

TBM Restoring Body Self Regulation Dr. Kevin Millet  
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Dr. Michael: Welcome to an hour to of Health Made Radio. Health Made is a community for natural health seekers where we educate people about common health conditions and share extensive research on the most effective natural health treatments and promote legislation that protects our health freedoms.

Our core concept belief is in the innate intelligence and healing power of the body and if properly supported spiritually, emotionally and nutritionally it can find its way back to health. Health Made Radio will bring information from integrate of health experts throughout the world. Check us out at [healthmade.co](http://healthmade.co). Health is what you make it.

I'm Dr. Michael Karlfeldt and I will be your host. Today's guest is Dr. Kevin Millet. Dr. Millet is the owner of Total Body Modification TBM after having been an instructor since 2003. TBM is a comprehensive system of alternative healing compiled by chiropractic and naturopathic Dr. Victor L. Frank and first taught in 1978.

Dr. Millet was originally exposed in TBM in 1986 while a medical student working in the clinic of the founder of TBM Dr. Frank. Upon graduation Dr. Millet began to formally study under Dr. Frank. Dr. Frank personally mentored Dr. Millet and at his death in 2009 Dr. Frank choose to entrust the legacy of TBM to him. Dr. Millet continues to be the principle instructor and on-going developer of TBM.

Dr. Millet it's such an honor to have you on the show. What is TBM?

Dr. Millet: Thank you.

Dr. Michael: I mean what is total body modification? What makes it unique?

Dr. Millet: Well there are a few things, one TBM is part of the long lineage of subtle influence medicine where we don't seek to directly affect the body we seek to affect the neurologic system which then affects the body. And that stuff separates us from bio-medicine which is... You know where it's through drugs, surgery, you know lasers, and so forth. They directly try to affect the body.

And so we take a more subtle approach and Dr. Frank was exposed to the idea of the human functioning as a computer. And up until that time no one had ever applied you know the computer type of thinking... This is in the 1960s to the human body and he thought well if the human body functions like a computer that means it has program and if it has programs they can be modified.

And in fact maybe poor health is improper programing and so total body modification in his mind became finding the faulty programs that are promoting ill health and erasing and reestablishing healthy programs that promote sound health.

And he drew from his experiences in body work and nutrition, and you mention spirituality a little bit earlier, and brought a holistic approach to really bring that about not just changing the programs but then also making sure there's a lifestyle that supported them.

Dr. Michael: I mean that sounds like an amazing endeavor you know to look obviously the... Looking at the electrical system you know which is nervous system to try to correct and the signaling to all these organ systems I mean that's sounds incredible.

How would you go about doing that? I mean did you come up with that idea? I mean how do you tap into that?

Dr. Millet: How do we tap into those programs?

Dr. Michael: Yes. Yes being able to kind of tap into this electrical system or the nervous system and then being able to evaluate as to what's good, what's bad, you know what's wrong.

Dr. Millet: Sure.

Dr. Michael: I mean how do you do that?

Dr. Millet: Sure we look at the muscular system and the skin of the body is essentially a projection of that computer and so we're able to read into the body's bio-computer through contact on the skin and through muscle response testing. And through contacting different points on the body or sometimes putting the body in particular position and then doing the muscle response test we do it manually.

What it actually does is simultaneously allow us to assess a particular function whether that's water metabolism or whether that's heart rhythm, or a certain aspect of liver function. It allows us to assess it and read the body. But at the same time what it does like tap in on a touch screen on your smart phone opening up a particular program.

When we access that function to evaluate it we're actually loaded up on the screen. And we have a window of about 45 seconds where we can apply further input to the body and we do that typically along the spine in mind stimulating the autonomic nervous system which is you know what regulates all the vital functions of the body.

And so we use the spinal column like a keyboard if you will during that 45 seconds windows and that's when we're able to actually change the programming and restore it back to its original pristine functioning and then the dysfunction simply goes away. Our experience is that most dysfunction in the body have nothing to do within anything other than just the programming that's driving it.

That it... There's a difference between pathology which is tissue destruction and the path of physiology which is when you have healthy tissue but it's just not... It's not working properly and that's really where we shine. What we work on is getting that healthy tissue that isn't working properly the right signals so it can do its job.

