

OHS SUPER SEMINAR

AUGUST 26-29, 2021 IN PHX, AZ

Come Full Circle

1. NUTRITION & OBESITY



By Douglas D. Grant & Dr. Vic Rathi

2. ENDOCRINE SYSTEM



By Dr. John Brimhall & Dr. Marc Harris

3. SLEEP & ENERGY



By Dr. Patrick Porter, Dr. Brandon Adams, & Dr. Marc Harris

4. BLOOD PRESSURE



By Douglas D. Grant & Dr. John Brimhall

5. EXERCISE TO SUPPORT MUSCLE



By Bill Foran & Mike Brundgardt

6. CHRONIC PAIN



By Chad White, Douglas D. Grant, & Dr. John Brimhall

7. IMMUNITY



By Dr. Marc Harris, Dr. Vaughn Cook, & Douglas D. Grant

Douglas D. Grant



Nutritionist, BS, ASCM

Dr. John Brimhall



BS, BA, FIAMA, DIBAK

Dr. Patrick Porter



BrainTap Technologies

Dr. Marc Harris



ND

Mike Brundgardt



Former S&C Coach for San Antonio Spurs

Dr. Vic Rathi



World's Leading Authority in ENT Immunology

Dr. JeNeen Ridgeway



ND, CSCS

Dr. Vaughn Cook



CEO of ZYTO Corporation

Dr. Brandon Adams



Member of Optimal Health Collective

Bill Foran



S&C Coach for Miami Heat

Dammon Burden



OHS Technology Director

Chad White



PA Surgical



SUPER SEMINAR

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THURSDAY, AUGUST 26

10:00am - 12:00pm

REGISTRATION

Located at Entrance of Sonoran Sky Ballroom

12:00pm - 12:30pm

Douglas D. Grant | Welcome, Intro to Weekend

How to "Come Full Circle" Circles of Treatments Clinics Need to be Holistic & Successful in Today's World

CIRCLE #1 - NUTRITION & OBESITY

12:30pm - 2:00pm

Douglas D. Grant | Nutrition Within the Clinic

How to Delicately Communicate Weight, Disease Risk, & Personal Accountability with Patients
Creating a Simple, Easy-to-Implement Nutrition Plan to Support the Reduction of Inflammation
Clinic Research Validating the Importance of Fat Reduction in a Clinic's Treatment Plan
How the Digestion of Nutrients Determines Disease

2:00pm - 3:30pm

Dr. Vic Rathi | The Importance of Enzymes

Dramatically Reduce Inflammation & Improve Healing Time Through the Understanding of Enzymes
Review Multiple Double Blind Studies with the World's Leading Authority in Enzymology

3:30pm - 4:00pm

BREAK

CIRCLE #2 - ENDOCRINE SYSTEM

4:00pm - 5:30pm

Dr. John Brimhall | The Endocrine System & Its Effects on Human Health

Testing Methods Best Used to Determine Organ & Gland Strength
Adjustments & Nutrition Proven to Balance the Body's Inner Circle of Hormone Balancing Tissues

5:30pm - 7:00pm

Dr. Marc Harris | Disruption of the Endocrine System's Balance

by Genetic SNP's

Test & Treat the Specific Genetic SNP's that Affect the Endocrine System with Testing & Nutrition

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FRIDAY, AUGUST 27

CIRCLE#3 - SLEEP & ENERGY

8:00am - 9:15am

Dr. Patrick Porter | The Importance of Sleep

Sleep as a Treatment for Healing, Optimal Health & Longevity
Exact Protocols to Use for Healing & Clinic Referrals

9:15am - 10:00am

Dr. Brandon Adams | Sleep Enhancement Protocols

Sleep Enhancement Protocols Implementation
Results & Benefits for Patient & Clinic

10:00am - 10:45am

Dr. Marc Harris | Melatonin

When the Cells Use Melatonin for Sleep Improvement vs. Disease Prevention

10:45am - 11:00am

BREAK

CIRCLE#4 - BLOOD PRESSURE

11:00am - 12:30pm

Douglas D. Grant | Blood Pressure

Blood Pressure - The #1 Attributable Risk Factor for Disease & Mortality
Technology, Stretching, & Nutrition to Ensure Blood Pressure Normalization

