



NSIPM & Sano Wellness Center

Vision & Service Overview

Our Why

The Neuroscience Institute of Pastoral Medicine (NSIPM) is dedicated to providing you with hope and healing through natural alternatives for you and your family by applying pastoral medicine as it relates to neuroscience. Pastoral Science & Medicine (PSM) is the term devised by the Pastoral Medical Association (PMA) to describe the system of natural approaches founded upon spiritual principles for promoting and improving physical, mental and spiritual health.

The focus of our practice is to reduce stress in your body. Our services rely heavily on the reduction of stress emotionally, mentally, physically, spiritually, energetically and chemically. Additionally, we use vibrational medicine, the highest quality whole food and herbal supplementation, essential oils and homeopathy in order to achieve wellness and balance.

Getting to the Root / Integrating a Mapped Priority (Mind Appropriately Patterned)

When we experience & learn from any of the 5 senses, the brain fires Electrical Impulses and we grow dendrites (branches) on the axons in the brain. Everything we experience emotionally, mentally, physically, energetically and spiritually from the womb is stored in the brain. These memories are anchored and bolted in the brain via energetic frequency. Once an experience has happened, and throughout early development, the hypothalamus responds chemically to whatever we have experienced electromagnetically, chemically and electrically. All chemicals that result from toxic, negative emotions carrying feeling/emotion, move into the cells. They often get trapped and can contribute to the disease process. Releasing and re-patterning negative emotions and negative life themes, aid the brain in detoxing negative chemicals. This then creates room for new healthy cells and patterns of function.

Therapy Modalities

Neurofeedback

Neurofeedback is a form of biofeedback training for the brain. We use an assessment tool called a QEEG (Quantitative Electroencephalogram) to record your brainwave activity and decipher which areas of the brain are not functioning optimally. This is your first initial assessment. Based on the assessment we will make recommendations on brain exercising to support the neurological dysfunction. This particular brain therapy will support optimal brain function.

BioScan Stress Reduction Therapy

BioScan SRT is the most advanced wellness system available featuring both biofeedback AND corresponding LED Laser Light therapy. It is an assessment and therapeutic tool used by practitioners to identify those substances causing negative stress on the body (stressors) and then uses light therapy to balance your body's response, initiating negative cell memory detox so that future exposure to those substances no longer causes a stress reaction.

Quantum / Scalar Wave Therapy

The ScalarWave Laser is the first truly quantum laser rejuvenation system. The ScalarWave Laser is revolutionary in its ability to neutralize and clear cell memory. It enables the user to regenerate cells and to clear stress and tension patterns of cells in the body. This technology is profoundly effective for neutralizing chronic pain, stress, disease and cell memory of any kind.

HALO Light Therapy

Photon energy is capable of carrying the harmonics or vibrational frequencies of the contents of any liquid through which it passes. Different light frequencies carry varying amounts of harmonic energies with which they come in contact. HALO devices act as “energy transporters” to carry the photons and vibrational harmonics of the botanical liquid concentrates through which the photons pass and imparts those healing vibrational frequencies into the affected bodily areas resulting in immediate and often long-term positive results.

Bemer Therapy

Bemer therapy stimulates the blood flow of the smallest vessels, and improves supply to and cleansing of the organs and tissue. It is an FDA approved device approved to address pain, circulation, inflammation, and immune dysfunction. It works to transport oxygen and nutrients to these small blood vessels in the body. This therapy works synergistically with other therapies offered at Sano.

Infrared Sauna Therapy

This therapy offers 7-10 times greater detoxification than conventional saunas. The average person sweats out 20% toxins and 80% water! Conventional sauna only averages 3% toxins and 97% water. Benefits of Infrared sauna include: all body/lymph system detox, improved heart and lung efficiency, improved sleep, decreased body fat, reduction in inflammation, decreased oxidative stress, pain relief, and improved circulation.

Hyperbaric Oxygen Therapy

This therapy increases the amount of oxygen in the body's tissues. Oxygen saturation happens because plasma, the liquid portion of blood, is designed to leak out of blood vessels to deliver nutrients and oxygen to the body's tissues. Hyperbaric oxygen therapy allows tissues that are further from the blood vessels to receive higher levels of oxygen than normal. This is important, for example, in an injury in which blood vessels have been torn, crushed or blocked. Plasma delivers oxygen to locations far beyond the blood vessel in which the oxygen-carrying red blood cells are trapped. Hyperbaric oxygen, also activates the immune response. Hyperbaric oxygen therapy causes stem cells to circulate in the body. These effects of Hyperbaric oxygen therapy combine to allow and/or accelerate the body's innate ability to heal at a sub-cellular, cellular and tissue level.

BioModulator Therapy:

The most common causes of chronic pain include low back pain, headache, recurrent fascial pain, cancer pain & arthritic pain. In addition, post surgical and post-traumatic pain brings their own experiences for those who suffer from the unrelenting pain associated with each. The microcurrent technology is unique in the way it engages the body's natural resources to assist the process of pain management and rehabilitation. The Tennant Biomodulator PLUS is designed to break the pain cycle. The Tennant Biomodulator technology offers a uniquely different clinical application for the effective symptomatic relief and management of chronic, intractable pain and the adjunctive therapy of post-surgical and post-traumatic pain.

