2-WEEK DYSAUTONOMIA RECOVERY AND CONTROL PROGRAM
WHAT IS THE AUTONOMIC NERVOUS SYSTEM?

The autonomic nervous system or ANS is part of the nervous system that controls the body’s visceral functions, including actions of the heart, movement of the gastrointestinal tract, relaxation and contraction of the urinary bladder, dilation and constriction of the pupils, and secretion by different glands, among many other vital activities. Many research studies have examined the ANS utilizing the analysis of heart rate variability, which serves as a dynamic window into the autonomic nervous system and its balance. Using this medical science, combined with a whole health approach to treating each patient, we have created **The Exclusive AMMI Program For Dysautonomia Recovery And Control.**
THE AMMI PROGRAM FOR DYSAUTONOMIA THERAPY INCLUDES:

• Intensive 2 week Medical Biofeedback Therapy
• Anti-inflammatory Nutrition Training
• Strategic Supplementation Plan and initial supplement package
• Intracellular Nutrient Testing
• Endothelial Vascular Testing
• Exercise Tolerance Evaluation, Counseling, and Training
• 6 Month Recovery Exercise Protocol
• OMT Correction of Viscerosomatic & Somatovisceral Reflexes
• Gluten Free Nutrition Counseling and Plan
• Prescription Medications as necessary
• Ongoing support & treatment
• At home biofeedback training software
• Heart Rate Monitor
• Optional Gluten/Gliadin Proteome Reactivity/Autoimmunity & Cross-reactivity Testing*

CONDITIONS IN WHICH MEDICAL BIOFEEDBACK HAS BEEN SHOWN TO BE EFFECTIVE FOR:

POTS
DYSAUTONOMIA
TRIGEMINAL NEURALGIA
WEIGHT LOSS
MYOFACIAL PAIN
REFLEX SYMPATHETIC
DYSTROPHY
HIGH BLOOD PRESSURE
RAYNAUD’S DISEASE
ATTENTION DEFICIT
DISORDER
CHRONIC PAIN
INSOMMIA

IRRITABLE BOWEL
SYNDROME
COLITIS
MIGRaines
TMJ
TENSION HEADACHES
PARKINSON’S DISEASE
TORTICOLLIS
TOURETTE’S DISEASE
ASTHMA
URINARY INCONTINENCE

ANXIETY
DEPRESSION
ACUTE STRESS REACTION
PTSD
AGORAPHOBIA
PANIC ATTACKS
CERVICALGIA
MUSCLE SPASMS
LOW BACK PAIN
CHRONIC PAIN
DIABETES

On the following 3 pages we explain in detail the components of our program.
Remember, if at any time you have a question, call us at 937-350-5527 or shoot us an email at support@alphamaleinstitute.com
BIOFEEDBACK

Applied biofeedback consists of a group of therapeutic procedures that utilized electronic instruments to measure, process, and “feedback” to the individual information about their neuromuscular and autonomic activity. Biofeedback is a mirror for the individual to help them become aware of their own physiologic processes, such as muscle tension, skin surface temperature, blood flow, brain wave activity, galvanic skin response, blood pressure, and heart rate. Combined with proven relaxation techniques and step-by-step instructions, the patient can regulate the ANS to accomplish balance and allow for normal functioning of the ANS. Resulting in reduction and elimination of many dysautonomia symptoms.

EMG or ELECTROMYOGRAPHIC BIOFEEDBACK

EMG muscle scanning is a diagnostic tool, which makes it possible to locate areas of excessive or asymmetrical muscle activity throughout the periphery of the body. Muscle tension and relaxation can be measured and fed back by the EMG. Sensors placed on the skin over a muscle will detect electrical activity of the muscle. The patient can be trained to lower muscle activity to normal levels. The purpose of electromyographic training is to increase the patient’s ability to discriminate between different levels of muscle tension. High levels of muscle tension are related to undesirable emotional and physical symptoms. EMG biofeedback is extensively applied in neuromuscular re-education, stroke, TMJ, trigeminal neuralgia, bruxism, dysautonomia, headaches, and other syndromes.

