

Khalil Family Wellness & Intervention

Evolution to Wellness



Introductory Consultation

- Discussion: Your Thoughts, Needs, Goals based on an initial Health Profile.
- Insight: What we do. What we can do for You.
- Commitment: Yours. And Ours.



Initial Assessment

Questionnaire : Quantifies specific behaviors regarding *Physical, Bio-Chemical and Psychological Stresses*.

Measurements : *Body Composition, Cardiovascular & Respiratory Performance, Stress Profile, Physical Strength*.

Identify: *Needs and develop Personalized Programs based on the Wellness Quotient*.



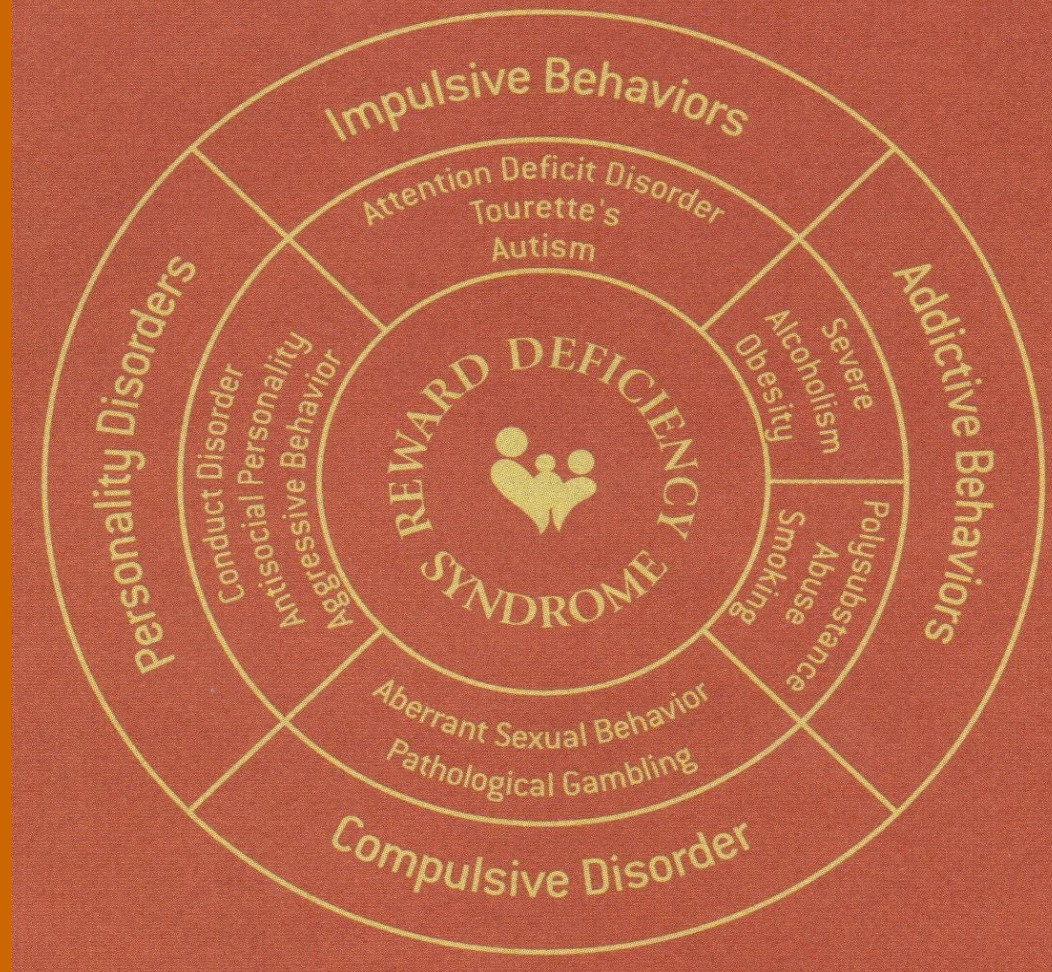
Wellness Quotient

Indicates where your personal level of wellness falls on the scale of the wellness continuum. It's calculated by the results of a Wellness Assessment that measures you in all three dimensions of your life, Physical, Biochemical and Psychological.

Time doesn't stand still. Every decision you make will move you in a direction toward, or away from, wellness.



