



Foundational Recovery Course

**3 weekends of powerful
hands-on diagnosis and treatment!**

Introduction

Wouldn't it be amazing if...

- We could spark a body into full recovery after years and years of pain?
- We could show the brain where it needs to focus to cure its imbalance?
- We could increase persons power, speed and stamina instantly?
- We could quickly find imbalances in our organs, muscles, ligaments, movements, meridians, bones, spine, pelvis, cranial system, jaw, energy etc?

Foundational Recovery

Giving the body its best opportunity for recovery by ensuring all of the fundamental key structures are fully operational creating an enhanced immune system response where it's needed!

It has become evident that structures in the body need to be balanced to ensure appropriate neurologic, hormonal and organ function are at their optimum levels. Powerful recovery only happens when the body is balanced and energy isn't dispersed due to numerous faults.

Simple muscle testing allows us to evaluate big functional movements right down to individual ligaments for neurological deficiencies, when corrected we can see immediate enhancement in the muscle power with all the associated tissues and functions also responding to the changes.

This 'Foundational Recovery' course comes from over 20 years of hands on experience from Dr. John Brazier who has trained across the world, adapting internal oriental medical theories and modern Musculo-skeletal medicine to produce a provable, dynamic, fast, simple and effective healing system. John has worked with the full range of sporting athletes, corporates and a range of public practice settings in the UK, Europe and Asia.

'It takes seconds to isolate a fault in the spine, pelvis or cranial bones that can be proven to be at the root of many associated physical and psychological problems.'

'The speed, simplicity and client reaction to these tests are fundamental to accelerating their recovery from a wide range of mechanic and internal issues'

Key points

Pain is an indicator that we have a problem, not what the problem is and not what the root of the problem is.

Don't be drawn to the pain, let your muscle testing alert you to the root of why this person is suffering, because if you take the root away it will influence all of the balancing structures that have lead to pain.

It also allows the nervous system to clearly recognize the body's dysfunctions and therefor prioritise its own focus on what it needs to do to restore health.

Course content:

- Standing and laying gate and functional movement testing, with provable instant neurologic therapeutic power changes
- Individual muscle tests with provable instant therapeutic power changes
- Cranial alignment and balance testing
- Pelvic ligament balance testing
- Organ testing
- Joint & ligament testing

- ✓ Pelvic ligament rebalancing
- ✓ Gentle spinal alignment balancing
- ✓ Cranial balancing
- ✓ Organ releases
- ✓ Energy & meridian driving

Course length: 6 days or 3 weekends

Outcomes: Dr's & Physio's will be able to offer..

- 5 minute diagnostic testing to prove the exact location of any mechanical faults leading to various poor recovery situations.
- 20-50 minute diagnostic & hands on release techniques for enhanced neurologic functioning and recovery enhancement

Course focus:

Primarily treating structural imbalances that lead to:

- Back pain & disc problems
- Insomnia
- Fatigue
- Chronic poor recover of joint issues, knees, ankles, etc.
- Digestive problems including IBS, Crohn's etc.
- Infertility
- Allergies
- Hormonal imbalances

Course overview

1. Part one

Functional Diagnosis - including:

- A) Ipsi-lateral, contra-lateral, pitch and roll spinal movement & neurologic challenges



- B) Joint & Pelvic ligament challenges
- C) Individual muscle testing plus instant neurologic releases



- D) Ileocecal Valve testing

Corrective techniques - including:

Neurologic repatterning & pelvic ligament balancing, spinal-cranial & cervical releases.

2. Part two

Functional Diagnosis - including:

- A) Abdominal organ, acupuncture & reflex point diagnosis
- B) Individual muscle testing plus instant neurologic releases



- C) Neurologic testing
- D) Cranial bone challenges



Corrective techniques - including:

Cranial balancing & releases, abdominal massage, Qi gung ligament strengthening techniques.

3. Part three

Delivery & Recovery:

- A) Understanding 'Why' we suffer conditions
- B) Treating the root cause



- C) Typical symptoms and diseases that arise from simple treatable structural imbalances



- D) Delivery of the KORE foundational Recovery system for all clients

