

Resources for *Chronic Illness: Building Your Holistic Treatment Plan* **Brandon LaGreca, LAc, MAcOM**

Connecting with an Integrative Practitioner

- Build rapport with a practitioner experienced in treating your concern(s).
- Tell the story of your illness
 - When did it start?
 - What was happening at the time?
 - What makes it better or worse?
 - When does it occur?
 - Does it benefit me?
 - What emotions are associated with it?
 - What are my symptoms trying to convey?
 - What is your motivation to heal?
 - Do you have a healing mindset?

Diet

- What is your ideal balance of macronutrients?
- What blend of animal and plant foods is best for you?
- What foods make you feel sluggish?
- What foods give you sustained energy?
- What are your power foods?
- Do you need to build up or cleanse?

Lifestyle

- Do you practice optimal sleep hygiene?
 - Is your bedroom dark, quiet, cool?
- Are you practicing meaningful movement every day?
- What strategies are best for you to mitigate stress?
 - The Relaxing Breath (4-7-8 ratio of “breathe in-hold-breathe out”)
- Is your immunity optimized?
 - Do you get enough vitamin C, essential fats, and calcium?
 - Are you immune compromised or require additional terrain support?

Environmental Medicine

- Water Purification
 - [PureEffect Water Filter](#)
 - [Berkey Water Filter](#)

- Air Purification
[Austin Air](#)
- Full Spectrum Sauna
[SaunaSpace](#)
- EMF Meters
[TriField TF2](#) Meter (for AC electric and magnetic fields)
[Acoustimeter AM-10](#) (for RF/microwave radiation)
[EMI Meter](#) (for voltage transients/dirty electricity)
- EMF Mitigation & Shielding
[GreenWave Dirty Electricity Filters](#)
[Smart Meter Shield](#)

Supplement Recommendations

- [Raw, Organic Apple Cider Vinegar](#)
- [Sonne's Detoxificant](#) (bentonite clay)
- [Charlotte's Web](#) (CBD oil)
- Standard Process/MediHerb
[Zypan](#)
[Cholacol](#)
[A-F Betafood](#)
[Echinacea Premium](#)
[Milk Thistle Forte](#)
- [Wellevate](#)
Digest Gold (Enzymedica)
Ortho Biotic (Ortho Molecular Products)
Ortho Spore IG (Ortho Molecular Products)
CoQnol 100 (Designs for Health)
N-Acetyl Cysteine (Ortho Molecular Products)

Book Recommendations

- Diet, principles
[The Pegan Diet](#) - Dr. Mark Hyman
[Food Rules](#) - Michael Pollan
- Cookbooks
[Nourishing Traditions](#) - Sally Fallon
[Full Moon Feast](#) - Jessica Prentice
- Digestive Disorders
[Healthy Gut Healthy You](#) - Dr. Michael Ruscio
[The Paleo Cure](#) - Chris Kresser
- Environmental Medicine
[Cancer and EMF Radiation](#) - Brandon LaGreca

- [The Toxin Solution](#) - Dr. Joseph Pizzorno
- [Slow Death by Rubber Duck](#) - Smith & Lourie
- [Radical Medicine](#) - Dr. Louisa Williams
- Cancer: Etiology
 - [The Cancer Code](#) - Dr. Jason Fung
 - [Cancer and the New Biology of Water](#) - Dr. Thomas Cowan
- Cancer: Treatment
 - [The Metabolic Approach To Cancer](#) - Dr. Winters & Kelley
 - [Outside the Box Cancer Therapies](#) - Drs. Stengler & Anderson
- Cancer: Mind-Body
 - [Radical Remission](#) - Kelly Turner
 - [Cancer, Stress & Mindset](#) - Brandon LaGreca
- Autoimmunity: General
 - [Chronic](#) - Dr. Phillips & Parish
 - [An Epidemic of Absence](#) - Moises Velaquez-Manoff
- Autoimmunity: Specific
 - [The Wahl's Protocol](#) - Dr. Terry Wahls
 - [Hashimoto's Protocol](#) - Izabella Wentz
- Cardiometabolic Disease
 - [Human Heart, Cosmic Heart](#) - Dr. Thomas Cowan
 - [The Diabetes Code](#) - Dr. Jason Fung
- Cognitive Decline
 - [Grain Brain](#) - Dr. David Perlmutter
 - [Brain Maker](#) - Dr. David Perlmutter
 - [The End of Alzheimer's](#) - Dr. Dale Bredesen

Contact Information

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