Hahnemann discovered that there were behaviors that could Block or Obstruct Cure like Allopathy. He said Allopathy would not let the Body cure itself but it would create dependence on chemicals and disruption of proper homeostasis. He also discovered that there were other behaviors that could Suppress Cure. So to honor Hahnemann and to start our medicine proper we developed the Suppression and or Obstruction to Cure Index. We call it the SOC index. Medicine should start with the Education of how to Improve Lifestyle and remove the causes of disease.

You must learn how to do the SOC Index to operate the SCIO properly.
Report Making with SCIO

You are able to give a client a report; there is nothing wrong with that you should have an understanding and best a waiver that specifies that you are not diagnosing or treating any disease other than stress, and the patient understands you are doing Biofeedback, Wellness, Nutrition consultation.

Giving a report from any of the items you mention the risks, causes, aggravations, and emotion charts from the report Or VARHOPE scores, Hans Seyle scale
Best is the SOC Index these are all fine if you have an agreement you are not diagnosing or treating a disease other than stress
There is a course on Report making in the 12 month IMUNE course
You should take the 12 month course and learn how to become a complete Wellness consultant

CPT CODE
For
SOC Index
90875

CPT CODE 90875 Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient) e.g. insight oriented, behavior modifying, lifestyle education, stress reduction modalities) approximately 20-30 minutes.

The key of getting paid and for being Professional is doing the SOC Index
"This book will teach the basis of biofeedback reporting. You can collect and report lifestyle, wellness, stress and symptoms as long as you do not diagnose or treat disease. You can treat people report on their lifestyle symptoms stress and catalog improvement. You have the freedom to advise people on being healthy."

Therapist Operationalize

Reveal

Listen

Understanding
You can build your report around

1. The SOC Index of Lifestyle changes to be made
2. Stress inventory of the patient
3. Symptom profiles of the patient as long as you do not imply disease states just observe symptoms
4. Reactivity profiles
5. Always use a disclaimer when writing a report
6. Provide proof of security of confidentiality of the data

SUPPRESSION AND OBSTRUCTION TO CURE

SOC Index:

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahneman the father of homeopathy, he said that the body heals itself with its innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahneman said that the worst way to interfere with the healing natural process was allopathy or synthetic drugs. These upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. The SOC index questions are: mostly based on a scanine (0-10) answer. Some answers can be more.

These questions include:

1. Number of organs removed:
2. Number of Synthetic drugs taken currently:
3. Number of cigarettes you smoke a day
4. Number of metal or amalgam fillings in the teeth during the last year:

5. Number of street drugs used per month:

6. Number of known allergies:

7. Number of unresolved mental factors:

8. Are you responsible for you body and the diseases you have:

9. Amount of fat in diet as a percent:

10. Personal stress 0-10 10 being max. numbers can be larger than 10.

11. Number of sugar servings per day:

12. Number of exercise sessions 20 min or more per week:

13. Number of alcoholic drinks per day average:

14. Number of cups of coffee or any caffeine product:

15. Number of extreme toxic exposures last year:

16. Number of major injuries in past:

17. Number of major infections in past:

18. Number of glasses of water or natural fruit juice per day:

19. Number of pounds overweight:

20. Interpersonal stress 0-10 10 being max. Numbers can be larger than 10.

21. Job-school stress 0-10 10 being max. Numbers can be larger than 10.

22. Money stress 0-10 10 being max. Numbers can be larger than 10.

23. Sickness stress 0-10 10 being max. Numbers can be larger than 10.

24. Family stress 0-10 10 being max. Numbers can be larger than 10.

25. Desire stress 0-10 10 being max. Numbers can be larger than 10.

26. Bowel detox stress 0-10 10 being max. Numbers can be larger than 10.

27. Sweat detox stress 0-10 10 being max. Numbers can be larger than 10.

28. Urine detox stress 0-10 10 being max. Numbers can be larger than 10.
29. Mucous detox stress 0-10 10 being max. Numbers can be larger than 10.

30. Skin detox stress 0-10 10 being max. Numbers can be larger than 10.

31. Sleep stress 0-10 10 being max. Numbers can be larger than 10.

32. Number of Root canals:

Each of these questions relates a behavioral burden on the body that can create a suppression or obstruction to the curative process. Scores below 50 are very good and show little risk of suppression or obstruction. Scores above 50 and below 100 are good and show some chance of suppression or obstruction to cure. Numbers above 100 are of risk.
Eductor

The word Doctor comes from the Latin word ‘Eductor’ which means ‘to teach’. Thomas Edison said that the doctor of the future will teach the patient how to live and how to eat, exercise and meditate. The Eductor is a Biofeedback Teacher
Stress management versus lifestyle modification on systolic hypertension and medication elimination: a randomized trial.

