

EOT Therapy for Cancer Enhanced Rehabilitation

EOT: Epigenetic Optimization Technology

is adjunct therapy delivered through medical devices, wellness devices & outpatient programs in hospitals & oncology clinics to

- 1. Boost treatment outcomes
- 2. Accelerate rehabilitation
- 3. Restore peace of mind & emotional well-being

**PROBLEM:** Stress circuits in the body cause disease, can interfere with rehabilitation and impede cancer remission. They cause the release of body chemicals that hinder body function & can decrease the patient's capacity to deal with the physical, mental & emotional impact of cancer.

1) Physiological Stress Circuits:

- constant low-grade fight, flight, freeze stress response
- lowered immune response
- high cortisol, stress hormones
- high inflammatory markers
- poor lymphatic flow
- brain waves not synchronized
- poor microcirculation

2) Emotional Stress Circuits:

- anxiety
- depression
- hopelessness
- overall fear
- out of control feeling
- overwhelmed & confused
- anger or sadness
- shame, doubt or guilt

3) Mental Stress Circuits:

- confusion
- poor concentration
- indecision
- forgetful with short attention span
- difficulty completing tasks
- fear of cancer treatment & drugs
- financial stress
- family stress

**SOLUTION:** EOT helps rewire stress circuits into healthy circuits thru 2 types of therapy - POP + BEAT. New healthy circuits trigger healthy chemicals to be released by the brain & into the blood stream. The cumulative goal of EOT is to impact the epigenetic ("software" that directs DNA expression) abnormalities in cancer initiation and progression. All therapies are *soothing, calming, relaxing* and administered by a therapist.

POP: Physiological Optimization Protocols

*Physiological stress circuits* are rewired by body function enhancement via medical devices and wellness devices that target organ systems such as immune, lymphatic, circulatory, respiratory, endocrine glands & nervous system. The brain & heart function are supported to improve whole body optimal function.

BEAT: Behavioral Epigenetic Adjunct Therapies

*Emotional & mental stress circuits* are rewired by cognitive repatterning methods during medical device & wellness device therapy. In addition, Human Needs Therapy addresses our universal core needs for connection, belonging, safety, platonic touch, acceptance, autonomy & worthiness. Optional group therapies are also available.

Biometric testing devices monitor improvements in function, including brain activity, heart rate variability, respiratory rate, microcirculation flow, mental activity, muscle contraction, stress hormones and immune cell levels via blood tests.

**RESULTS:** EOT rewires new healthy circuits by

1) giving the body new healthy information to restore optimal function and 2) inducing levels of COHERENCE or states of inner body balance resulting from key organ systems functioning efficiently and synchronized together, characterized by mental and emotional well-being. The body's healthy feedback loops that maintain stability & promote recovery are fortified. Body resources previously required for "survival" stress circuits can be used for healing.

Physiological Coherence:

- optimized immune function
- optimized heart rhythm
- optimized lymphatic flow
- optimized microcirculation
- brainwaves synchronized nervous system balanced
- healthy response to stress w/out hindering healing capacity

Emotional Coherence:

- feel safe & secure
- feel calm & relaxation
- feel at peace
- feel connected to others
- feel supported
- feel acceptance & respected
- feel wholeness
- feel important & know you matter

Mental Coherence:

- peace of mind
- mental clarity
- sense of control
- good decision making
- strong concentration & focus
- motivated
- confident
- optimistic

OUTCOMES of EOT Therapy

Optimization of Rehabilitation, Remission Capacity and Quality of Life to help:

- Feel better before, during & after treatments
- Have a stronger, better functioning body for better treatment outcomes
- Have emotional resilience & mental stamina to navigate the feelings, concerns & stresses of cancer