Addictions and Compulsive Disorders



Reward Deficiency Syndrome



Reward Deficiency Syndrome

It's estimated that at least 20% of the American population suffers from some form of addiction or compulsive disorder, including attention deficit/with or without hyperactivity disorders (ADD, ADHD)

In any other context that would be considered an Epidemic



Reward Deficiency Syndrome

- Scientific Research is now grouping all the many addictions under the heading *Reward Deficiency Syndrome.*
- Food, drug, alcohol, sex, work, codependency, gambling and others all show a breakdown in what is termed *Brain Reward Cascade.*



Reward Deficiency Syndrome

Reward Deficiency Syndrome occurs when the brain is unable to produce a cascade of Neurotransmitters - The Brain Reward Cascade - that results in the production of chemicals responsible for the sense and feeling of well-being.



Reward Deficiency Syndrome

Individuals unable to produce a feeling of well being often turn to addictive substances or compulsive behaviors that momentarily make them feel better.

Addictions stimulate the Brain Reward Cascade, giving a false sense of being satisfied and at peace.

Addictions also break down the Brain Reward Cascade, causing increasing dependence on the addiction



Brain Reward Cascade

Many things can interfere with the normal function of the *Brain Reward Cascade*, including genetic factors, loss of normal neurological function (vertebral subluxations) due to physical, emotional and chemical traumas, illness, nutritional deficiencies and drug and medication interactions.



At *Khalil Family Wellness & Intervention*
we use a “Whole Person” approach to treating
addictions that encompasses the
Mind, Body and Spirit.

Our protocols are based on Dr. Jay Holder’s
Demonstrated Successes and
Ongoing Research
in the treatment of
Reward Deficiency Syndrome,

The American College of Addictionology
and Compulsive Disorders,
and our unwavering belief
in the benefits of a
Wellness Lifestyle.



Dr. Jay Holder

Dr. Jay Holder is the co-founder and President of the American College of Addiction and Compulsive Disorders. He's known internationally as a lecturer, author and inventor.

Dr. Holder is the driving force and the inspiration for the techniques and strategies that provide the foundation for our programs.



Dr. Jay Holder

Concept of the *Brain Reward Cascade and the Reward Deficiency Syndrome*, is a product of his research and advocacy and is essential in treatment of addiction.

Auriculotherapy, a form of ear acupuncture, and the device for it's application are his inventions.

Developed the *Torque Release Technique* (TRT) and the *Integrator* tool for it's application.



Dr. Jay Holder

Trains and Board Certifies professionals in the field of addiction worldwide.

Developer of the "Integrator" Chiropractic adjusting instrument

Adjunct Professor, St. Martin's College

Director, Exodus Treatment Center, a 350 bed addiction treatment center in Miami, Florida.

Author, Lecturer, Inventor

First American to receive the Albert Schweitzer Prize in Medicine



Evolution to Wellness

*A Drug Free
Addiction Treatment
Program*



Wellness Lifestyle

What is Wellness ?

We Define Wellness as: The degree to which an individual experiences health and vitality in any dimension of life.

Physical

Bio-chemical

Mental



Wellness Lifestyle

In order to achieve True Wellness
we must address
all 3 dimensions of stress
Simultaneously.



From Addiction to Wellness

- We understand that each person is unique and responds in different ways.
- Our approach uses a variety of drug-free treatments to address each individual's underlying issues.
- Our Resources allow us to evaluate and deal with individual needs.
- We employ a combination of proven and innovative approaches.



Torque Release Technique (TRT)

Torque Release bases its technique on gentle touch and light thrusting by hand or instrument. This low-force adjusting method allows the nervous system to better integrate corrective information and process it throughout the spinal cord and brain.

The primary intent of Torque Release Technique is to progressively reduce blockages and tension in the entire spinal system and normalize the functioning of the nerves, brain and spinal cord, by balancing neurological tone.

TRT is typically administered by use of the Integrator, the tool invented by Dr. Jay Holder.



Auriculotherapy

Auriculotherapy is a form of ear acupuncture that uses a microcurrent rather than needles . The microcurrent probe is painless, efficient and helps release the pleasure – producing brain chemicals called endorphins.