Dusek JA, Hibberd PL, Buczynski B, Chang BH, Dusek KC, Johnston JM, Wohlhueter AL, Benson H, Zusman RM.

Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, Boston, MA 02114, USA.

Isolated systolic hypertension is common in the elderly, but decreasing systolic blood pressure (SBP) without lowering diastolic blood pressure (DBP) remains a therapeutic challenge. Although stress management training, in particular eliciting the relaxation response, reduces essential hypertension its efficacy in treating isolated systolic hypertension has not been evaluated. We conducted a double-blind, randomized trial comparing 8 weeks of stress management, specifically relaxation response training (61 patients), versus lifestyle modification (control, 61 patients). Inclusion criteria were >or=55 years, SBP 140-159 mm Hg, DBP <90 mm Hg, and at least two antihypertensive medications. The primary outcome measure was change in SBP after 8 weeks. Patients who achieved SBP <140 mm Hg and >or=5 mm Hg reduction in SBP were eligible for 8 additional weeks of training with supervised medication elimination. SBP decreased 9.4 (standard deviation [SD] 11.4) and 8.8 (SD 13.0) mm Hg in relaxation response and control groups, respectively (both ps <0.0001) without group difference (p=0.75). DBP decreased 1.5 (SD 6.2) and 2.4 (SD 6.9) mm Hg (p=0.05 and 0.01, respectively) without group difference (p=0.48). Forty-four (44) in the relaxation response group and 36 in the control group were eligible for supervised antihypertensive medication elimination. After controlling for differences in characteristics at the start of medication elimination, patients in the relaxation response group were more likely to successfully eliminate an antihypertensive medication (odds ratio 4.3, 95% confidence interval 1.2-15.9, p=0.03). Although both groups had similar reductions in SBP, significantly more participants in the relaxation response group eliminated an antihypertensive medication while maintaining adequate blood pressure control.

PMID: 18... [PubMed - indexed for MEDLINE]
Social Stress Inventory Form

DETERMINING THE SOURCES AND EXTENT OF STRESS IN YOUR LIFE THE SOURCES OF STRESS IN YOUR LIFE

Stress that is not handled properly can affect you in many ways. It can impair your ability to function mentally at home and at work. You can experience a variety of physical symptoms that can range from headaches to gastrointestinal upsets. Everyone experiences the negative effects of stress at various points in their lives. The danger lies in chronic stress overload. When your body is constantly in the fight or flight mode, you are bound to blow a fuse at your body's weakest point. For some people the end result is a serious mental or physical illness.

This survey is designed to help you determine:

1) Your general level of stress.
2) Your level of stress at work.
3) Your physical symptoms of stress.
4) Your level of stress in interpersonal situations.

Take a look at the checklists that follow to see how stressed you are.

How Stressed Are You?

Directions: Indicate how often your feelings agree with the statements below. Scoring for each item is based on the following scale:

1 = Never feel that way
2 = Seldom feel that way
3 = Sometimes feel that way
4 = Frequently feel that way
5 = Always feel that way

How Stressed Are You? (General Feelings)

1. I worry a lot.
2. I feel unhappy.
3. All kinds of worrisome thoughts run through my mind.
4. There are times when I feel like crying for no reason.
5. I don’t know what’s the matter with me. I'm so irritable.
6. I have lost my ability just to sit around and do nothing.
7. I feel like I’m living inside a pressure cooker and about to explode.
8. Lately I’m bored with my life, job, friends and even my loved ones.
9. Deep inside, I'm dissatisfied and I don't know why.
10. I forget things.

Total Score =

How Stressed Are You? (Work Performance)

1. I have trouble concentrating on my work.
2. It takes me forever to make decisions.
3. I can't seem to stick to a job.
4. From the time I get there until I leave, I'm plain fidgety.
5. I overreact to things at work.
6. I let minor things get to me.
7. I procrastinate.
8. I can't seem to get organized.
9. I'm unclear about my role at work.
10. I do a lot of paper shuffling.