Dr. Michael: You're mentioning that to you cannot activate, you open up this application, or you open this you know this program and then you have about 45 seconds to create a change within this program. And you're do that and by touching on the skin or touching different areas on the skin.

And on the skin obviously you have all these nerve endings that relate to all the different organs and so forth. Is there... How do you know that you're accessing what you are accessing?

I mean you're talking about water level and I'm sure blood sugar levels and you know there are a lot of different components within the body. How do you know that you're accessing what you're accessing and that you are creating an impact on that?

Dr. Millet: The way that I personally know is that when I was in practice I've... I retired about two years ago to devote myself full-time to developing total body modification. But while I was in practice I was a diagnostic junkie and did everything from motion MRI's to heart rate variability, to electro-thermal testing, to allergy testing, very in-depth blood work, x-rays, physical exams and more.

And I just had this insatiable desire to do that and I was able to see in these tests, rapid results that reflected what we were doing. And I was thinking about that you know Victor Frank who basically developed the system, he had the confidence through trial and error of a long period of time.

At his death, yes I'd had some experience but nothing like what he had had and all of these fast diagnostic evaluations that I was getting constant feedback allowed me quickly to realize this isn't just ... We're not just shuffling you know symptoms from the left to the right we're actually truly changing physiology.

Dr. Michael: You're able to... In order to be able then to correlate that this was the application that you pulled up by touching the body on certain areas on the skin to pull up whatever it may be you're able then to correlate that with what you saw through other diagnostic tools like lab, food sensitivity testing, hair

mineral analysis, you know a heart rate variability or whatever it may be. So is that what was taking place?

Dr. Millet: Absolutely. And it's interesting though you know as a fellow clinician you understand patients might be a little bit interested in those types of things but in the end they're most interested in just feeling better. And really it was the renewed quality of life that was the real test.

Dr. Michael: Okay.

Dr. Millet: I mean my scientific mind loved all these other things but my patients they wanted energy, you know they wanted to be able to sleep, they wanted to be able to remember well and I specialized in dis-autonomic syndromes like fibromyalgia, lupus, MS and chronic fatigue and so forth.

And most of my patients were disabled and they weren't disabled after just a few months of applying this. And let me just also explain that you know this is not the only thing we do with patients. Working with a bio-computer is critical but you have to marry it with a lifestyle because support down function in the body.

I mean most of the reasons these program were messed up in the first place is because the body had been neglected and so we have to simultaneously stop neglecting the body while we're putting things back in order.

Dr. Michael: Absolutely. Well, we're going to take a break. I'm Dr. Micheal Karlfeldt this is Health Made Radio I am here with Dr. Kevin Millet. He is the owner of Total Body Modification we'll be right back.

Welcome back I'm Dr. Michael Karlfeldt. I'm here with Dr. Kevin Millet he's the head instructor and also owner of an amazing technique that bring you back to health, brings you back to balance called Total Body Modification.

Dr. Millet you were mentioning that in addition to or you were saying that TBM or Total Body Modification where it really shines is not when you have a organ degeneration it's more when the communication to that organ or like an organ dysfunction or a signaling dysfunction to that organ is not what it should be and that is where TBM really shines is to kind of activate that signaling system and bring it all back online is that correct?

Dr. Millet: Yes. Yes that sounds about right.

Dr. Michael: Sounds about right okay [laughter]. But you're mentioning things like Lupus you know where you have obviously you can have kidneys and pancreas and... I mean it can be a lot of things that whether it can be degeneration of the tissue almost. And still with TBM you were able to turn that around in just a couple of months.

Dr. Millet: Yes there's a couple of things maybe I could mention along with that. I read a book years ago by a gerontologist called *We lived too short and we died too long*. And one of the things that he pointed out in his book is that you don't get symptoms until you've lost an enormous amount of function in the body.

And so what I realize is with my patients is that you know they maybe because of loss... Let's hypothetically say 50% or 60% of their liver function, well the body is perfectly capable of functioning on 40% of their liver if it's optimized.

And so sometimes we don't have the luxury of getting a complete renewal of all the tissue but the good news is, is we don't have to if we can get a renewal of the tissue that's still been unaffected or is undamaged often times that's more than enough for the body to kick in and work and for us to feel better.

