retraining can be difficult. Must go slow.**
  - Nervous system Level 1 focus: education on the CDR and ANS
  - Then gently calm down targeting limbic system and vagus nerve using incremental, small dose nervous system practice to help them start to believe that "it's safe to feel safe

- **CDR2 - "I'm safer, I can now begin to build/repair but there is still a lot of system dysregulation." Able to take more supplements, exercise, detox**
  - Nervous system Level 2 focus: Rebuilding the Self, trauma processing, getting purpose re-established
  - Heart-Brain coherence living (repairing relationship, True Self living
    - Electromagnetic field changes as trauma patterns shift. (Shifting of voltage of mitochondria?) I see when someone processes trauma, releases emotion, they can have a big leap in healing and seem to move more out of CDR.

- **CDR3 - Emerging back into communication with the body (community). Older cells teach the newer cells how to come back to normal (Mentoring). Releasing deep intracellular toxins (releasing old conflicts).**
  - Nervous System Level 3 focus: Community focus and assisting others who are on the path behind you, deep healing of family/generational wounding. Learning how to be well again and releasing illness identity.

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Should We Be Reframing Chronic Illness?

"Reframing the pathogenesis of chronic illness in this way, as a systems problem that *maintains* disease, rather than focusing on remote trigger(s) that *caused* the initial injury, permits new research to focus on novel signaling therapies to *unblock* the healing cycle, and restore health when other approaches have failed." -Naviaux

"When chronic disease is seen as a systems problem in which the healing system is blocked by key metabolites that function as signaling molecules—metabokines—new therapeutic approaches become apparent that were hidden before." - Naviaux

https://www.sciencedirect.com/science/article/pii/S1567724918301053

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Helping Patients Find More Safety Through Explaining Chronic Illness Treatment Approaches Differently

"Based on a root word derived from *Salus*, the Roman goddess of personal health and welfare, the word *salugenesis* was coined to frame the process and steps that must be accomplished if an organism is to heal from any injury or stress.

Pathogenesis creates the damage.

Salugenesis effects the repairs.

As such, pathogenesis and salugenesis are non-congruent pathways that are regulated by different control networks.

Medical history thinks of pathogenesis to treat the body (what caused this reaction) vs salugenesis (what does the body need in order to heal)" - Naviaux

We are so focused on what is wrong, what the lab test say and less focused on teaching patients what heals their body.

Its both biological and psychological approaches that are need to teach people to self heal from chronic illness

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Relabeling The Treatment Approach To Empower Patients vs Scare Them Into Further CDR

Old paradigm of pathogenesis root cause: "I have a pile of diagnosis and lab tests. I feel overwhelmed and feel like my body is failing me. There's too many things wrong with me. I'll never recover.
MY BODY IS BROKEN!"

Vs.

Salugenesis model "I'm stuck in CDR and my body can't keep up with cleaning out infections and toxins. I can change this CDR response over time and unblock my body's natural ability to self-heal.

My nervous system needs help coming into balance. This will directly improve my cellular function.

How can I decrease the stress on my cells so that my own immune system can come online, my detoxification system can engage properly, my digestion can improve, etc.?

I CAN DO THINGS TO SHIFT MY OWN CELLULAR FUNCTION!"