12:30pm - 1:30pm

LUNCH

Provided by Optimal Health Systems

1:30pm - 3:00pm

Dr. John Brimhall | Adjustments vs. Blood Pressure Prescriptions

Learn Specific Adjustments to Significantly Reduce High Blood Pressure, According to Research

3:00pm - 3:30pm

Hands-on Training & Application to Improve Efficiency & Results

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FRIDAY, AUGUST 27

CIRCLE #5 - EXERCISE TO SUPPORT MUSCLE

3:30pm - 4:30pm

Bill Foran | Development of Muscle & Actions to Reduce Sarcopenia

Learn the Time-Tested Techniques Used by Professional Athletes to Support Spine-Strengthening Muscle

4:30pm - 5:30pm

Mike Brungardt | The Importance of Balanced Muscle

Importance of Testing & Fixing Muscle Imbalances Resulting in Subluxations

Supporting the Human Frame with "Balanced" Muscle & Training

5:30pm - 6:00pm

Photo Opportunity

Take a Photo with Coach Bill Foran, Coach Mike Brungardt, & Their Combined 7 World Championship Rings

6:00pm - 6:30pm

Presentation of Optimal Health Collective Plaques to New Inductees

7:00pm - 8:00pm

OPTIMAL HEALTH COLLECTIVE DINNER

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SATURDAY, AUGUST 28

CIRCLE#6 - CHRONIC PAIN

8:00am - 9:00am

Chad White | Reduce & Prevent Chronic Pain

Practical Physical Adjustments, Stretches, & Nutrients Proven to Reduce Chronic Pain & Repair Joint Tissue

Learn the Most Common Chronic Ailments that Lead to Surgery from this Veteran Surgical Physician's Assistant & How to Prevent Them

9:00am - 10:00am

Douglas D. Grant | Personal Testament of Holistic Protocols for Pain & Disease

Benefits of Applying Holistic Treatments to Combat Chronic Pain, Inflammation, & Serious Disease

This Survivor's Personal Proven Protocol & How to Implement in Your Clinic

The Important Difference Between Whole Food & Synthetic Nutrients

10:00am - 10:30am

BREAK

10:30am - 12:30pm

Dr. John Brimhall | Physical Adjustments & Nutrition to Relieve Pain

Physical Adjustments & Nutrition to Relieve Pain

Physical Manipulation & Use of Percussion

12:30pm - 1:30pm

LUNCH

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SATURDAY, AUGUST 28

CIRCLE #7 - IMMUNITY

1:30pm - 3:15pm

Dr. Marc Harris | The Immune System

The Role Nutrition Plays

3:15pm - 3:45pm

Hands-on Training & Application to Improve Efficiency & Results

3:45pm - 4:30pm

Dr. Vaughn Cook | Determining Genetic Immunity

Why the Body Craves Healthy vs. Unhealthy Foods

Research on How to Improve Patient Compliance

4:30pm - 6:00pm

Douglas D. Grant | Introducing the Final Circle

Respect, Results, & Referrals

How to Utilize Blood Work in a Clinical Setting

6:00pm - 8:00pm

DINNER, NETWORKING, & ENTERTAINMENT

Provided by Optimal Health Systems

SUPER SEMINAR

Come Full Circle



SUNDAY, AUGUST 29

FINAL CIRCLE - FILLING NUTRIENT GAPS

8:00am - 9:30am

Douglas D. Grant | Clinic Implementation of All 7 Circles

Determine What Formulas, Adjustment Techniques, & Programs to Implement to Increase Patient Results

9:30am - 10:00am

Dr. JeNeen Ridgeway | Come Full Circle Without Adding Unnecessary Stress to Your Schedule

Learn Details & Tips for Easy Clinic Implementation (In Person & Virtually)

10:00am - 11:00am

Dammon Burden | Tech Tools to Double Your Revenue

Learn Simple Technical Tricks to Double Your Clinic's Residual Revenue Virtually

11:00am - 11:15am

Dr. John Brimhall | Top "Aha" Seminar Moments To Implement

11:15am - 11:30am

Dr. Marc Harris | Top "Aha" Seminar Moments to Implement

11:30am - 12:00pm

Douglas D. Grant | Coming Full Circle

Bring All Clinic Goals Together In a Clear, Single, Action Item for Immediate Implementation

MASTER THE 7 CIRCLES

OF TREATMENTS CLINICS NEED

*to be Holistic & Successful
in Today's World*