Dr. Michael: So even when it is a chronic condition that you know you've been talking Lupus, fibromyalgia and I'm sure you know something like MS would fall in this category as well. I mean because you have some degeneration but you still have functioning tissue that you can activate and you just need to kind of restore the signaling to that tissue is that correct?

Dr. Millet: Yes restore the signaling and also you know neurons hit abundantly and then engage in lifestyle activities that have actually promote proper function of the body. Just simple things like exercise and reducing calories and making sleep a priority. You know sleep hygiene is very important in our work.

You know sleep is where the body renews and where it heals and you know if there's light coming in the room, if there's you know noise disruptions. If you've you know been doing a lot of stimulating activities or eating stimulating food right before it's time to go to sleep and all these things degrade the quality of sleep and that's where you know the healing and the renewal happens.

But I don't want to give the impression we just... We push these buttons on the body and that's all there is to it there's actually a lot of responsibility that we place on the patient. There's a lot of work they have to do in addition to the work we're doing.

Dr. Michael: For a patient then coming in to a TBM practitioner I mean what does that look like and what happens through that process?

Dr. Millet: Well the first thing is we start with lifestyle. We increase their water. Most people we find are drinking far below the amounts of water that we see is required for healing. And our rule of thumb is two-thirds of an ounce per pound of body weight as a minimum.

So we just we take the weight times .666 and say that's your minimum, we add a quarter to that and say that's your maximum. Make sure you don't avoid

salts and stay within that realm. We get them doing some you know modest exercise depending on their level of fitness coming, a lot of times that's just brisk walking. And then we start looking at their diet and getting the things out of their diet that work against sound physiology.

There's a lot of things that a lot of people are eating and they have no idea what's affected in their body and we can just simply replace it with something that tastes just as great but doesn't have this offending you know property. And then we'll also use nutritional supplementation.

Our experience is that it's really not possible with amount of calories you eat to get all the nutrients we need we have to supplement. And what I'm referring to is our ancestors hunters' gatherers burned between 6000-8000 per day and so they had to eat 6-8,000 calories a day. You get a lot more nutrients if you're eating 7,000 calories than if you're eating 1500 calories.

And so of course we're not of course going to eat 8,000 calories a day you know we would gain too much weight and such. And so we eat less because we're not as physically active as they were and we can't say you know with a specific program nutritional supplementation. We prepare all of that first because once we begin the healing process and I'm sure you've learned this yourself the body is going to detoxify.

And if we haven't prepared the body first, if it's ability to detoxify is not active then we're just going to make the person sick and they're going to be miserable and their healing process is going interrupt with their work, it's going to interrupt with their you know ability to attend school, or what have you.

And so we get that prep work but then when we start to activate the nerve system to start to renew these functions that have been dormant sometimes for decades and those toxins start getting released the body can just move them right out and they can heal and still engage in their life activities.

Dr. Michael: In essence you don't put them on like a detox program? Because I know a lot of patients come to me and say, they say, "I just want to detox." And they've been doing all these detox programs and they've actually gotten well. From your point of view it's more important than to lay that foundation and one you... When you have that foundation restore normal physiological function the body will then naturally start to detox and will detox in a fashion that it can handle?

Dr. Millet: Spot on yes.

Dr. Michael: Okay.

Dr. Millet: I you don't want to offend anybody in your audience but we have found going after detox directly is ends creating more problems than it solves. The detox has to be a byproduct of renewing the body. You know the body will detoxify itself.

You know and if the body isn't being renewed and it's not functioning at that type of a level and you force a detox you're stirring up all of these toxins in the body that it may not be able to deal and all of a sudden they're being pulled out of fat tissue put into circulation doing their damage once again and then will eventually just be put back in the fat tissue.

And so yes we take a very different approach with that. And it's like sleep, if you go straight after sleep... You know sleeping pills don't make people sleep what sleeping pills do is make people not annoyed with the fact that they're not sleeping. You have to let sleep happen. Sleep is a byproduct of the sound function in body. We see the same that's how we view detoxification as well.

Dr. Michael: It's fascinating. We're just going to take a quick break. I'm Dr. Michael Karlfeldt I'm here with Dr. Kevin Millet owner of Total Body Modification we'll be right back.