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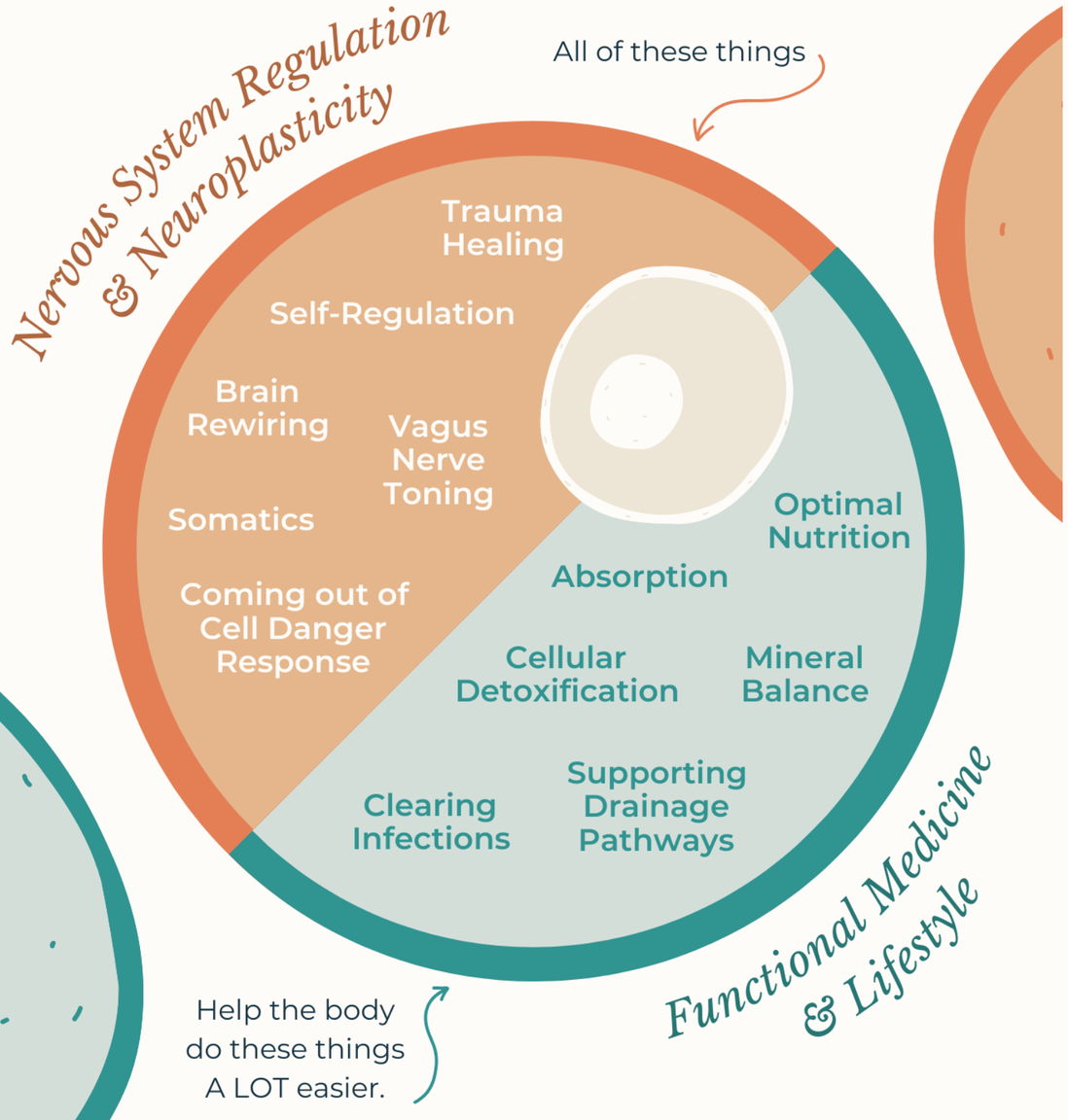
THE TWO SIDES TO *Improving Cellular Health*



INTEGRATIVE MEDICINE:

BODY/CELLULAR SUPPORT

-OTHER- DRAINAGE, NEURO, MITOCHONDRIAL SUPPORT ETC

CLIENT RESPONSIBILITY :

SELF-REGULATION

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WE CAN ADDRESS ALL OF THESE:

Nutritional Deficiencies + Diet & Absorption + Detoxification & Drainage + Infections & Environment

BUT IF WE NEGLECT THESE:

The Limbic System + Trauma + The Nervous System + Cell Danger Response

THE TOP GROUP MIGHT NOT WORK!

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Nervous System Rebalancing Tools

Sequencing That Helps Move The Body Out Of
Cell Danger Response and Improve Function Regardless of Diagnosis

1. EDUCATION

CDR, Chronic Stress Symptoms, Limbic System Retraining and Autonomic Nervous System Mapping

2. VAGUS NERVE TONING

Begin to teach the body to feel safe and increase vagus/brain communication

3. BRAIN RETRAINING

As body gets used to new vagal input, now target limbic system to shift perceptions and associations of threat to further teach the body its safe to feel safe

4. SOMATIC THERAPIES & TRAUMA PROCESSING

Deeper emotional release to shift the cellular-held trauma energy

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Outcomes
What sort of results have we seen so far from those who incorporate nervous system practices?

Those who self-identified as Low Functionality improved by an average of 87% after 3 months of Regulate™

***Indicating you are never too sick to start to heal again!**

All participants who used the tools taught for 6 months improved by an average of 60%

***The longer you practice the better the outcomes.**

Lyme sufferers improved by an average of 51% in just 3 months

***Yes, even infection symptoms can be improved by nervous system practices alone!**

In fact, Lyme sufferers had some of the highest outcomes of all!

