

A–Z: Modalities That Reduce or Eliminate the Iatrogenicide Machinery

A — Acupuncture

Stimulates the body's natural healing signals by moving qi, blood, and nerve pathways; reduces pain, inflammation, and drug dependence. It helps the body self-regulate instead of outsourcing everything to pharmaceuticals.

B — Breathwork

Slow, deep, intentional breathing retrains the nervous system, lowers inflammation, balances CO₂/O₂ ratios, and restores parasympathetic calm.

C — Clinical Kinesiology (CK)

Uses precise muscle-testing to locate functional weaknesses and guide targeted corrections in real time, improving organ system balance.

D — Detox Through Simplified Diet

Removing processed foods, seed oils, sugars, and inflammatory triggers gives the body space to heal and clear stored waste naturally.

E — Electroacupuncture

Pairs acupuncture needles with gentle electrical currents to reduce pain, accelerate tissue repair, and regulate nerve signals without medication.

F — Fasting (Intermittent or Short-Term Water Fasts)

Resting the digestive system activates autophagy, lowers inflammation, and allows the body to clear damaged cells.

G — Grounding / Earthing

Contact with soil, sand, or grass stabilizes electrical charge in the body and reduces chronic inflammation.

H — Herbal Medicine (Classical Chinese or Western Herbs)

Botanical formulas reduce symptoms, support organs, and restore function without the side effects of synthetic drugs.

I — Infrared Sauna or Heat Therapy

Gently increases circulation and detoxification, boosts immune repair, and reduces pain naturally.

J — Jing-Tonifying TCM Strategies

Strengthens the body's core reserves ("kidney essence"), supporting long-term vitality, sleep, bones, and hormonal balance.

K — Ketogenic / Low-Carb Metabolic Reset

Drops insulin, reduces inflammation, reverses metabolic syndrome, and restores mitochondrial function without medications.

L — Lymphatic Movement & Rebounding

Stimulates the lymph system to clear waste, reduce swelling, and improve immune resilience.

M — Manual Therapy (Tuina, Massage, Fascia Work)

Relieves stagnation, pain, and muscle tension while improving blood and qi circulation.

N — New Biology (Terrain Model)

Supports the body's terrain — hydration, movement, minerals, sunlight, peaceful mind — instead of fighting microbes with fear and pharmaceuticals.

O — Organ Corrective Reflexes (AK/CK)

Gentle point stimulations improve organ reflex arcs, reducing functional complaints without drugs.

P — Photobiomodulation (Red + Near Infrared Light)

Enhances mitochondrial energy production, reduces pain, and speeds tissue repair with non-invasive light.

Q — Qi Gong

Gentle movement + breathing + focus improves circulation, balances nerves, and reduces stress-hormone load.

R — Real Food Nutrition

Meat, eggs, fruits, roots, and healthy fats restore minerals, stabilize blood sugar, and eliminate ultra-processed triggers of chronic disease.

S — Sunlight Therapy

Regulates hormones, circadian rhythms, vitamin D, and metabolic functions naturally.

T — Tongue & Pulse Diagnostics (Classical Chinese Medicine)

Gives nuanced, individualized health assessment beyond Western one-size-fits-all labs.

U — Unwinding the Vagus Nerve

Vagus stimulation (breath, cold exposure, acupuncture) calms inflammation, digestion issues, and emotional overload.

V — Vitamin/Mineral Repletion (Whole-Food Based)

Corrects deficiencies that drive fatigue, depression, thyroid issues, and immune weakness.

W — Walking & Natural Movement

Supports detox, lung health, lymph flow, glucose control, and emotional clarity.

X — X-Factor Therapies (Cold Plunge, Wim Hof Style)

Cold exposure resets the nervous system, boosts brown fat, and improves resilience.

Y — Yin-Building Practices (Restorative Yoga, Soft Breath)

Balances the overstimulated sympathetic system, enhancing healing and reducing inflammatory states.

Z — Zang-Fu Harmonization (Classical Chinese Organ Systems)

Balances liver, spleen, heart, kidney, lung functional relationships to stop chronic disease at the root.

BONUS: Additional Modalities for MYT Episode 4

- **Home Hydrotherapy**
— Alternating hot/cold showers boost circulation and lymph flow.
- **Castor Oil Packs**
— Supports liver detox and digestion.
- **Bone Broth & Collagen**
— Rebuilds gut lining, joints, skin.
- **Proper Hydration + Minerals**
— Fixes 50% of “mystery symptoms.”

- **Journaling + Emotional Processing**
 - Releases stuck anger/fear that drives illness.
- **Breath Holds / CO₂ Tolerance Training**
 - Improves oxygen delivery and calm focus.
- **Sleep Hygiene**
 - Your mitochondria's nightly repair cycle.
- **Nature Exposure**
 - Reduces cortisol, boosts immunity, grounds the mind.
- **Hot Yoga & Stretching**
 - Mobilizes fascia, detoxes sweat pathways.
- **Harm Reduction from Western Medicine**
 - Ask about necessity, risks, alternatives; avoid polypharmacy; demand informed consent.