THERMAL FEEDBACK

The sympathetic nervous system controls the smooth muscles in the blood vessel walls and cause constriction of the blood vessel walls. Stress increases activity of the sympathetic nervous system whose basic function is to mobilize the body to meet an emergency. Sympathetic nervous system impulses to the adrenal medulla and peripheral nerves increase the secretion of norepinephrine and epinephrine. These hormones supplement and prolong many sympathetic responses that result in the fight or flight reaction. This causes vascular smooth muscle constriction and as a result of this constriction of the peripheral blood vessels and arterioles hands and feet become cold and pale. Blood is forced back to the central organs, and there is an increase in heart rate. When the parasympathetic nervous system starts to take over there is vasodilatation. The sympathetic nervous system activity decreases, the muscles relax and blood vessels dilate. Blood begins to flow freely back to the peripheral blood vessels and the hands and feet feel warm again and the heart rate and blood pressure decrease.
The body returns to being in balance or homeostasis. The purpose of temperature training is to increase the patient’s ability to discriminate between different levels of emotional activity. Low levels of temperature may be related to undesirable emotional and physical symptoms. Thermal biofeedback has been successfully applied in the treatment of high blood pressure, migraine headaches, dysautonomia, Raynaud’s disease and more.

**GALVANIC SKIN RESPONSE BIOFEEDBACK (GSR)**

During this treatment, changes in the sympathetic nervous system are measured by the galvanic skin response. It measure changes in the sweat gland activity on the surface of the skin, usually the hands. The GSR sensor is placed on the surface of the skin, usually wrapped around the finger. Relaxed hands are dry and therefore there is no moisture to conduct electrical activity. Lower conductivity means higher resistance and in this case the GSR measurements are low.

**HEART RATE VARIABILITY**

Heart rate variability (HRV) is a measurement of naturally occurring, beat-to-beat changes in the heart rate. Heart rate variability is an important indicator of both physiologic resilience and behavioral flexibility, reflecting the individuals capacity to adapt effectively to stress whether it is due to a medical conditions or environmental demands. Heart rate variability is a powerful, objective and noninvasive tool to explore the dynamic interactions between an individual’s autonomic processes.

**INTRACELLULAR NUTRIENT TESTING & STRATEGIC SUPPLEMENTATION**

Included in the program is a micronutrient nutrient test. The micronutrient test measures how micronutrients are actually functioning within your white blood cells. These tests allow nutritional assessment for a broad variety of clinical conditions including arthritis, cancer, cardiovascular risk, diabetes, various immunological disorders, metabolic disorders, nervous system disorders and micronutrient deficiencies.

Individuals with dysautonomia often have multiple intracellular nutrient deficiencies. Strategic correction of these deficiencies assists in achieving appropriate neurologic function of the autonomic nervous system. Your initial intracellular nutrient test & required supplementation is included in the fee.
ENDOTHELIAL VASCULAR TESTING

What is the endothelium? The endothelium is the inner lining of blood vessels, allowing blood to flow smoothly within them and actively maintaining physiological condition. Normal vascular function protects blood vessels from formation of atherosclerosis, a cause of cardiovascular disease. Individuals with dysautonomia often have altered endothelial function from autonomic nervous system imbalance.

Dr. Rob will evaluate the overall state of your vascular health and discuss with you the most appropriate treatment options to improve your vascular function. These will usually include lifestyle modification measures (e.g. diet, food supplements, exercising), strict control of risk factors (e.g. quitting smoking), and supplement or prescription drug treatment. In some cases you may need to undergo more frequent monitoring and/or further testing of the cardiovascular system.

EXERCISE TOLERANCE EVALUATION & COUNSELING

Many individuals with dysautonomia suffer from exercise intolerance and deconditioning. During your training a great deal of time will be spent strengthening and improving your exercise tolerance. At the end of your two-week program you will return home with a 6-month exercise tolerance recovery program developed specifically for individuals with dysautonomia based on extensive research. Commitment to this specific exercise protocol will help you achieve your goal of freedom from dysautonomia.

