Elements of the PMS SWAMI Consultation

LAYING THE GROUNDWORK

1. Origins and inspiration for the program
2. Nature of the system:
   a. Data accrual + information technology + adjustment by experienced hands = personalization
3. Basic concepts
   a. Nature of the values
      i. Food as medicine
      ii. Food as food
      iii. Food as toxin
      iv. Diamonds and dots
      v. Portions
   b. Personalized medicine
      i. Biochemical individuality
      ii. Nature of epigenetics
      iii. Biotrajectory

4. Setting the standard
   a. For yourself
      i. Refer to the chart report
      ii. Find at 10 salient food selections in SWAMI and be prepared to use their justifications as talking points
      iii. Be prepared to provide thumbnail sketches for
         1. Broad characterization of their GenoType
         2. Broad characterization of their ABO and secretor status
         3. Naturopathic concepts regarding the nature of their problem
   b. For client
      i. Defining compliance and expectations for that patient
         1. Healthy or maintenance patient
         2. Metabolically dysfunctional, low compliance or inattentive patient
         3. Disease challenged patient

DO IT

1. Work through each category
2. Discuss exercise
3. Introduce GenoHarmonic concepts
4. Use ways you know of getting the diet across to 'make it real'
   a. Example: Telling some clueless person about 'Trader Joes'
   b. Example: Using ghee as a substitute for butter and where to find it
   c. Example: Where to find sprouted manna bread in a store
5. Work through the Recipe Guide
   a. Basic explanation of benefit; i.e. 'quick get starting aid'
6. Discuss supplementation, if required
   a. Simple metaphors to biologic actions
   b. Expected Length of time

THE ENDING

1. Final elaborations
   a. Plans for follow-up
   b. Explanation of expected actions, reactions and results
   c. Polishing up work
      i. Final check with me
      ii. Dispensary visit if need
2. Additions to the chart
   a. Notes
   b. 1-2 paragraph 'after-action summary