Data gathered from entry and exit surveys of over 1000 members who completed Primal Trust Level 1 Regulate™. Other programs have shown similar outcomes indicating that nervous system tools have a significant affect on help people recover from chronic illness

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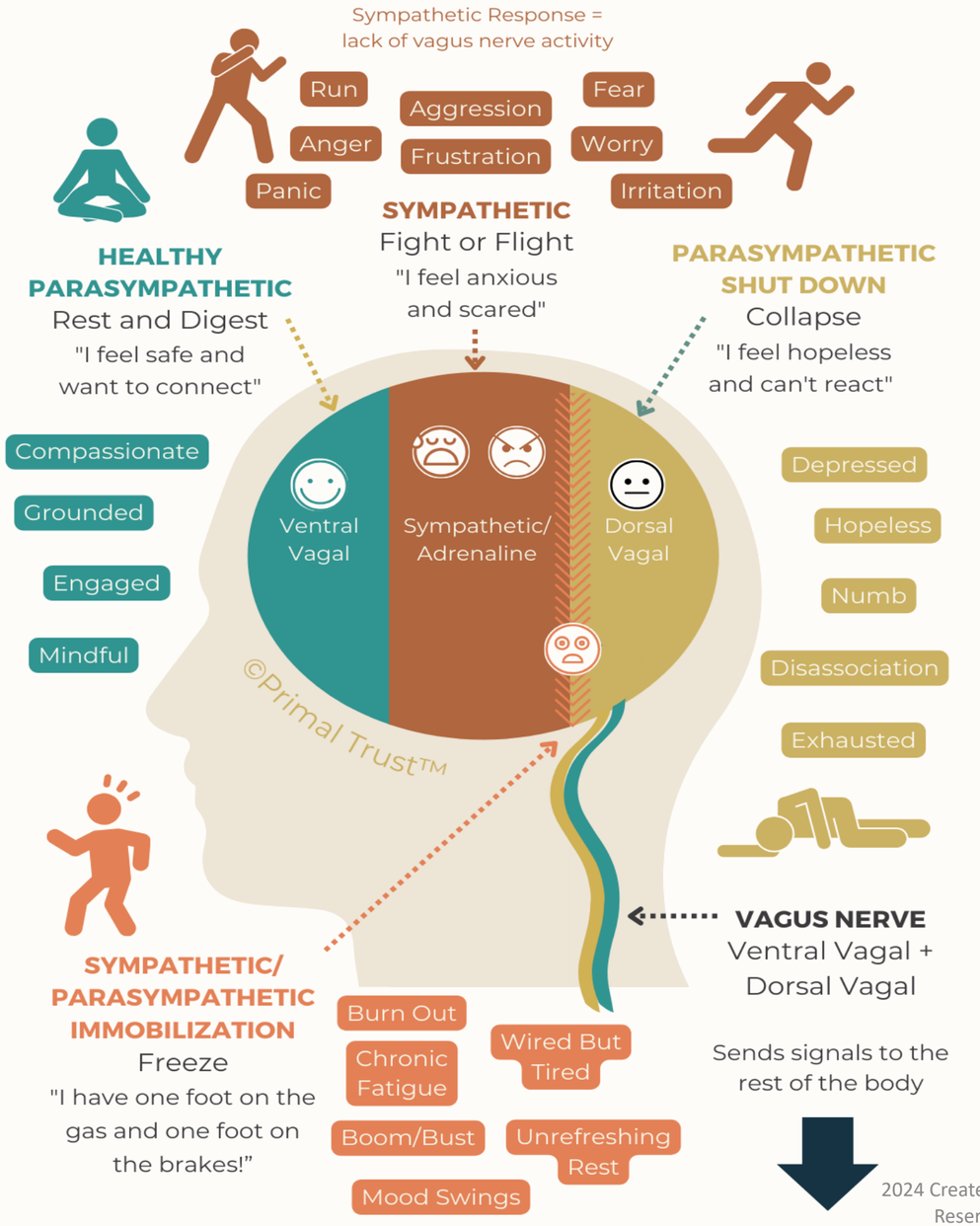
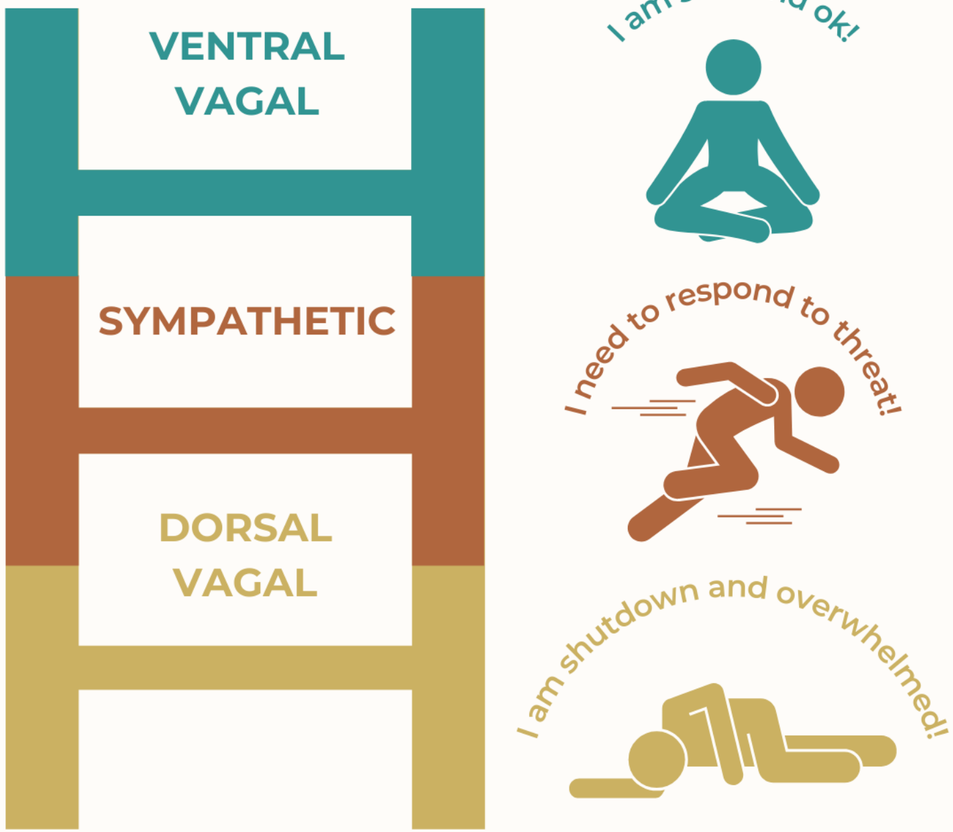
STEP 1: EDUCATION