OMT CORRECTION OF VISCEROSOMATIC & SOMATOVISCERAL REFLEXES

During the 2-week program to recovery and control of your dysautonomia symptoms, Dr. Rob will evaluate your neurophysiologic mechanisms related to your diagnosis and treatment. This will involve osteopathic manipulative correction and treatment of the numerous viscerosomatic and somatovisceral reflexes strongly associated with dysautonomia symptoms. It is quite common to have multiple levels of dysfunction throughout the spine, diaphragm, and sacrum. Osteopathic manipulative treatment will assist in correction of these dysfunctions.
GLUTEN FREE NUTRITION COUNSELING AND PLAN

Many individuals with dysautonomia have multiple gastrointestinal complaints and suffer with many newly acquired food sensitivities. During your two-week recovery and control program you will receive extensive nutritional counseling and dietary plans to help lessen your gastrointestinal complaints and reduce gastrointestinal inflammation, which contributes to many dysautonomic symptoms. Dr. Rob places a strong emphasis on healthful nutrition as part of your recovery program.

AT HOME BIOFEEDBACK TRAINING SOFTWARE

As part of your ongoing at home training we will be sending you home with training software to continue your healing training in the comfort of your own home, which will help further gain control of your dysautonomia, during your 6 month training program at home.

HEART RATE MONITOR

An important part of your recovery is exercise training. In order to train appropriately you will receive a heart rate training monitor as part of your program. It is essential to follow the heart rate training zones outlined in your 6 month training program to help you condition your cardiovascular and autonomic nervous system.
What happens before, during and after you complete the Dysautonomia Recovery and Control Program:

WHAT YOUR DAY WILL LOOK LIKE:

You will be meeting with Dr. Rob and staff daily for treatment and to review and assess your progress. Your training sessions will be approximately 3 hours each day with occasional breaks for rest, hydration, OMT, testing, and nutritional training. After your sessions we encourage you to have a relaxing rest of the day avoiding any strenuous or stressful situations. This is a time to give your ANS a much needed rest and reset!

HOW YOU SHOULD DRESS:

Wear comfortable athletic clothing, as we want you to be as relaxed as possible during your training, which will include exercise training as well.

ONGOING SUPPORT & TREATMENT

As part of your dysautonomia recovery and control program you will receive ongoing treatment support throughout the year to help you make the most of your program. We want you to heal your autonomic nervous system so that you can return to your life stronger and more resilient than before.

MEDICAL RECORDS

Please email to support@AlphaMaleInstitute.com or fax to 937-886-5126 all your current testing and labs so Dr. Rob can review prior to your arrival. In addition we asked that you spend the time filling out all of our questionnaires, which will be reviewed and discussed in their entirety.

TOTAL PROGRAM FEE

The fee for the 2-week dysautonomia recovery and control program is $6,000.00 US. We require a $500.00 US deposit to secure your two-week visit. The remainder of the fee, $5,500.00 US is due upon arrival at the Institute. We accept Visa, MasterCard, Discover, and American Express. If you are in need of medical financing, Wells Fargo, Citibank, and Lending Club offer patient medical financing programs that may be able to assist you.
About Dr. Rob

Dr. Rob Kominiarek D.O., FACOFP is a board certified, Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner in Family Medicine with advanced training in Age Management Medicine and Hormone Optimization. He is president and medical director of the Alpha Male Medical Institute®. Dr. Rob is a graduate of the Nova-Southeastern University, College of Osteopathic Medicine in Fort Lauderdale, Florida. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, Ohio and is an Assistant Clinical Professor at Ohio University.

An Amazon Bestselling Author and Executive Producer of “Dr. Rob In the House” on NBC2 in Dayton, Ohio. Dr. Rob is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. You can watch Dr. Rob on his weekly health segment “Dr. Rob In The House” on WDTN2. Dr. Rob is a veteran of the United States Army and is a bestselling author with a passion directed towards overall health of the mind and body thru proper nutritional habits, regular exercise, appropriate supplementation, and the intelligent optimization of hormones when clinically indicated. Dr. Rob is an avid athlete who enjoys cycling, swimming, triathlons, soccer, tennis, soaring, skiing Utah, Italian motorcycles, and automobile racing. Dr. Rob is a dedicated father who believes in practicing what he preaches, and as such lives a lifestyle dedicated towards healthy living and regular exercise.