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In addition to then obviously correcting a dysfunctional nervous system signaling to activate the unhealthy organ function you're also then promoting a healthy lifestyle, healthy eating, drinking plenty of water. You know three quarters of an ounce per pound of body weight which is a god amount of water [chuckles].

Dr. Millet: Yes.

Dr. Michael: That what... Yes. And you're talking about sound diet I mean there are so many diets out there I mean we're talking about we have Ketogenic, we have vegan, we have vegetarian, we have you're tried for your blood type, we have Atkins, we got [predikins] [00:22:05], we have... I mean on and on and on and on.

So what type of diet does Total Body Modification promote?

Dr. Millet: That's a great question. I often times will begin our introductory course I mean... I'm teaching healthcare providers and I say to them I say, "If I were to ask this room right now and obviously we have a lot in common because we're all here studying this topic together, what a healthy diet is? How many opinions do you think we would get?"

And everyone agrees that you're going to get a different opinion for everybody that's there and I said, "So if we can't agree how on earth do we expect the lay

public who's career is not devoted to studying all these healthcare issues and physiology and everything. How do we expect them to know?"

And then I proposed to them something that we'll bring us all together. And what I proposed to them is that that we rewind the clock back 2-300 years back to the time where the demand that were placed on the body were enormous but yet they were able to meet those demands. And they didn't have drugs, they had very little surgery, and maybe they knew something about diet.

And maybe in the 20th century when we industrialized farming, we industrialized food production, maybe we threw the baby out with the bath water and maybe we might be better off if we go back and look at our ancestors and we eat more in accordance to the way that they did, of course as we can approximate.

Obviously we do live in a different time. And we make that our foundation and we start to improve upon that. I personally think the 20th century was non-stop folly when it came to nutrition. There's almost nothing that came forward nutritionally in the 20th century but I think with advancement and we've seen in the 21st century just theory and commandments and warning one after another that came out of the 20th century being dropped.

Whether it's prohibition against salt, prohibition against cholesterol, prohibition against saturated fats I mean all of these things were just gone by the wayside. And you know we could wait for that but I think you could probably agree that 300 years ago we did a whole lot better than we're doing today with nutrition. And it's not so far back that we can't come pretty close to approximating no.

Dr. Michael: Then you have... I mean you mentioned salt and obviously everyone with high blood pressure and you know that's met with a cardiologist are going start jumping up and down.

Dr. Millet: Not if they read them out. No that's, that's been debunked. I couldn't understand someone who is reading contemporary research that is going to standby in this behind the salt theory.

Dr. Michael: So tell me about that for all the people that are still believing in theory that if I've had high blood pressure I need to stay away from salt. What would you tell them?

Dr. Millet: I practiced in Barcelona and intense phobia of consuming salt if you're not drinking water yes, you got to avoid salt. If you're drinking coca cola, and coffee which is what most people in Barcelona that was their fluids and some wine. I say if you're doing that okay I'll agree with you stay away from salt.

But you've got to drink this amount of water that we're you know requiring in TBM to support detoxification. You must have salt otherwise you're going to develop hyponatremia which is you know water intoxication basically. And I did not have the single one of my patients who are hypertensive and I had scores of patients who are on medication for hypertension.

Once we started working with them they choose to stop taking their medication. I gave them that option, if they wanted to stop it was up to them but they had to promise me they would measure their blood pressure on the daily basis for about six months. I never had a single one of those patients ever go back on their anti-hypertensive not one time. From my experience hypertension is purely and simply hypo hydration.

Dr. Michael: Yes.

Dr. Millet: There's not enough water in the body and so the heart is having to pump sludge basically, thickened blood because there's not enough water you know to go around for all the different functions in the body. So the heart has to increase the pressure to try to mobilize that the thickened blood.

And I didn't come up with this theory you might be familiar with the book *Your body is many cries of water* by that man Gaelic.

Dr. Michael: Yes absolutely.

Dr. Millet: The physician for the royal family before the revolution in Iran. And I found it to be spot on that that's the issue is hypo hydration.

Dr. Michael: Yes and it's an addition to that, in addition to the heart having to pump sludge you know and increase pressure that way because there's not enough fluid and circulation then the blood vessels in themselves need to constrict in order to create more pressure. You know because you're trying to move less fluid to a higher elevation, trying to get it up to the brain and the only way to do that is obviously with more pressure.

