

Lesson 2, what to research. I often hear practitioners and coaches, they get involved in research, they want to understand exactly what they're trying to discover. And it's very difficult. There's a lot of times that we end up in those little rabbit holes, I call them research rabbit holes. And we get turned around because we find very interesting things but we just don't find an outcome to the whole point of our research. So I want to break out to you today just some of the things that we're looking for in our research for the client. Okay, so number one, we are trying to learn how the body works. All right, we can't just open a book, read it all, learn how the body works. It takes practice, it takes time, it takes development and all of these things start making sense. You know, we've discussed in other lessons, the importance of understanding what happens from the mouth down to the anus.

What are those different functions that happen along the way? What does chewing food do? What does the stomach pouch do? We have to understand these things. And in doing so, we can also apply what we've learned to the investigation. So that is the first point, learning how the body works. The second point in our research is helping us to make connections with all that we see in the client case. So there may be a multitude of overlapping connections and we would certainly find benefit in researching some of those and understanding how to narrow those down so that our research is not taken up by hours and hours of time.

The third thing in our research for the client is we are looking for information to share with them in an educational format. So, talking to a client and educating a client, we use a lot of our own words, but I have a tendency to not use my own expertise. I find expertise online, and there's plenty of it, so that the client also is able to see that it's coming from a place of expertise and not just something that you said to them. And that's using good integrity to do it that way. And the last point in what we research for the client is learning for ourselves and for them about supplemental support.

All right, now let's start with the first one, how the body works. So I talked a little bit about, you know, understanding these different functions in the body. And even if we only know in a very basic and simplistic way how the body works, we must continue to learn. And I want to repeat what I said earlier, it doesn't have to happen overnight. These are small pieces of research. If you want to understand somebody who came to you with gallbladder issues, then you look at the liver, you look at the gallbladder.

What does it do? That's the very first question we have to ask. What does that organ do? How does it do it? Now, the gallbladder has a job. It puts out bile. Bile though, has many jobs. And so we have to understand every action along the way that's happening. How does the liver get bile to produce?

How does it get to the gallbladder? What signals the bile to come out from the gallbladder. These are all very simple questions. They tell you a lot about function in the body and it's fairly easy to get an answer to each one. There are a lot of resources out there that are overwhelming. Maybe they use a lot of terminology that you don't understand, and I don't feel like anybody has to be forced to have to use those in order to understand basic function within the body. Using tools such as the AMP course in the AMP module, that will begin to support you in understanding the basics of these functions. All right, now the second point, we are helping in our research for the client, we are helping to make connections with all that we see in the client case. Now I touched on this briefly, we can spend hours upon hours going into interesting theory research without finding much that's going to have an effect on educating us on how to support the client. And I recently saw a quote put out by Dr. Jason Horlick and he says, I'm a clinician too and would rather not be caught up in research that is theoretically interesting but that has no real-life utility, meaning it's not ever going to be applied to the client.

It was just a fun place to be, an interesting place to be. So connections happen along with how the body works. And if we give credence to starting with the basics, we will not spend 14 hours learning general things about, say, autoimmune conditions. And instead, we're going to apply our focus to

the client case before us and the clues that we've drawn out from that client directly. We should never stop learning, ever. Never stop asking questions. But our research with a client can be done in a systematic way for our own learning as opposed to what we need to know for that client. Those are two different things.

Sometimes they do overlap, but we have to be able to separate them. Now obviously if your client comes to you with an autoimmune condition and you don't understand it or you've never heard of it, you research it. But what you are avoiding doing is creating one of those research rabbit holes. And you do this by keeping focus on what the causes are. You know, look at the causes that are generated for these conditions. And then we can relate that back to some of the things that we're seeing with the client to the specifics that come up in the timeline, the history, the lab testing. Okay, from our main points, the third one was the education of the client. Now, again, they need expert resources that will allow them to understand what you're talking about, what you're teaching them, without getting confused. Studies, they can be helpful, but I typically don't share those as they can be very long and confusing, even to me. And a lot of times I will also add that the study is not exactly what you're looking for. I mean it might be a rat study or it might talk about the effects of low B6 but in diabetics and when the client is not a diabetic. So we don't want to share things with them that don't really relate to their case. We would want to look at something that was more more subjective. So I have some favorite resources and I feel like these apply for almost any health topic and my favorite resource is self-hacked and I feel like they've got so many articles online health topics that can benefit the client with resources that the client can use as part of the investigation. And that's always critical to have, to have these resources where this information originally came from. Another company online articles is Healthline. They have a lot of very simplistic but thorough, I would add, overviews of different health topics.

Dr. Ben Lynch is another one that I favor. And Dr. Lynch, while he does support more of the genetic information, he has many articles on many different health topics and the reason that I appreciate him is because he realizes that he's just talking to people and he wants to talk and offer his insight in a way that's understandable and I really like that my clients like that it makes it very clear to them and in understandable terms you know what we might be discussing in their particular case. And then the last two resources are on an even level for me. That would be Dr. Josh Axe and Dr. Jockers. Those are not typically where I go for getting informational resources, but they do have really great visuals.

And a lot of times those visuals, along with other resources that you're giving to your client help put the package together in a way that makes it very understandable for them. Now, the fourth point, supplemental support. So I wanna tell you that no matter how long you are in practice, you will never ever know for sure how any one client will respond to a supplement. Most of the time it will be a guess on our part. And all we can do is make an informed suggestion, meaning that we investigate all we can about the client and make the most common sense choice that we can.

So because of this, it is of the utmost importance that we use companies with integrity. And that doesn't mean the most expensive product. And it doesn't mean the most well-known company out there. Using companies with integrity are looking at companies, seeing what they do in the world, see what is included in their products and how they feel about really helping people maintain health. Now, the focus on supplements for me is always going to be full body support instead of targeting symptoms.

This is why I don't use very many supplements. And in a previous module, I asked you to pick 10 supplements, and those are the only ones that you could use with a client, and see how you felt about that. And which ones would you pick, and why? Why would you choose them? So sharing a supplemental resource with your client, you know, once we've picked out these supplements and considered that they are the full body support supplements, these resources that you're sharing are

critical because not only are you guiding and directing your client to this resource, but you are teaching them how to investigate.

Listen, once they're gone from you, once they're in a healing environment, they need to learn and understand before they leave how to investigate these supplements and to make choices. So, when it comes to these resources, I'm very, very fond of supplements that have wonderful websites and plenty of resources on the site to help teach the client about the supplement itself. The sites that I use are Optimally Organic and Cellcor. Both of these have products that Mallee, Equip Foods, and the Jero website. Those are the main places that I send clients to.

Now Jero has a storefront on Amazon. It is handled through Jero, delivered by Amazon, so there are no third-party sales happening right there. So knowing this information about these websites, it allows the client to contact the company directly with questions. And in turn, this teaches them how to investigate the supplements that they're using. And you might want to give them all the answers, I get that, you're trying to help.

But we are ultimately teaching them how to fish. And we have to be strong on this boundary. They may ask you questions that you don't know the answer to, and that's fine. But instead of you going to do the work, looking this up and discovering what you need to know, isn't it better to teach them how to do that? And then they will continue to learn. and then they will continue to learn.