

Morph2Health®

Intelligence You Can Depend On

In a world abuzz with talk of failed intelligence, it is comforting to find an approach to health and well-being that is personalized and always up-to-date. Your birthright is to be healthy, but to truly fulfill that birthright, you must learn how to be your most authentic self: you need intelligence about yourself as a whole and complete individual, unique in character, and capable of being as healthy as anyone else. As a research scientist and a practicing medical doctor, I have spent a good portion of my life exploring the biology, physiology and chemistry of health, wellness, success, wholeness, and cancer prevention. Year by year, I have scientifically documented my initial theories, I have tested and reproduced them, and today I make the fruit of this labor available to you and to your loved ones.

The evidence that diet, exercise, effective coping styles, and strong support networks are connected to healthy living is not new. We scientists know that lifestyle choices have a lot to do with healthy living. But, until the last decade, we have poorly understood how choice impacts our risks for developing cancer.

Its All in the Expression of Your Genes

If you want to live a life of vibrant health and well-being, free from the fear of developing cancer with the knowledge and skills needed to stop cancer dead in its tracks, then this may be the most important letter you'll ever read. Cancer prevention saves lives, money, and human talent. Learn the life-saving truth about cancer prevention in just 28 days.

In just 4 weeks, you will develop the basic skills necessary to influence the expression of various genes related to cancer. Turning on or off certain genes is really not so complicated. The fact is you do it every time you eat. The foods you eat turn some gene effects on and others off. *So, while the genes you inherit are fixed, you can regulate how those genes are expressed to your benefit.*

In a manner similar to food, certain types of stress – interpersonal, mental, and emotional - turn certain genes on and others off as the billions of cells within your organs cope with the stressful events. Lack of exercise, poor nutrition, pollution, stress, and genetic makeup all contribute to the development of an environment within which good genes can go bad, and cancer cells can survive and thrive.

The Bad News and the Good News

Recent advances in the molecular biology of cancer development have demonstrated a series of clearly defined cellular mechanisms associated with cancer development. These mechanisms are operative as women and men live their lives, and can be influenced directly by a variety of interventions designed to stop cancer cell growth and cause these cells to commit suicide as they are genetically programmed to do.

The bad news is that it will take another 10 years or more for these advances to reach widespread usage by most conventional doctors and other pharmaceutically driven caregivers.

The good news is that our coach-assisted software program - **Morph2Health[®]** - IS the better mousetrap, giving you both a structure and the “personalized human intelligence that will help you navigate and implement the most advanced and cutting-edge strategies available from science today.

Best of all, our software guides you through the steps involved in healing, while teaching you how to block the 3 stages of cancer – initiation, promotion, and progression. Our software stores your personal data and subjects it to an artificial intelligence-based learning environment that discovers and reports correlations and relationships between your five databases – genomic, molecular, emotional, mental, and relational. As you include more data on a daily basis into these 5 databases, the intelligent data analyzer embedded in **Morph2Health[®]** becomes smarter and smarter, providing you with the most detailed intelligence possible, in the form of detailed reports with options on how to positively impact the day-to-day activity of your physiologic mechanisms.

Our smart software gives you the skills, tools and knowledge of how to integrate these advances NOW into a complementary and integrative healing approach that is *specific* to you.

What’s My Background, and How this Work Developed

Knowledge is power. I have spent 20 years focused on accumulating knowledge about cancer from the perspective of the whole person. What’s my background? I have a Bachelor of Science degree in Psychology from the Ohio State University, and a Masters of Science in Pharmacology and an M.D. degree from the same institution, which I received in 1970.

During the mid to late 1980’s, I was a co-therapist in a psychotherapy support group for women with terminal breast cancer. Using a form of acting therapy called “psychodrama”, we witnessed that psychodrama served as the vehicle for disclosing and discharging the unspeakable and the unthinkable – a process that had a direct and positive effect on the autonomic nervous system’s ability to heal the body. As a result of their disclosure and discharge, these terminally ill women learned to use disclosure as the spark-plug for transforming and re-building their lives.

What **Morph2Health**[®] Can Do For You

Morph2Health[®] first establishes you as the planner, with 5 levels of data about yourself that your smart software teaches you to manage. You begin by evaluating your personality strengths & preferences – the keys to personal choice and happiness. We use the most widely used personality type preference in the world, the “*The Myers-Briggs Type Indicator (M-BTI)*”. This personal knowledge – stored in your **Morph2Health**[®] databases allows users to develop new awareness and skill in understanding key personality differences that affect how you perceive information, how you process it to make decisions, and how you naturally communicate. It provides a goldmine of insights you can use to both manage yourself more effectively, have greater insight into how and why others think and act the way they do, and improve the results you get with others. Our smart software will enable you, in the comfort of your own home, to change those things about yourself that ARE changeable and under your control only.

Simultaneously with The M-BTI, your smart software invites you to take “The Reiss Desire Profile”. This assessment tool provides powerful insight into the sixteen enduring desires and values that make us individuals and determine our personality. Although everybody embraces all 16 basic desires, we differ in the extent to which we value each one. How we prioritize the 16 basic desires is at the heart of The Reiss Profile. If you know your desire profile, you will have a much deeper understanding of what will and what will not motivate you, an understanding of your personality strengths and weaknesses, the careers that you will find fulfilling, and what is required for value-based happiness.

Additionally, **Morph2Health**[®] will allow for the comparing of the Reiss Profile and the MBTI of any two people – partners, supervisor and employee, parent and child. This comparison assists you to identify specific strengths and possible tensions in the relationship. Your smart software teaches you how to blunt and turn off the 3 stages of cancer cell development using your nutrition. In this way, you can stop cancer before it ever starts. Easy to use strategies will also teach you how to make your immune system more effective at recognizing cells that are pre-cancerous and that should be killed. This feature stops the promotion of cancer formation. Additional smart strategies prompt you how to recognize the factors that support the spread of cancer, and to blunt those forces on a daily basis.