BRAIN STATES OF THE *Autonomic Nervous System*



THE POLYVAGAL LADDER *Navigating Your Nervous System State*



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Polyvagal ladder metaphor adapted from Deb Dana

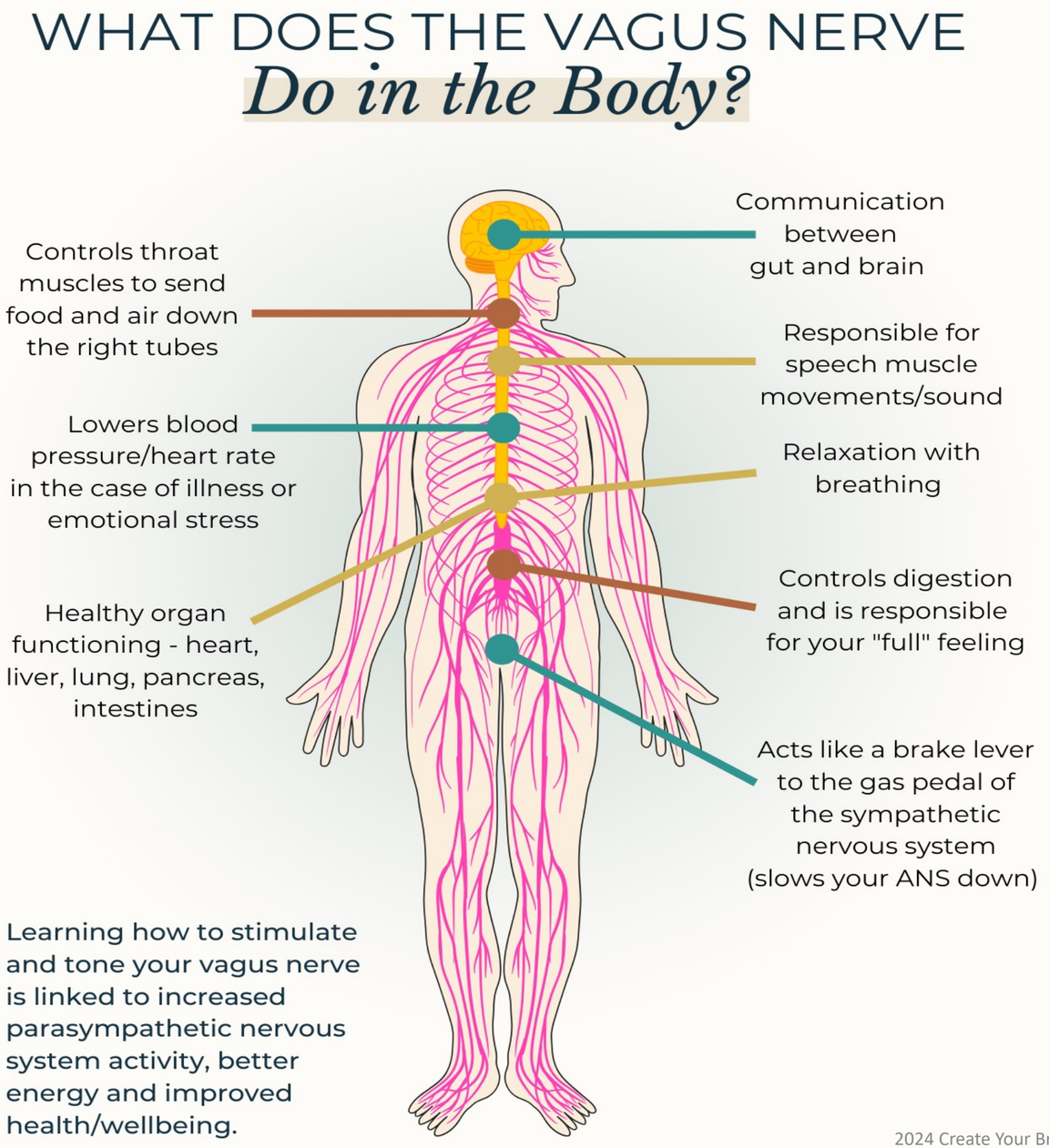
STEP 2: VAGUS NERVE TONING

BREATHING PRACTICES

FUNCTIONAL NEUROLOGY BASED EYE EXERCISES

Vagal Stimulation Devices

"When the CDR is chronically activated, the coordination between the two limbs of the vagus is disrupted. This results in disinhibiting the sympathetic nervous system and the hypothalamic-pituitary-adrenal (HPA), which dominate during illness"- Naviaux



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Step 3: Brain Retraining

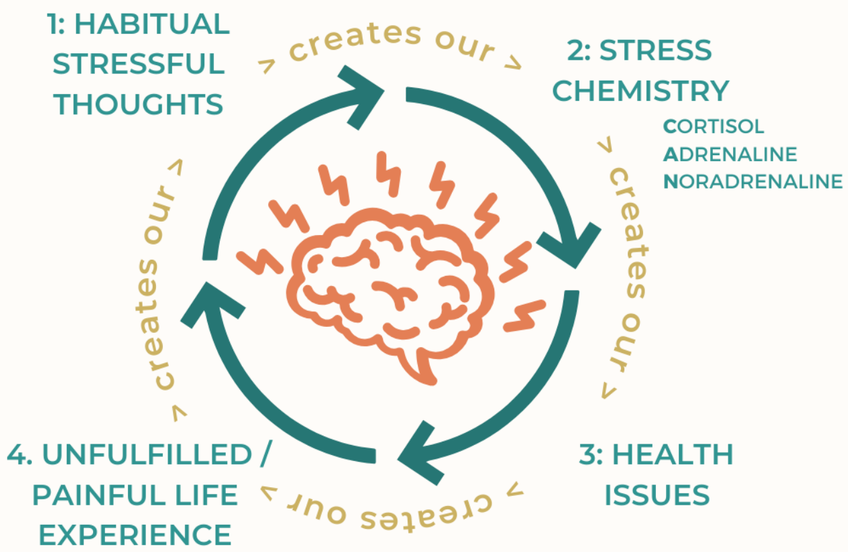
Limbic System Regulation

- Decreases Chronic Symptoms
- Improves Sensitive Reactions
- Shifts Negative Body Associations
- Improves Treatment Tolerance