You know so the solution in your eyes you know for all the listeners out there high blood pressure drink more water and then when you've drank enough water drink a little bit more and obviously make sure that you get enough salt at the same time. And that along with the other techniques you utilize obviously that seem to take of it.

Dr. Millet: Yes.

Dr. Michael: Yes.

Dr. Millet: Yes.

Dr. Michael: That's a whole of better than to be in beta blockers or you know which is also another kind of a counterintuitive is to put somebody that is dehydrated put them on a diuretic and think that that'll be better. Right?

Dr. Millet: Yes we see things differently.

Dr. Michael: Yes, exactly, exactly. I mean what have you seen? You mention a bunch of different disease pictures that you... That's come into your practice and with TBM and these lifestyle changes and also some nutritional supplementation. You've seen some pretty miraculous changes in people's lives.

You mentioned fibromyalgia, Lupus what are some other things that you feel that TBM really shines in these areas?

Dr. Millet: A couple I'll touch on. One is allergies. Are experience is that allergies are nothing more than faulty programing. And you can pin point the specific program that's behind a specific allergy and neutralize it. Are you dying reactions to peanuts, to poison Ivy, a cat.

My first encounter with Victor Frank the founder of TBM was with poison Ivy. I'd had an anaphylactic reaction with poison Ivy and was told by you know got exposed to it again I probably wouldn't survive. And so when I went and worked in his office I was a student at the time and he said, "Is there anything you're allergic to so we can use TBM we can correct."

I said, "Well poison Ivy." So we used this tests files, the Victor Frank actually invented using a test files and combined with muscle testing to evaluate different functions to the body. And so he did he did his work with this his test files, just take a couple of minutes.

And he said, "You'll be fine." And I probably I was... I could get into light water kayaking and I can't tell you how many times I trades the true... You know a whole bunch of poison Ivy never had a reaction.

Another area where TBM I think really shines is in emotion well-being. I worked with a lot of very depressed patients. A lot of my patients are actually down right suicidal and again so many of the emotional distresses that people are experiencing and it's not because they're broken or something is wrong with them as a person. Again there's programing within the brain to run the brain as it's own or as an organ itself.

Obviously their neurologic system drives other parts of the body but sometimes we forget that the neurologic system is an organ unto itself and it has programing. You know I loved working with that... My own health journey so to

speak included a lot of depression, included suicidal ideation and things like that.

And so I had to dig my way out of that and so I probably got more personal satisfaction in helping people that way than even some of the other issues now that you've mentioned.

Dr. Michael: Yes, I can really see that well. We're going to take a quick break. We'll be right back. You're listening to Health Made Radio. I'm here with Dr. Kevin Millet.

Welcome back to Health Made Radio I'm Dr. Michael Karlfeldt. I'm here with Dr. Kevin Millet. He's the owner of Total Body Modification also known as TBM. So Dr. Millet you're talking about the areas where TBM really shines and you're talking about you know allergies.

A lot of us are dealing with gluten sensitivities and dairy sensitivities, corn sensitivities and you know all these different sensitivities that are people are experiencing more, more and the... You know they are getting ADD, ADHD got this is painful. They're you know have joints are swollen and inflamed and response to these sensitivities. In TBM you can then actually reprogram the individual so that they are not sensitive to these things again?

Dr. Millet: That has been consistent with my experience time and time again, yes.

Dr. Michael: So when these people instead of them being on like you're saying anti-inflammatories or pain medication, or acid blockers, or blood pressure medication, or you know and the list goes on and on and on.

If you just would go on then correct the internal programming you know the signals that are being sent in response to different substances and then obviously you need to pair that with healthy lifestyles and sleep and drinking you know 500 gallons of water [laughter]. You can then [chuckles] you can come back to normal and you don't have to really deal with these things again that you can function in a normal fashion.

Dr. Millet: Yes it's a lasting renewal process absolutely. I just want to mention that I always go to great lengths to educate our providers that you have to be really smart with medication. And sometimes patients get gang-ho some improvements they're seeing. They can get overzealous in taking themselves off of medication.

And my approach is let's eliminate the need for it, let's include all the different professionals that we need pharmacist whoever prescribed it. And once we

have the confidence that the need for the medication is no longer there let's go off it in a way that doesn't create new problems.

