

HealthBoss
University LIVE 6/11



HEALTH INDEPENDENCE
Training for
HOME HEALERS

RELEASE #3 (pp. 9-10)

**High Performance
Immune System**

Workshop — June 3, 2011

Irina Kossovskiaia, MD, PhD, DNM



Foreword

Dear Community!

Below you will find my hand-written Notes from **HealthBoss University LIVE 6/11** event that took place June 3-5, 2011 in Austin, TX.

These are the notes that I made for my own presentations, as well as the ones I took listening to other Practical Professors. **THEY WERE NEVER MEANT AS PUBLIC**, so do not expect any "academic" presentation 😊 And yet, they will give you a good "starting point", an overview of what was presented at the event, as well as the reference points and "memory joggers" in the future

(at least that's how I use them).

Why am I making them public now? There are several reasons.

1. The world is changing fast, along with every field of human experience – including Health Science (thank Goodness). And what is emerging on a horizon is a new system of Health Care based on **Self-Care**. We called it the **Home Healer** movement.

The new health care model is all about YOU declaring your **Health INDEPENDENCE** and taking responsibility for your own health, at the same time taking back CONTROL and POWER that you didn't have for quite some time.

Yes, sounds good, but how and where do you get enough **KNOWLEDGE** to become health independent? Where do you find enough health CONFIDENCE and COMPETENCE?

At the **HealthBoss University**, where else?! 😊

I am sharing with you my Notes to show that even the most complicated health topics can be made simple and fun, and that the health science does not necessarily have to be a "rocket science" or a "brain surgery" (actually, I hope you will never see what brain surgery actually looks like; you would be surprised...) 😊

Your body has a very intuitive and comprehensive design – and as soon as you understand how it works, it is easy to make sensible and confident choices in maintaining the "most valuable instrument that you will ever own"— your Body. I wish my Notes would help you do just that.

2. I think the information given at the HealthBoss LIVE 6/11 was **priceless** – and there are very little chances you can get most of it anywhere else.

Yes, we are making this information available on DVDs, but what if you cannot afford them? With my Notes, you will at least have some guidelines to follow, and some food for thoughts. I hope these thoughts will ignite your curiosity – and in the process of satisfying it you will have your own "AHA!" moments, which feel soooo good 😊

3. I also hope that my Notes will give you enough information and encouragement, and you will NOT feel like **Helpless Hopeless Worthless Victim** any longer when your health is concerned. As our Practical Professors will show, you really CAN reverse even the most debilitating disorders; you really CAN be Your Own Health Boss!

Home Healers, it's YOUR Time.

To Your Health Independence,

Dr. Irina

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YCBU Class 6-11

Day 1

Part 3

Dr. Irina again...



"High Performance Immune System" (Immune Modulation Protocol)

Fundamental Life Principle: **"Adapt - or Die"**

In order to survive, living systems developed a highly sophisticated **System of Adaptation** ← has many parts

- Physically
- Mentally
- Emotionally
- Spiritually



Immune System - responsible for distinguishing

friend or foe & neutralizing foes (pathogens, tumor cells)



Together they provide for

HOMEOSTASIS = dynamic balance between outside & inside environment that ensures constancy of the inside environment

self or non-self



layered defenses of increasing specificity
Line 2 & 3 are innate immunity
Line 1 - specific learned immunity

2 types of immune Imbalances:

immunodeficiency
= less active

- genetic
- toxic
- AIDS



life-threatening infections

immune hyperactivity
= overactive

- allergies
- auto-immune diseases
- RA
- lupus
- diabetes type 1



STIMULATION - NO!

MODULATION - YES!!!

2-3 times/week or daily

Using same tools on the same areas in the same manner → do balance.

deficient Δ

Immune Modulation Protocol

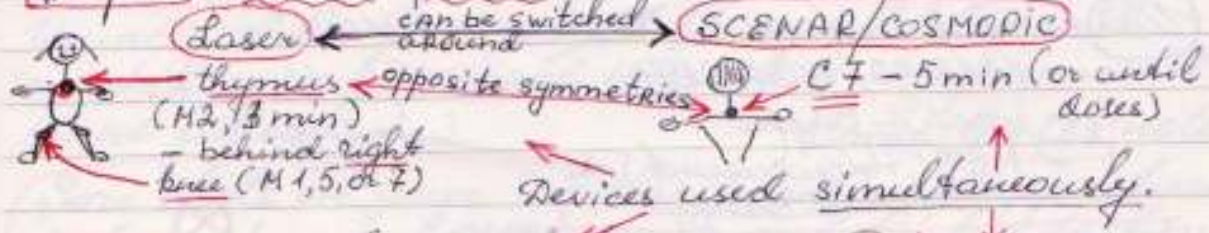
Tools (Healing FUSION)

Q-laser
Modes: ① - Basic
⑤ - Universal
⑦ - Immunity

SCENAR/COSMODIC
Just turn it on!

Solaris Blanket
Always good wrap before/after or in the process.

Step 1 → Immune points. - overall, ≈ 6 min



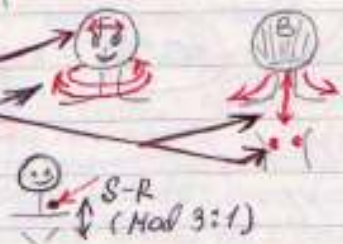
Step 2 → Lymph circulation (focus on upper part of the body) ≈ 3-5 min
SR/CS+SL



Step 3 ① Neck & shoulders ≈ 5-7 min
"Piragov's Ring" + "Collar Zone"

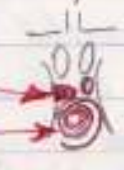
3 min. on front & back -
- using SR/CS & SL simultaneously

② "Little Wings" w/S-R (or CS)



Step 4 → Working on other immune-related areas: (time-permitting) - S-R/CS+SL

- lungs
- liver (!)
- stomach
- kidneys (!)
- intestines (!)



Step 5 SR/CS+SL

- ① Triple heater" meridian
- ② Projection of ovaries - testicles (5 min. on each side) (SR/CS+SL)



Overall time:

15 min - 45 min MAX

Learn to live in Harmony with Your World!

I hope you enjoyed my Notes—and found something in them that may positively affect your life and the lives of your loved ones.

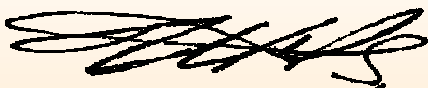
Please leave me your **FEEDBACK** on the blog at www.HomeHealerToday.com

I would REALLY like to know what you think.

Thank You for being a part of my Community of **Home Healers**.
Let's grow it together! :-)

To Your Health Independence,

Dr. Irina

A handwritten signature in black ink, appearing to be 'Dr. Irina', written in a cursive style.