



Two Day Course Outline

Day One

9am-10 am

Introduction & Premise behind CCRT protocol.

10am-11am

Personal Assessment

11am-12pm

Basics of Human Biology and Cell Regeneration

12-1pm

Lunch

1-2:30pm

Explanation of Electromagnetic Stressors and its impact to Cell Death/Renewal

2:30pm-5:00pm

Physical impacts to cell stress and solutions to gain balance.



Day Two

9am-11 am

Address Nutritional Stress to the Cell

- Food allergies (common and uncommon)
- Dietary Imbalance
- Nutrient Deficiencies
- Specific Caloric Needs

11am-Noon

Review Chemical Stressors

Effective solutions to prevent cell death/mutation

12pm-1pm

Lunch

1pm-2pm

Chemical Stress Reduction Solutions continued

2-3:30pm

The impacts of mental stress on cell health, healing and immune function.

Balancing mental stressors to create homeostasis and accelerate performance.

3:30pm- 5pm

Recap of personal cell review, application to daily life and professional practice. Final questions