I'm sure you've had the experience that have withdrawn from certain medications moved quickly and it can create problems in themselves that wouldn't have happened if it just wasn't done a little bit more cautiously.

Dr. Michael: Yes, absolute yes people... A lot of times when they come to moment integrative health practitioner the go there because they're so tired of the buckets of medication that they have to take and they can't wait for the day when they don't have to take them because they can feel the effect of those medications.

Yes, it's you really have to reel them in and hold them back you can say tend they tend to get very overzealous and getting out things that the body quite isn't ready to stop just because it's used to that medication being there and compensating for it being there yes, I agree.

Dr. Millet: Exactly. And I'm as zealous as the other person you know to be as drug free as possible and to be treating... I haven't taken any medication whatsoever when I was a teenager. That being said I also have a very deep appreciation for it... A daughter that at age three they got exposed some pesticides and it just shut down bone marrow production which was diagnosed with leukemia.

We needed to lean on some of those drugs for a few months to buy us time to renew her body. And so there's certainly you know a place for it but you know there's nothing quite like a properly functioning body to support life and health. You know drugs are never going to hold a candle and that's the great news is we actually can bring the body back.

A lot of physicians have the assumption that the body will never be any better than it is now. And so therefore we have to compensate for it with all these drugs or limit your life. You know you can't play basketball anymore or you know or whatnot. But the good news is actually the body is always ready to be renewed if it's supported in the right way if it gets the right type of activation whether it's TBM or other things that are available if we want it, it's always within reach for us.

Dr. Michael: And I think that's an important point because people think that it's an either or thing that either you have to do these natural therapies, or you need to do medical intervention. And it is... You know the medical interventions they do have a place you know so it is important to utilize them prudently.

But you can't repair a body, you can't build up tissue you know through antibiotics or antidepressants or you know beta-blockers, or you know pain

killers. You know none of that is going to restore normal physiological function nor is it ever going to be a building block you know that you can build a kidney with, or liver with, or you know a joint with at any time.

But it's important to important that they still have play a role even though it is not something that was meant to be done forever. And that's where you know things like TBM really shines where it can then restore normal physiological function where you then have... Even in a time of crisis where you are maybe using some medical intervention at the same time.

Dr. Millet: And I would like to think that we are restoring dignity back to humanity.

Dr. Michael: Yes, yes.

Dr. Millet: I think you know relying on a lot of drugs or you know having a body that's more and more restricted, not be able to get around except through you know a motorized scooter or something like that. You know each and every life is a gift and is precious and each and every one of us have a precious gift to give.

And life isn't just about just living and getting through day-by-day it's about having the immeasurable satisfaction of knowing that we are being a gift. And more than anything that's why I hope TBM brings for people. Yes I want them out of pain, I want them sleeping, I want them to take less medications but I want them to get to witness that they actually can make a contribution.

Dr. Michael: Yes. I couldn't agree more. And I want and over closing here... I want people out there to recognize you know one of the points that you're making that the body can compensate for a long time. So even though an organ is functioning at 50% you may not still be exhibiting any kind of symptoms or illness that your disease and your think you're running around as an unhealthy individual.

But it is better to go and just like you would do with the car, you run through a check up to see you now how's the oil doing, how are the tires and you're kind of checking all the systems. And with TBM you have the ability to do that as well where you can kind of check-in make sure I'm I only running at 50%? What can I do to kind of turn these systems up so that it can run at its optimum?

And so I would even though you may not be fighting an illness I will strongly suggest that you still evaluate the body and do a check-up and I think that TBM is an excellent technique for that. I want to thank you so much Dr. Millet for being on the show today. It's really been a pleasure.

Dr. Millet: You're welcome and may I mention our website before we sign off?

Dr. Michael: Absolutely please do.

Dr. Millet: Great. We have a listing of providers that are around the world and they can go to TBM, Total Body Modification [tbmseminars.com](http://tbmseminars.com) and there is a find a provider link at the top and they could use that to find someone near to them.

Dr. Michael: Wonderful. Well thank you so much and we'll also that link will be on our website so that you can find it there as well. That's all for today I'm Dr. Michael Karlfeldt with Health Made Radio and remember to connect with us at [healthmade.co](http://healthmade.co) health is what you make it.