Total Score =

How Stressed Are you? (Physical Symptoms)

1. My heart races or pounds.
2. I have trouble catching my breath.
3. I get diarrhea.
4. I have headaches.
5. I have to urinate frequently.
6. I get dizzy for no reason.
7. I spend my nights awake, or it takes forever to fall asleep.
8. I'm tired.
9. My throat and/or mouth is often dry.
10. My stomach is tense.
11. I have no energy.
12. I'm chilly.
13. My neck (or shoulders, eye, chest, lower back, throat, hands) is sore, stiff or painful.
14. Lately I seem to have one bug or cold after another.
15. In the afternoon I run out of steam.
16. My posture is terrible.

**Total Score =**

**How Stressed Are You? (Interpersonal Relations)**

1. I startle easily when people come up on me.
2. Around people, I can't speak correctly.
3. I can't stand to be around a particular person (or group).
4. I can't stand to be around people when they are emotional.
5. I can't tell anyone how I feel.
6. I don't feel anything.
7. I can't laugh at myself.
8. Down deep, I'm not happy with my sex life.
9. I don't trust anybody.
10. I need help (food or drink) to be social.

**Total Score =**
### SCORING

<table>
<thead>
<tr>
<th>Category</th>
<th>No.</th>
<th>Total Score (Add Up All Items)</th>
<th>Average Score (Divide Total Score by Number of Items)</th>
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<tbody>
<tr>
<td>General</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td>10</td>
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<td></td>
</tr>
<tr>
<td>Physical</td>
<td>16</td>
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<td></td>
</tr>
<tr>
<td>Interpersonal</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALL SCALES</td>
<td>46</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To compute overall average score, add up your total scores for each scale and divide by 46. 5 is the highest score, 1 the lowest.

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**Pharmacology Fact:**

To Use a SYNTHETIC anything is an Insult to the Body
Four Unhealthy Behaviors Linked to Premature Death
People who smoke, drink, rarely exercise, and skimp on fruits and veggies die earlier than usual, study finds

-- Robert Preidt

MONDAY, April 26 2010 (HealthDay News) -- A combination of four unhealthy behaviors -- smoking, lack of exercise, poor diet and substantial alcohol consumption -- greatly increases the risk of cancer and premature death, a new study has found.

The study, published in the April 26 issue of Archives of Internal Medicine, included 4,886 people, aged 18 or older, who were interviewed in 1984-1985.

"A health behavior score was calculated, allocating one point for each poor behavior: smoking; fruits and vegetables consumed less than three times daily; less than two hours of physical activity per week; and weekly consumption of more than 14 units [one unit equals 8 grams, or about 0.3 ounces] of alcohol (in women) and more than 21 units in men," wrote Elisabeth Kvaavik, of the University of Oslo, and colleagues.

Over an average follow-up period of 20 years, there were 1,080 reported deaths among study participants: 431 due to cardiovascular disease, 318 due to cancer and 331 due to other causes. Compared to those with no bad health habits, those with all four unhealthy behaviors were about three times more likely to die of cardiovascular disease or cancer, four times more likely to die from all other causes, and had an overall death risk equivalent to being 12 years older.

"Modest but achievable adjustments to lifestyle behaviors are likely to have a considerable impact at both the individual and population level," the researchers concluded. "Developing more efficacious methods by which to promote healthy diets and lifestyles across the population should be an important priority of public health policy."

This study shows what we all know to be true, there are certain behaviors that make us die early of degenerative disease. There have been many many MANY studies that show these same truths. It is a lack of education about these behaviors and also a lack of caring. These behaviors are easy to change.
Here are some simple things that won’t change your life. These are Simple changes and you can have all the flavor, freedom and health for a better life.

1. Smoking first don’t start, resist peer pressure and don’t start.
You can quit the nicotine addiction is the most powerful addiction but it last only a few days. And after that you only have a mental addiction and with help you can beat it, if you care to. I have written a book on how to beat addictions if you need help. It is simple.

2. Diet. It is as simple as switching from dextrose sugars to levulose sugars, avoid all white sugar cane and eat fruit sugars. Do not eat food with trans-fatty acids, and switch from boiling foods in oil, to boil in water and add oil for flavor when it is cooled, but still warm. You will not miss a thing. The flavor will be there and you will be healthy. It just takes a little education and a little care.

3. Eat more fruits and vegetables less meat. This is good for you and the environment. The simple trick is using good spices and cooking to make the vegetables more appealing.

4. Over Cooking. Smoke in cooking also is a carcinogen. Smoke in any way is cancer causing. Foods over cooked and exposed to direct flame are more carcinogenic. Stir fry, low temp, sushi, Carpaccio, rare not well done, are just some ways to improve health. Eat more fresh and raw foods. And cook less, the more you cook a food the less nutrient’s it has.