Auriculotherapy treatment enables patients to feel less apathetic and more highly motivated, and reduces drug cravings and the sense of physical and emotional withdrawal

Treatment is administered using a small, hand held probe that delivers between 5 and 20 Hz in microcurrent to specific ear points for between 15 to 30 seconds per point. This procedure is medically accepted and FDA approved.



Massage Therapy



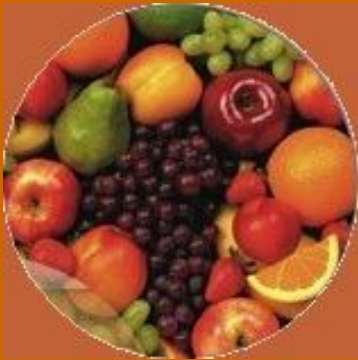
Massage is the practice of applying pressure, tension, motion or vibration to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, joints, lymphatic vessels and organs to achieve a beneficial response.

Massage is a holistic therapy that reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion and increases endorphins, the body's natural painkiller

Massage Benefits the Nervous System, Lymphatic System, Circulatory System and Respiratory System.



Nutritional Counseling



Proper nutrition is essential in any plan to overcome addiction and improve overall health. In addition to Meal Planning and a Balanced Diet, Nutriceuticals, or nutrients are used to achieve positive changes.

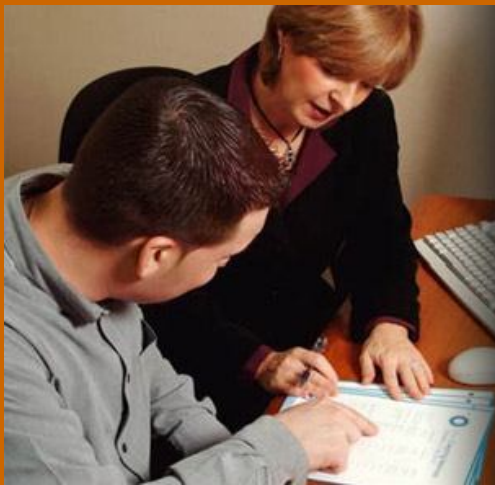
Nervous system function, red blood cell production, the immune system, digestive system and hormones rely on balanced levels of vitamins, amino acids and minerals in the human body.

Nutritional supplements are of the highest quality and manufactured to the most stringent standards possible.



Individual Coaching

One on One Individual Coaching is provided by a Certified Therapist / Coach to discuss and reinforce progress and needs. In addition to information and guidance specific for each individual, they provide encouragement, advice and motivation.



A personal coach will help face challenges, overcome obstacles and share in victories. Coaches are available in scheduled sessions or as needed by phone or in person.



Group Coaching

Group Coaching provides lecture series on prevention and intervention strategies. It also presents the opportunity for clients to share their experiences, and to gain insight from interaction with others who are facing, and dealing with similar changes and challenges in their lives.

In addition to group discussions, Coaching sessions may include written material, audio and video programs to increase the individuals awareness and expand the relevancy of the program.



Tai Chi / Qi Gong

Tai Chi is an ancient meditative Chinese health and longevity exercise system. It's also a highly effective internal martial art. Qi Gong is an ancient Chinese art of balancing and strengthening one's life force. The two Eastern arts have been found to have important therapeutic health values.

Instruction in these multifunctional arts is integrated throughout the Evolution to Wellness Program.



Program Review

An essential part of the program is the evaluation of goals set, review of methods and strategies, and measurement of progress achieved. Assessments made before, during and after completion of the Evolution to Wellness assure that protocols are continuously adapted to meet the needs of the individual and address changing circumstances.

Evaluation includes Wellness Re-Assessment, Nutritional Re-Assessment, participant's interview, insights and suggestions.



Support

The plan necessarily includes includes family support, group coaching and individualized treatments to reinforce and support the recovery process.

Family involvement helps the recovering person and is essential to recovery for the whole family. Parents, spouses and children often need education and support about addiction and the process of recovery.

Individuals may choose to return to participate in segments of the program to reinforce lifestyle choices and share testimony with others attempting to achieve successful recovery.



Expect Miracles

We Do

Khalil Family Wellness & Intervention

22790 Kelly Road Eastpointe, MI 48021 Ph: 586-771-7600 Fax: 586-771-7617