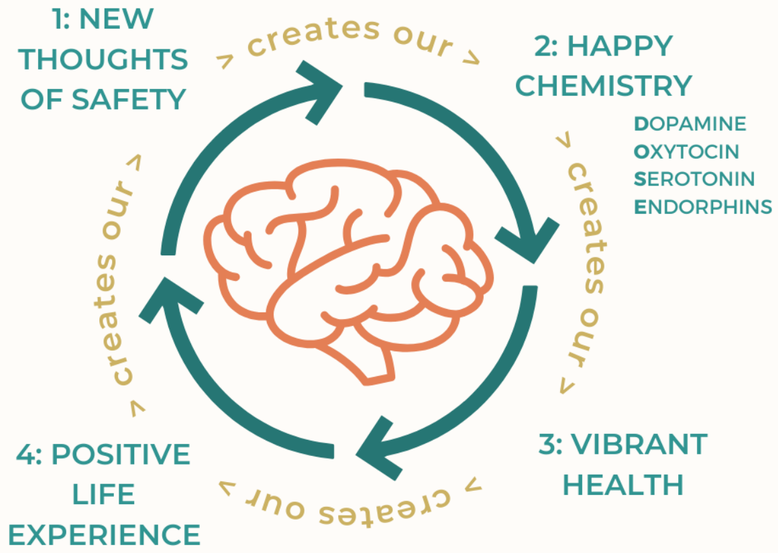
Practices include:

- Mental Rehearsal Exercises
- Mindfulness
- Interrupting Unhelpful Behaviors/Habits
- Creative Visualization To Shift Emotions/Biochemistry

Before Brain Retraining:



After Brain Retraining:



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Bottom Line – Educate Patients To Help Themselves To Self-Heal Alongside Protocols

After working with thousands worldwide, I see people heal easier when they are not so scared about their lab tests b/c they see a bigger picture…

A body stuck in a stress response and their innate healing mechanisms blocked or slowed down AND that they can influence their CDR *REGARDLESS* of the diagnosis.

If they are really scared by the labs/diagnosis, and they only fixate on what's attacking them, it's REALLY hard to get them to CALM down and self-regulate their ANS and assist their body to move out of CDR.

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You cannot (fully) heal if you don't feel SAFE

How do we help our patients feel that it's safe to feel safe EVEN with their current health issues they are facing?

This is a key issue to unlock for each patient

*Extreme avoidance and vigilance/obsession with diagnosis keeps people in limbic system impairment and likely hard to fully move them out of CDR if this is their focus

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Examples of simple practices to self-regulate

5 MINUTE CHECK IN: *How Am I Feeling Right Now?*

I AM FEELING DRAWN TO HEAR FROM MY...

MIND	*HEART SPACE*	*BODY*
What are my thoughts?	What am I feeling?	What sensations can I feel in my body?
Am I ruminating?	Am I open and expansive or shut down and protective?	Do I sense any tension?
Am I telling myself unhelpful stories?		Can I find ease anywhere?
What do I need to speak out loud?	What do I want to express?	What wants to move through me?

A PRACTICE I CAN TRY IS...

Pattern interrupt	*Breathing through my heart centre*	*Somatic orienting*
Brain retraining	*Co-regulating*	*Movement or expressive dance*
Journaling	*Parts work*	*Yoga Nidra*
EFT	*Feeling my feelings*	

A DAILY CHECKLIST *To Self-Regulate*

1) MOVE IN SOME WAY

SHOW YOUR BODY YOU ARE NOT FROZEN, YOU ARE SAFE, YOU CAN MOVE FREELY

TENSE AND RELAX	QIGONG	GO ON A WALK	DANCE TO MUSIC
YIN YOGA/ STRETCHES	VIBRATION PLATE	5 TIBETAN RITES	HIKE IN NATURE

LEAST ACTIVE >>>>>>>>>>>>>>>>>>>> MOST ACTIVE

2) ELEVATE YOUR EMOTIONS

BUILD NEW NEURAL PATHWAYS AND TAKE YOUR LIMBIC SYSTEM OUT OF DANGER MODE

HAPPY VISUALIZATION	GRATITUDE PRACTICE	WATCH COMEDY	BE SILLY
PHONE A FRIEND	FUNNY MOVIE	LAUGHTER YOGA	PLAY WITH PET

3) A FORM OF BREATHWORK

TONE YOUR VAGUS NERVE, STRENGTHEN COMMUNICATION BETWEEN YOUR BRAIN AND BODY

HEARTMATH	VOO BREATH	4-7-8	BOX BREATHING

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Hope For A Less Chronic Future…

"If a chronic illness occurs because of a change in function associated with blocks in the CDR, and not a change in structure or loss of cells, **that illness is theoretically reversible, i.e., curable**. **When the healing cycle is unblocked, a full recovery is possible."** -Robert Naviaux

How do we unblock the HEALING CYCLE?

THIS IS THE QUESTION OF OUR TIME.

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