5. Exercise. Exercise is a nutrient. We are designed to chop wood and carry water. Our bodies require exercise like we require air, water and food. Just a little walk, a little stretch, a little calisthenics, or even isometrics can make a big difference.

6. Alcohol. A little bit of alcohol is good for you. It is only over dosing that is bad. The relaxing, euphoric joyful effect of alcohol comes only from the first and second drink. Two drinks are all it takes to feel good. After that alcohol only makes your thinking disturbed. After two drinks switch to alcohol free, virgin drinks or just water and you will not miss any of the fun. It is often only peer pressure that makes you drink on and on, or just stupidity. The third and more drinks will not make you feel better; they will maybe make you feel worse. When I switched to non alcohol drinks in the night club after the first two I found no change in my level of fun and I could dance more and sex was better. Alcohol is dangerous in excess.

7. Ignorance, obstinacy, hard headed stupidity. To ignore these things and say well my Uncle Sam lived to be 80 and he smoked and drank and never ate a vegetable. Well first the question is
how did Uncle Sam truly die? And next the undeniable evidence is that your supposed uncle would have lived 12 more years if he was not as ignorant as you are. Please resist the urge to rationalize, twist, distort, deny, and ignorantly contradict the truth. You look really stupid and not caring of anybody when you do. And yes any of you can change, these changes are simple.

8. Lack of CARE. If you don’t care for your children, your spouse, your friends, your family or for yourself then just let yourself die. But if there is some small thing that you care for then show some compassion and make these small changes.

Some simple changes that not only make you live longer but might help you avoid an ugly painful death of lying in a puddle of your own piss and shit from cancer. These simple changes are the beginning of a true Health Care.

![Image of Black Death caused by Sugar]

**UCSF Scientists Declare WAR on Sugar in Food**

Eric Adler, Chronicle Staff Writer

09/01/12

Like alcohol and tobacco, sugar is a toxic, addictive substance that should be highly regulated with taxes, laws on where and to whom it can be advertised, and age-restricted sales, says a team of UCSF scientists. (University of California San Francisco)

In a paper published in Nature on Wednesday, they argue that increased global consumption of sugar is primarily responsible for a whole range of chronic diseases that are reaching epidemic levels around the world. The health care expense of sugar caused diseases is massive.

Sugar is so heavily entrenched in the food culture in the United States and other countries that getting people to kick the habit will require much more than simple education and awareness.
Deaths due to Preventable Diseases:
UNNECESSARY DEATHS

<table>
<thead>
<tr>
<th>Country</th>
<th>Number of Lives Saved by Preventing Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>If U.S. did have the best health care in the world and was in top 3</td>
</tr>
<tr>
<td>Japan</td>
<td>101,000 lives saved by preventing diseases</td>
</tr>
<tr>
<td>Australia</td>
<td></td>
</tr>
<tr>
<td>Canada</td>
<td></td>
</tr>
<tr>
<td>19 U.S.A.</td>
<td>Current U.S. Performance</td>
</tr>
</tbody>
</table>

If U.S. was average
75,000 lives saved by preventing diseases

Accidental Deaths in the U.S.
An estimated one million people are injured by errors during hospital treatment each year and 120,000 people die as a result of those injuries, according to a study led by Lucian Leape of the Harvard School of Public Health. Here's how that number compares with other causes of accidental death in the United States.*

*SOURCE: (for accidental death shown in blue), National Safety Council. Data are for 1996.
KEVIN BURKETT / Inquirer Staff Artist
Deaths among children aged 28 days to five years
6.6 million/year

The shaded area shows the % of deaths from this infection that are due to the presence of undernutrition.
Major Death Categories 1985

Cancer

Heart

2009

Cancer mostly from Tobacco

Conventional Medicine No 1 Killer

Heart Disease from Bad Diet and Big Sugar

Deaths from:
- Cancer
- Heart Disease
- Conventional Medicine
4 White Deaths
White Sugar
Salt
Pork Fat (the other white meat)
White Flour
IGNORANT

Only 1 percent of the estimated 2.2 million cases of adverse drug reactions in hospitals are reported to the FDA each year.

Synthetic drugs No 1 Killer
There are several OTC (over the Counter) simple diseases like STRESS that unlicensed Therapists can treat and advise about.
Tobacco is the Number one Killer

Anyone allowing Children to Smoke is quility of Reckless Endangerment
The doctor of the future will give no medicine, but will interest his patients in the human frame, in diet, and in the cause and prevention of disease.

-Thomas A. Edison