How microcurrent technology works--microcurrent whispers at tissue as opposed to shouting at it. As a result it is more compatible to the microcurrents that naturally flow through the body. The Tennant Biomodulator PLUS is an advanced microcurrent electrical neuromuscular stimulator (MENS) designed to increase the body's own natural healing process. This therapy stimulates the body at the cellular level, restoring cellular metabolic activity in the area of therapy. Reduction of inflammation and pain results from the increased transport of nutrients to and wastes from the cells. *(Senergy Medical Group)*

Lymph Therapy

The lymph nodes and lymphatic system are responsible for filtering foreign matter out of the lymph and destroys pathogens. If the lymph nodes become blocked or clogged, severe inflammation can

result and the whole system can become toxic due to lack of waste disposal. This toxicity prevents the cells from getting the necessary nutrients. Detoxification is a vital part of any healing process because it re-establishes free lymphatic circulation throughout the body. With the cold gas ionization produced by the AL4, lymphatic congestion and blockages are charged with incoherent light, which breaks up congestion by allowing molecules to repel each other and restore lymphatic flow.

Pulsed Electromagnetic Therapy (PEMF)

Pulsed Electromagnetic Field Therapy re-energizes damaged cells by inducing electrical changes within the cell that restore it to its normal healthy state (cellular energizing). Because of this, cellular metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased. Ultimately the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger and vital organs such as the liver, kidneys and colon are able to rid themselves of impurities thus detoxifying the body. PEMF can reduce pain and improve the quality of your life by allowing your body to function as it was designed to do.

Cranial Sacral Therapy

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It is beneficial for a host of issues including migraines, central nervous system disorders, colic, TMJ, autism and learning disabilities, and many others.

Reflex Integration

Reflexes are an action or movement of the body that happens automatically without thinking as a reaction to something. They originate as a genetic program passed on during conception and can be acquired following birth. Reflexes remain visible and present throughout life and enable the body to maneuver and function (i.e. grounding, balance, centering, etc.). When not properly engaged, problems can result in interruption of brain development, muscular and structural disorder, structural misalignment, regulation issues with emotions and behavior and unproductive learning styles.

Who benefits from reflex integration?

- Those with emotional and/or physical trauma (past or present)
- Anyone under significant periods of stress
- Following injury or illness
- Children with cognitive (learning), motor, speech, vision, auditory processing, emotional and behavioral challenges.
- Anyone who struggles with eating disorders, addictions, PTSD, fear and phobias
- Athletes desiring to enhance and fine tune performance
- Physical conditions: MS, Parkinson's, CP, Dyslexia, etc.

Assessment Tools

Hair Mineral Analysis

Trace mineral analysis is a test that measures the mineral content of your hair. Mineral content of the hair reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body or bio unavailability. Various mineral imbalances, as revealed by hair analysis, frequently lead to metabolic dysfunctions before any symptoms become manifested.

Saliva Hormone and Neurotransmitter Testing

This test provides valuable information regarding your neurotransmitters (Responsible for brain function and communication), adrenal function (How you are handling stress), and overall hormonal balance/imbalance.

Blood Chemistry Analysis

This gives us a functional view of blood work and assists in determining overall system and organ vulnerabilities.

Heart Rate Variability & Bioterrain Analysis

HRV Analysis measures where a person falls on the health and illness continuum. It is a proven, acceptable and reliable means of measurement. The overall level of functioning, degree of adaptability, level of resilience and the amount of progress they are making with therapy can be quantified through this methodology of Heart Rate Variability Analysis. It allows us to customize and optimize therapeutic treatment. In conjunction with the HRV Analysis, we also offer urine testing to evaluate the body's bioterrain. This test measures adrenals, bowel ecology, calcium, digestive enzymes, electrolyte polarity, heavy metal stress, nitric oxide, oxidative stress, pH, sugar utilization, vitamin C, and nine trace minerals.

Thermometry

Infrared measurements of skin temperatures from 90-120 body points are taken before and after exposure to a cool-ambient room temperature. Skin temperatures determined by influences of the nervous system's innervations to the capillary beds constrict or dilate in response to the cool air. As the nervous system reacts to the cool air, analogous to the 'fight or flight' reaction, signals travel from the spinal cord through the regional nerve ganglia that innervate the organs of that region. They continue to the skin's capillary beds, where temperatures providing organ and tissue health information can be measured. AlfaSight measures the differences between the two temperatures taken before and after the cool air exposure. This data is compared by AlfaSight to a database and reveals deviations that identify patterns that are reflected in easy to understand charts and reports.

Nutrition / Cellular Support

Nutrition

Protocols for nutrition at Sano Wellness include customized nutrient balance for optimal healing benefits, while practical tools for an integrated lifestyle approach allow for lasting changes. We emphasize the important relationship between nutrient percentages, meal timing and preparation methods that support and elevate other healing modalities. We recommend more than a diet, it's a lifestyle we want to support. Schedule regular check-ins to assess progress and stay on track.

Whole Food Supplements and Herbal Remedies

At Sano Wellness Center we offer high quality herbs and whole food supplements to support the body as it comes into complete balance and health. With that in mind, a personalized supplementation plan is determined by your Sano practitioner.

Therapeutic Grade Essential Oils

Essential oil properties are so small in molecular size that they quickly penetrate the skin and go right into the bloodstream. They oxygenate your cells positively affecting them. Essential oils metabolize like nutrients and stimulate the immune system. Essential oils have many beneficial properties: anti-bacterial, anti-fungal, anti-infectious, anti-microbial, anti-parasitic, anti-viral & antiseptic. It has been proven that certain oils destroyed all tested bacteria and viruses while simultaneously restoring balance to the body. Essential oils increase your production of white blood cells – improving your immune system.