The daily use of your personalized software makes you – and it – smarter, systematically walking you through a very complex life process using 5 simple steps, giving you skills that protect you and your loved ones from cancer for a lifetime. As the commander-in-chief of your software’s growing intelligence, you teach yourself to systematically monitor your risks for developing cancer while simultaneously improving your cancer prevention knowledge, skills, and strengths. With this duality, you reduce your risks; promote healing, while living a happier, desire-filled, cancer free life.

WellnessCare Training®

Morph2Health®

Physician Coaching in Personal Excellence Attainment

WHAT ARE THEY

WellnessCare Training®

1. Involves an integrative physician-coach, the client with risks for degenerative diseases, and a software program called **Morph2Health®**
2. These three components exist in a *client/software/physician partnership*, with the software mediating and enhancing the power of the client/physician coaching partnership.
3. The clinician initiates **WellnessCare Training®** through: (1) a structured intake process involving questionnaires, history and physical examination; (2) immune system and autonomic nervous system evaluation; (3) CT/PET scans, MRI's and additional blood work as indicated by the putative diagnosis, the clinician and patient define the current wellness/sickness status on each of the 5 bodies.

Morph2Health®

4. Is an extension of the clinician-coach and is available to the patient 24/7; the clinician and software are synergistic, and they support each person seeking to attain personal excellence to:
 - a. Form a partnership with her/his integrative physician-coach based on the practice of disclosure - sharing intimate aspects of her/his life story as well as her/his personal mission and vision as a basis for healing
 - b. Use the artificial intelligence of the neural-networked software to capture and digitally store their history in the context of their mission, vision, and destiny, providing a personalized structure within which the healing, growth and transformation may occur.
5. The attainment of excellence is what each patient must construct from the inside out through (1) reflecting on the entirety of her/his life - from birth to the present time, (2) through re-alignment of her/his priorities, attitudes, beliefs, expectations, assumptions and intentions toward living one's life mission and vision, and (3) through restoring and sustaining normative balance of the "life/death" experiences reflected in the interactions of the 5 bodies.
6. The five bodies – the cellular (genomic), molecular (nutritional), emotional (autonomic), mental (environmental), and spiritual (relational) – interact continuously with the earth and all other life forms to provide the experience that we know as life/death.

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WHAT THEY DO

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7. Provide a structure within which optimal wellness is the result of the coaching process.
8. The integrative physician-coach/client/software team sorts the client's basic story into 1 or more of 5 categories called the 5 bodies– spiritual, mental, emotional, molecular, and cellular.
8. The accuracy of this sorting process is agreed upon by the coach and the client, and the client acknowledges this as his/her core story and life direction which then becomes the heart of the Morph2Health® database.
9. This core story and life direction, along with other stories that are added as often as desired, are all analyzed by the software in this AI based learning environment using the method of synopsis and synthesis:
 - a. Synopsis: *the deliberate viewing together of aspects of the disclosed intimate life story selected from each of the 5 bodies which are generally kept apart*
 - b. Synthesis: supplying a coherent, personal *evidence-based set of concepts and principles* which explain what has been viewed synoptically
10. Stages of synopsis and synthesis:
 - a. Synopsis serves as a tool for thinking out of the box, looking for data points from each body – spiritual, mental, emotional, molecular, and cellular - that would not ordinarily be viewed, thought of, or analyzed together
 - b. Synthesis is based upon creating a coherent “whole”, a life mission and a life vision from the data points disclosed by the client/software/coach partnership.
 - c. Synthesis is used to supply a coherent set of concepts and principles that cover the relationships among the data points, allowing the person's unique life mission and vision to emerge from the synoptically chosen data points
 - d. The clinician's questions and responses in the session reflect what is disclosed as well as what is undisclosed, seeking to fill in data points that are relevant to the attainment of excellence and optimal health.
 - e. As the coaching progresses, *the core life story changes to mission - with a vision - as the primary source of the energy that sustains excellence and optimal health*

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WHY THEY WORK

WellnessCare Training®

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11. **WellnessCare Training®** consists of learning the skills necessary to facilitate the emergence of a life mission and a vision (i.e., data) that will lead to health, personal success, wealth, and the attainment of excellence.
12. The client's data emerges from the processes of synopsis and synthesis, and is presented to each client as a series of options and recommendations for further skill building and personal empowerment.
13. **Morph2Health®** is an intelligent vehicle, fueled by skills gained from **WellnessCare Training®** - skills that assist clients to:
 - a. Clarify the nature of how feelings get stored in the body as a result of or associated with key aspects of her/his life story
 - b. Identify areas in life where s/he has given up power in the most intimate relationships through the process of abdication
 - c. Unblock the flow of emotional energy needed to sustain the empowerment process
 - d. Clarify life mission and vision, in the process of claiming one's destiny
14. Through this software assisted learning, women and men learn to observe physiological, emotional, mental, and relational actions and reactions within themselves that sustain a sense of well-being, needed for the attainment of excellence. This is the essence of **WellnessCare**.
15. The focus of **WellnessCare Training®** is on observing, modulating, and sustaining the sense of well-being on all 5 bodies
16. With the help of the smart software, users learn to modulate their own actions and reactions on each body, and they use the 5 keys to foster personal growth and transformative change, which in turn maintains their sense of excellent well-being
17. Optimal wellness and the attainment of excellence result from the daily use of:

WellnessCare Training®

Morph2Health®